

# May 2022

## MONTHLY MEAL PLAN

| SUN                                                                         | MON                                                                  | TUE                                                                | WED                                                                                                                                                                             | THU                                                                      | FRI                                                                     | SAT                                         |
|-----------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------|
| greek <sup>01</sup><br>lemon<br>chicken<br>skewers<br>with tzaziki<br>dip   | cheesebur <sup>02</sup><br>ger<br>casserole<br>with side<br>salad    | skillet <sup>03</sup><br>chicken<br>fajitas •<br>chips &<br>salsa  | healthy <sup>04</sup><br>sloppy<br>joes &<br>kettle<br>chips                                                                                                                    | sweet chili <sup>05</sup><br>meatballs<br>• rice •<br>broccoli           | bbq <sup>06</sup><br>chicken<br>nachos                                  | leftovers <sup>07</sup><br>from the<br>week |
| chicken <sup>08</sup><br>enchilada<br>dip • tortilla<br>chips               | easy taco <sup>09</sup><br>casserole<br>with chips<br>& salsa        | bbq <sup>10</sup><br>chicken<br>meatballs<br>• rice •<br>broccoli  | baked <sup>11</sup><br>coconut<br>shrimp •<br>fresh fruit                                                                                                                       | spicy tuna <sup>12</sup><br>poke<br>bowls                                | healthy <sup>13</sup><br>chicken<br>enchiladas<br>with chips<br>• salsa | leftovers <sup>14</sup><br>from the<br>week |
| chipotle <sup>15</sup><br>lime turkey<br>burgers •<br>sweet<br>potato fries | pizza <sup>16</sup><br>pasta<br>casserole<br>• side<br>salad         | panera <sup>17</sup><br>green<br>goddess<br>salad                  | sesame <sup>18</sup><br>chicken<br>lettuce<br>wraps                                                                                                                             | buffalo <sup>19</sup><br>chicken<br>pasta bake<br>• veggies              | slow <sup>20</sup><br>cooker pork<br>carnitas<br>with chips •<br>salsa  | leftovers <sup>21</sup><br>from the<br>week |
| slow <sup>22</sup><br>cooker<br>BBQ pulled<br>pork<br>sandwiches<br>• chips | chicken <sup>23</sup><br>bacon<br>ranch<br>casserole •<br>side salad | honey <sup>24</sup><br>garlic<br>salmon<br>with rice •<br>broccoli | copy cat <sup>25</sup><br>chick-fil-a<br>market<br>salad                                                                                                                        | philly <sup>26</sup><br>cheese-<br>steak<br>skillet with<br>hoagie rolls | cashew <sup>27</sup><br>chicken<br>stir fry<br>with<br>greens           | leftovers <sup>28</sup><br>from the<br>week |
| bacon <sup>29</sup><br>gouda<br>turkey<br>burgers •<br>fries                | chicken <sup>30</sup><br>alfredo<br>pasta bake<br>• side<br>salad    | english <sup>31</sup><br>muffin<br>pizzas •<br>side salad          | <p><b>all recipes free on <a href="https://jordosworld.com">jordosworld.com</a></b></p> <p>to find any recipe in MyFitnessPal, search<br/>"Jordo's World • Title of Recipe"</p> |                                                                          |                                                                         |                                             |



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**Prof. Reeta Kumari, Dr. Manpreet Kaur**

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