JULY 2019 

 MEAL PLAN

 Mon Tues Wed Thurs Fri Sat Sun

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Pizza****Salad** | **Penne Vodka**  | **Grilled Chicken Sandwiches** | **Out for 4th of July** | **Pulled Pork Sandwiches****Salad** | **Italian Sausage & Peppers in Crockpot** | **Rotisserie Chicken** **Asparagus** |
| **Hotdogs/ Hamburgers****Salad****Baked Beans** | **Taco Salads** | **Crockpot Buffalo Chicken Sandwiches** | **Crockpot Sausage & Peppers** | **Steaks on the grill****Asparagus****Baked Potato** | **Pork Tenderloin on the Grill**  | **Chicken Piccatta****Rice****Asparagus** |
| **Pizza****Salad** | **Chicken Enchiladas****Rice & Beans** | **Grilled Chicken Sandwiches****Sweet Pot Fries** | **Crockpot Beef and Noodles** | **Out** | **Spaghetti and Meatballs****Garlic Bread** | **Beef Kabobs on the grill****Salad** |
| **Crockpot Chicken and Stuffing** | **Chicken Fajitas** | **Crockpot Hawaiian Chicken** | **BBQ Porkchops****Rice** | **Grilled Chicken on Salads** | **Burgers with Sweet Potato Fries** | **Buffalo Chicken Mac n Cheese** |
| **BLTs with Avocado****Fruit** | **Mozzarella Chicken** | **Crockpot Taco Soup**  |  |  |  |  |