

August Meal Plan

	Week #1	Week #2	Week #3	Week #4
MONDAY	Spaghetti w/ sausage & smashed tomatoes	Pasta primavera	Greek pasta salad	Fresh veggie beef ragu
TUESDAY	Fajita kebabs & Mexican rice	Chicken soft tacos	Taquitos & black bean salad	Burrito bowl
WEDNESDAY	Hoisin honey glazed pork with grilled pineapple	Caprese wrap	Huli Huli chicken & tropical fruit salad	Apricot grilled pork tenderloin and peppers
THURSDAY	Greek orzo stuffed red peppers	Chicken apple sausage	Turkey avocado club wrap	Eat Out
FRIDAY	Eat Out	Strawberry spinach salad w/ quinoa	Eat Out	Grilled chicken sandwich
SATURDAY	flank steak w/ rodeo beans	Eat Out	BBQ chicken w/ summer succotash	Grilled halibut taco
SUNDAY	Peach Salad w/ chicken & white balsamic dressing	Mango salmon w/ coconut rice	Summer farro salad	Cobb salad