

MONTHLY MEAL PLAN-AUGUST

- Honey Garlic Chicken Skewers with veggie and rice
- Cheeseburger Bowls
- BBQ Chicken wings with pasta salad, corn, and squash
- Cajun Salmon pasta
- Chicken Quesadilla
- Steak and Shrimp Fajitas
- Grinder Wraps
- Chicken and Sweet potato bowls
- Tuscan Garlic Chicken Pita Pizza
- Beef Birria Sliders
- Grilled Chicken, Jasmin rice, and green beans
- Steak with sweet potatoes and Brussel sprouts
- Beef Tacos
- Beef and Broccoli stir fry
- Chicken Zucchini Pasta Skillet
- Spagheetti with Salad
- Loaded Baked Potatoes with salad
- Country style ribs with fried cabbage and mashed potatoes
- Cajun shrimp fried rice
- Garlic butter tilapia with carrots and broccoli
- Salisbury Steak with mashed potatoes and Brussel sprouts
- Fried Catfish with macaroni and collard greens
- Shrimp Po'boy with fries
- Firecrackers meatballs with rice and asparagus

FROM __8/1__ TO ___8/31__