

August 2025

MONTHLY MEAL PLAN

SUN	MON	TUE	WED	THU	FRI	SAT
all recipes & meal plans free on jordosworld.com or use recipes to make a free custom meal plan  JORDOSWORLD.COM					⁰¹ <u>Boursin</u> <u>Orzo with</u> <u>Chicken</u>	⁰² <u>Crockpot</u> <u>Chicken</u> <u>Enchilada</u> <u>Casserole</u>
⁰³ <u>Pulled</u> <u>Pork</u> <u>Loaded</u> <u>Baked</u> <u>Potatoes</u>	⁰⁵ <u>Sweet</u> <u>Potato</u> <u>Burger</u> <u>Bowl</u>	⁰⁶ <u>Baked</u> <u>Rigatoni</u>	⁰⁷ <u>Healthy</u> <u>Chicken</u> <u>Alfredo</u> <u>Pasta</u>	⁰⁸ <u>Easy</u> <u>Sheet Pan</u> <u>Chicken</u> <u>Fajitas</u>	⁰⁹ <u>Hot Italian</u> <u>Sub</u> <u>Sliders</u>	¹⁰ <u>Slow</u> <u>Cooker</u> <u>Teriyaki</u> <u>Chicken</u>
¹¹ <u>Chicken</u> <u>Veggie</u> <u>Skillet</u>	¹² <u>Ground</u> <u>Turkey</u> <u>Sweet</u> <u>Potato</u> <u>Skillet</u>	¹³ <u>Egg Roll</u> <u>in a Bowl</u>	¹⁴ <u>Sloppy Joe</u> <u>Crescent</u> <u>Roll</u> <u>Casserole</u>	¹⁵ <u>Pizza</u> <u>Pasta</u> <u>Casserole</u>	¹⁶ <u>Beef</u> <u>Boursin</u> <u>Meatballs</u> + Pasta	¹⁷ <u>Slow</u> <u>Cooker</u> <u>Mexican</u> <u>Chicken</u> <u>Recipe</u>
¹⁸ <u>Green Chili</u> <u>Chicken</u> <u>Skillet</u> <u>Enchiladas</u>	¹⁹ <u>Chicken</u> <u>Ramen</u> <u>Stir Fry</u>	²⁰ <u>Sweet</u> <u>Potato</u> <u>Tahini</u> <u>Bowls</u>	²¹ <u>Healthy</u> <u>Chicken</u> <u>Enchiladas</u>	²² <u>Greek</u> <u>Turkey</u> <u>Meatballs</u> <u>with Feta</u>	²³ <u>Marry Me</u> <u>Chicken</u> <u>Pasta</u>	²⁴ <u>Crockpot</u> <u>Honey</u> <u>Mustard</u> <u>Chicken</u>
²⁵ <u>Easy</u> <u>Taco</u> <u>Skillet</u>	²⁶ <u>Rainbow</u> <u>Peanut</u> <u>Noodle</u> <u>Salad with</u> <u>Chicken</u>	²⁷ <u>Ground</u> <u>Turkey</u> <u>Skillet</u> <u>with</u> <u>Veggies</u>	²⁸ <u>Cheesy</u> <u>Chicken</u> <u>Crescent</u> <u>Roll</u> <u>Casserole</u>	²⁹ <u>Slow</u> <u>Cooker</u> <u>Alfredo</u> <u>Marinara</u> <u>Chicken</u> <u>Pasta</u>	³⁰ <u>Turkey</u> <u>Boursin</u> <u>Meatballs</u> + Pasta	³¹ <u>Slow</u> <u>Cooker</u> <u>BBQ</u> <u>Pulled</u> <u>Pork</u>