



JULY Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Italian Antipasto Pasta Salad	2 Baked Potato Bar	3 Picky Eater Pizza	4 Grilled Chicken Breasts	5 Shrimp Fried Rice
6 Crock Pot Venison Chili	7 One Pot Potato Soup	8 Blueberry Pancakes	9 Baked Hot Legs	10 Beef and Bean Soft Tacos	11 Pan Seared Salmon with Sweet Potatoes	12 Mock Chicken Parm Pasta
13 Grilled Sausage and Peppers	14 Baked Manicotti	15 Grilled Chicken Salad	16 Italian Antipasto Pasta Salad	17 Stuffed Banana Peppers	18 Picky Eater Pizza	19 Pasta Primavera
20 Chicken Fettuccini Alfredo	21 Grilled Salmon and Vegetables	22 One Pot Potato Soup	23 Crock Pot Venison Chili	24 Cheesy Chicken Enchiladas	25 Grilled Chicken Salad	26 Picky Eater Pizza
27 Sausage and Chicken Jambalaya	28 Sausage and Chicken Jambalaya	29 Veggie Frittatas	30 Pasta Primavera	31 Stuffed Banana Peppers		



