

JULY 2026 meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<u>BABY BACK BARBECUE RIBS</u>	<u>NEW ORLEANS BBQ SHRIMP</u>	<u>SUMMER PICNIC PASTA SALAD</u>	<u>EASY SLOW COOKER CHICKEN FAJITAS</u>
<u>SALMON SCAMPI PASTA</u>	<u>CILANTRO LIME CHICKEN WITH RICE</u>	<u>SLOW COOKER BRISKET</u>	<u>BLISTERED SHISHITO AND SWEET CORN QUINOA SALAD</u>	<u>TURKEY FETA MEATBALLS (WITH ZUCCHINI)</u>	<u>AIR FRYER HONEY GARLIC CHICKEN TENDERS</u>	<u>CREAMY VEGAN POLENTA WITH ROASTED RATATOUILLE</u>
<u>BBQ BEEF TACOS</u>	<u>BURGER DOG</u>	<u>CHICKEN BREASTS ON THE BBQ</u>	<u>BROCCOLI PESTO</u>	<u>INSTANT POT CHICKEN TINGA TACOS</u>	<u>BIG MAC TATER TOT CASSEROLE</u>	<u>PORTUGUESE CHICKEN</u>
<u>BAJA FISH TACOS</u>	<u>CHICKEN PASTA PRIMAVERA</u>	<u>SHREDDED BEEF SLIDERS</u>	<u>RAINBOW QUINOA SALAD WITH CASHEW TZATZIKI</u>	<u>BREAKFAST CRUNCHWRAPS</u>	<u>SMOKED MEATBALLS</u>	<u>BANG BANG CHICKEN SKEWERS</u>
<u>BBQ SAUSAGE BITES</u>	<u>BRUSCHETTA PASTA</u>	<u>MEXICAN SHRIMP CEVICHE</u>	<u>LEMON GARLIC CHICKEN THIGHS</u>	<u>CHICKEN TINGA RICE BOWLS</u>	<u>GOCHUJANG PASTA (DINNER UNDER 30 MINUTES)</u>	