



# August Meal Plan

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

