

# MONTHLY MEAL PLAN-JULY

- Garlic Parmesan Chicken and Potatoes
- Sweet and Spicy Sriracha Chicken
- Monterey Chicken with mash potatoes and spinach
- Smothered Baked Chicken Burritos
- Garlic Butter Chicken Bites with pasta and tomatoes
- Tuscan Chicken with mac and cheese
- Bang Bang Shrimp with Rice and Veggies
- Breakfast for dinner -Chicken minis
- Oven Fried Chicken with Dirty beef rice and green beans
- Lemon Garlic steak with salad and loaded potatoes
- Fish tacos with cilantro lime slaw, rice and beans
- Chicken Parmesan Casserole
- Cheeseburger Quesadilla
- Catfish Po'Boy with fries
- Kale Caesar Salad with Grilled Chicken
- Southwest Chicken Salad
- BLT sandwich with chips
- Beef Tostadas with rice and beans
- Spaghetti and Spinach with Sun-dried tomato cream sauce
- Homemade BBQ Chicken Pizza with Salad
- Grilled Shrimp Boil-corn,potatoes, sausage, and shrimp
- Creamy Tuscan Shrimp and Chicken with Pasta
- Smash Burgers and Fries
- Salmon Rice Bowl
- Grinder Sandwiches with chips

FROM \_\_7/1\_\_ TO \_\_\_7/31\_\_