

Monthly Meal Plan

July 2025

SUN	MON	TUE	WED	THUR	FRI	SAT
		1 <u>Quick and Easy Walking Taco Bake</u>	2 <u>Homemade Spicy Mac and Cheese</u>	3 <u>Crockpot BBQ Chicken Sliders</u>	4 <u>Chicken Parm Sandwiches</u>	5 <u>Egg Roll in a Bowl</u>
6 <u>PF Chang's Chicken Lettuce Wraps</u>	7 <u>Crockpot Pasta with Pink Sauce</u>	8 <u>Easy Taco Bowls</u>	9 <u>Easy Prawn Salad</u>	10 <u>Mediterranean Bowls with Chick Peas</u>	11 <u>Mini Garlic Bread Pizzas</u>	12 <u>Slow Cooker Beef Tips</u>
13 <u>BBQ Chicken Casserole</u>	14 <u>Orzo Pasta Salad</u>	15 <u>Chicken Chipotle Melt</u>	16 <u>Easy Orange Chicken and Rice</u>	17 <u>Sheet Pan Honey Balsamic Chicken</u>	18 <u>Halloumi Cheese Salad</u>	19 <u>Slow Cooker Cherry Cola Ribs</u>
20 <u>Lemon Garlic Chicken Thighs</u>	21 <u>Sassy Scotty Chicken Salad</u>	22 <u>Taco Pasta Salad</u>	23 <u>Bok Choy and Tofu Stir Fry</u>	24 <u>Thai Beef Salad</u>	25 <u>Chicken Bacon Sandwich</u>	26 <u>Chicken Enchiladas</u>
27 <u>Easy Eggplant and Feta Salad</u>	28 <u>Thai Chicken Laksa</u>	29 <u>Easy Southwest Black Bean Casserole</u>	30 <u>Zucchini Feta Turkey Burgers</u>	31 <u>Slow Cooker Chicken French Dip Sandwiches</u>		