

AUGUST 2026 meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<u>PEACH BURRATA SALAD</u>
<u>SLOW COOKER CHICKEN SPAGHETTI</u>	<u>BUTTER CHICKEN WITH NAAN</u>	<u>AIR FRYER SHRIMP</u>	<u>SWEET POTATO AND TEMPEH PITAS</u>	<u>PRETZEL DOG RECIPE</u>	<u>NEAPOLITAN-STYLE PIZZA FROM STORE BOUGHT DOUGH</u>	<u>STUFFED BELL PEPPERS</u>
<u>SMOTHERED PORK CHOPS</u>	<u>ORZO PASTA SALAD</u>	<u>SHEET PAN STEAK FAJITAS</u>	<u>CILANTRO LIME MARINADE FOR CHICKEN</u>	<u>BUTTERMILK CHICKEN FINGERS</u>	<u>SPINACH ARTICHOKE CHICKEN</u>	<u>MAC AND CHEESE BITES</u>
<u>BACON WRAPPED CHICKEN THIGHS</u>	<u>SLOPPY JOE CASSEROLE</u>	<u>ROASTED OKRA TACOS WITH CUCUMBER PICO</u>	<u>BAKED CHICKEN MEATBALLS</u>	<u>MARINATED FLANK STEAK RECIPE</u>	<u>BIG MAC SLOPPY JOES</u>	<u>SLOW COOKER ITALIAN BEEF SANDWICH</u>
<u>SMOKED PORK BUTT</u>	<u>CRISPY BLACK BEAN SWEET POTATO TACOS</u>	<u>HONEY GARLIC CHICKEN WINGS</u>	<u>GRIDDLE FRIED RICE</u>	<u>SHREDDED CHICKEN IN THE AIR FRYER</u>	<u>AIR FRYER MISSISSIPPI QUESADILLAS</u>	<u>SKILLET CASHEW CHICKEN (ONE-PAN DINNER)</u>
<u>SOUTHWEST CHICKEN CASSEROLE</u>	<u>TOMATO FRITTATA WITH CORN AND BASIL</u>			WWW.ASPICEDLIFE.COM		