

July

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|---|----------|
| | 1 Roasted shrimp Rice pilaf Asparagus | 2 Taco night | 3 Breakfast for dinner | 4 Cookout! Burgers, hot dogs, salads & sides Independence Day | 5 Pizza night | 6 |
| 7 Pulled pork Potatoes Salad | 8 Big chopped salad | 9 Burrito bowls | 10 Tequila chicken Rice Salad | 11 Pork chops Potatoes Broccoli | 12 Grilled fish Caprese salad | 13 |
| 14 Spaghetti Salad Bread | 15 Stuffed zucchini | 16 Chicken tenders Potatoes Green beans | 17 One pot pasta | 18 Curry Rice Peas | 19 Kabobs Orzo salad | 20 |
| 21 Pork tenderloin Mac and cheese Broccoli | 22 Sheet pan dinner | 23 Baked chicken Stuffed tomatoes | 24 Seafood salad | 25 Chicken or beef stir fry | 26 Burgers Oven fries Coleslaw | 27 |
| 28 Meatloaf Mashed potatoes Green beans | 29 Salmon Couscous salad | 30 Taco rice skillet | 31 Grilled chicken Spaghetti salad | | | |