

JUNE 2026 meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>RIBEYE STEAK SANDWICH</u>	<u>SMOKED CHICKEN THIGHS</u>	* <u>SEARED AHI TUNA TACOS WITH MANGO PAPAYA SALSA</u>	<u>RED LENTIL CURRY</u>	<u>GARLIC PARMESAN CHICKEN SKEWERS</u>	<u>SLOW COOKER BBQ BEEF</u>
* <u>BEST SMASHBURGER RECIPE</u>	* <u>TOMATO BASIL CHICKEN</u>	<u>DIAVOLA PIZZA WITH HOT HONEY DRIZZLE</u>	<u>GARLIC BUTTER STEAK BITES</u>	<u>EASY LEMON RICOTTA PASTA</u>	<u>PESTO BUTTER SALMON</u>	<u>LOADED FRIES WITH HOMEMADE CHEESE SAUCE</u>
<u>INSTANT POT PORK TENDERLOIN</u>	* <u>CRISPY TEMPEH VERMICELLI BOWLS</u>	<u>CROISSANT CHICKEN SALAD</u>	* <u>BEEF PAD THAI</u>	* <u>BLACK BEAN TOSTADAS WITH MANGO GUACAMOLE</u>	<u>HOMEMADE TACO HAMBURGER HELPER</u>	<u>TURKEY MEATBALL CASSEROLE</u>
* <u>AIR FRYER CHICKEN FAJITA BOWL</u>	<u>ITALIAN SAUSAGE AND BROCCOLI PASTA</u>	* <u>CHICKEN CRUNCHWRAP</u>	* <u>VEGGIE SUSHI BOWL WITH TOFU AND SPICY MAYO</u>	<u>TEQUILA LIME CHICKEN</u>	<u>BRAISED PORK RIBS</u>	<u>LOADED TATER TOTS</u>
<u>AMERICAN FLAG BOARD WITH BURGERS AND HOT DOGS</u>	* <u>BARBECUE RANCH CHICKEN SALAD</u>	<u>GRILLED TRI TIP</u>		WWW.ASPICEDLIFE.COM RECIPES WITH * CONTAIN SEASONAL PRODUCE		