

30-Day Menu Plan

30 days of 30-minute or less recipes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Smothered Chicken with Mushroom Gravy</u>	<u>20-Minute Tomato Pesto Pasta</u>	<u>Sloppy Joes</u>	<u>30-Minute Quinoa Enchilada Skillet Meal</u>	<u>Chicken Caesar Salad Wraps</u>	<u>Chopped Taco Salad</u>	<u>French Bread Pizza</u>
<u>Skillet Baked Spaghetti</u>	<u>Asian Chicken Lettuce Wraps</u>	<u>Quick & Tasty Cheesesteak Subs</u>	<u>Cajun Chicken Stroganoff</u>	<u>Chipotle Chicken Tacos</u>	<u>30-Minute Dan Dan Noodles</u>	<u>Thai Chicken Crunch Wraps</u>
<u>Skillet Swedish Meatballs</u>	<u>Creamy Fettuccine with Ham and Peas</u>	<u>Chicken Curry in a Hurry</u>	<u>Best Ground Beef Tacos</u>	<u>Pasta al Forno</u>	<u>Hawaiian Haystacks</u>	<u>20-Minute Chicken Tikka Pizzas</u>
<u>Skillet Taco Pasta Shells</u>	<u>Indian Butter Chicken</u>	<u>Garlic Tuna Pasta with Asparagus</u>	<u>Mini Taco Cups</u>	<u>Crispy Southwest Chicken Wraps</u>	<u>Skillet Creamy Macaroni and Cheese</u>	<u>Grilled Lemon Chicken Wraps with Spicy Garlic Sauce</u>
<u>Sweet Paprika Chicken Skillet</u>	<u>Korean Beef and Rice</u>	<u>Pesto and Marinara Mozzarella Chicken Bake</u>				