


December 2024

MONTHLY MEAL PLAN

SUN	MON	TUE	WED	THURS	FRI	SAT
⁰¹ <u>Tortellini</u> <u>Soup with</u> <u>Butternut</u> <u>Squash &</u> <u>Sausage</u>	⁰² <u>Salmon</u> <u>Roll Sushi</u> <u>Bowl</u>	⁰³ <u>Cheese</u> <u>burger</u> <u>Tater Tot</u> <u>Casserole</u>	⁰⁴ <u>Pizza</u> <u>Pasta</u> <u>Casserole</u>	⁰⁵ <u>Ground</u> <u>Turkey</u> <u>Sweet</u> <u>Potato</u> <u>Skillet</u>	⁰⁶ <u>Marry Me</u> <u>Chicken</u> <u>Pasta</u>	⁰⁷ <u>Egg Roll</u> <u>in a Bowl</u>
⁰⁸ <u>Slow</u> <u>Cooker</u> <u>Turkey</u> <u>Chili</u>	⁰⁹ <u>Green Chili</u> <u>Chicken</u> <u>Skillet</u> <u>Enchiladas</u>	¹⁰ <u>Baked</u> <u>Rigatoni</u>	¹¹ <u>Crockpot</u> <u>Honey</u> <u>Garlic</u> <u>Chicken</u>	¹² <u>Cheesy</u> <u>Chicken</u> <u>Crescent</u> <u>Roll</u> <u>Casserole</u>	¹³ <u>Sweet</u> <u>Potato</u> <u>Burger</u> <u>Bowl</u>	¹⁴ <u>Ground</u> <u>Turkey</u> <u>Skillet with</u> <u>Veggies</u>
¹⁵ <u>Healthy</u> <u>White</u> <u>Chicken</u> <u>Chili</u>	¹⁶ <u>Chicken</u> <u>Ramen</u> <u>Stir Fry</u>	¹⁷ <u>30-Minute</u> <u>Teriyaki</u> <u>Bowl</u>	¹⁸ <u>General</u> <u>Tso</u> <u>Meatballs</u> <u>+ Rice</u>	¹⁹ <u>Healthy</u> <u>Chicken</u> <u>Enchiladas</u>	²⁰ <u>Crock Pot</u> <u>Salsa</u> <u>Chicken</u> <u>& Rice</u> <u>Bowls</u>	²¹ <u>Cheese-</u> <u>burger</u> <u>Casserole</u>
²² <u>Sausage</u> <u>Kale White</u> <u>Bean Soup</u>	²³ <u>Easy</u> <u>Taco</u> <u>Skillet</u>	²⁴ <u>Creamy</u> <u>Sausage</u> <u>Tortellini</u> <u>Soup</u>	²⁵ <u>Crockpot</u> <u>Marry Me</u> <u>Chicken</u> <u>Pasta</u>	²⁶ <u>Slow</u> <u>Cooker</u> <u>Teriyaki</u> <u>Chicken</u>	²⁷ <u>Ranch</u> <u>Chicken</u> <u>Casserole</u>	²⁸ <u>Crockpot</u> <u>Alfredo</u> <u>Marinara</u> <u>Chicken</u> <u>Pasta</u>
²⁹ <u>Crockpot</u> <u>Mexican</u> <u>Chicken</u> <u>Recipe</u>	³⁰ <u>Mini</u> <u>Chicken</u> <u>Pot Pies</u>	<p>all recipes & meal plans free on jordosworld.com or use recipes to make a free custom meal plan</p> <p> JORDOSWORLD.COM</p>				