

May 2022

MONTHLY MEAL PLAN

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



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Meal Prep Ideas This Month Sign In

**Henry Harrison Metcalf, John Norris
McClintock**



Meal Prep Ideas This Month Sign In:

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Granite Monthly Henry Harrison Metcalf, John Norris McClintock, 1919 Monthly Bulletin National Commercial Gas Association, 1918 **The Creamery and Milk Plant Monthly**, 1929 **Electrical Merchandising Week**, 1930 Includes annually 1961 Home goods data book **The Hotel Monthly** John Willy, 1924 *Poultry Tribune*, 1952 *The American Pure Food and Health Journal* J. N. Garfinkle, 1910 *Official News Letter* American Farm Bureau Federation, 1923 **The American Restaurant Magazine**, 1930 **The California Monthly**, 1926 **Hotel Monthly**, 1916 **The Burroughs Clearing House**, 1919 *The Saturday Evening Post*, 1913 **Motive**, 1924 **The Home Economist**, 1928 *Ohio Monthly Record*, 1999 Rules of state administrative agencies In full text with tables and index including chart of proposed rules with time and location of public hearings American Cookery, 1925 **International Milk Dealer**, 1928

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