

Monthly Meal Plan

July 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
			<u>BBQ Beef Tacos</u>	<u>BBQ Sausage Bites</u>	<u>Lemon Garlic Chicken Thighs</u>	<u>Fall Off The Bone Oven BBQ Ribs</u>
5	6	7	8	9	10	11
<u>Turkey Feta Meatballs (with Zucchini)</u>	<u>Salmon Scampi Pasta</u>	<u>Gochujang Pasta (Dinner Under 30 Minutes)</u>	<u>Air Fryer Honey Garlic Chicken Tenders</u>	<u>Portuguese Chicken</u>	<u>Bang Bang Chicken Skewers</u>	<u>Instant Pot Chicken Tinga Tacos</u>
12	13	14	15	16	17	18
<u>Chicken Tinga Rice Bowls</u>	<u>Slow Cooker Brisket</u>	<u>Big Mac Tater Tot Casserole</u>	<u>Baja Fish Tacos</u>	<u>Cilantro Lime Chicken with Rice</u>	<u>Shredded Beef Sliders/Sandwiches</u>	<u>Baby Back Barbecue Ribs</u>
19	20	21	22	23	24	25
<u>Creamy Vegan Polenta with Roasted Ratatouille</u>	<u>Blistered Shishito and Sweet Corn Quinoa Salad</u>	<u>Summer Picnic Pasta Salad</u>	<u>Rainbow Quinoa Salad with Cashew Tzatziki</u>	<u>Smoked meatballs</u>	<u>Thin Cut Chicken Breasts On The BBQ</u>	<u>Burger Dog</u>
26	27	28	29	30	31	0
<u>Taco Bell Breakfast Crunchwrap Copycat</u>	<u>New Orleans BBQ Shrimp</u>	<u>Broccoli Pesto</u>	<u>Chicken Pasta Primavera</u>	<u>Bruschetta Pasta</u>	<u>Easy Slow Cooker Chicken Fajitas</u>	