

Cactus Hills Farm Meal Plan

AUGUST 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Fish Tacos Fruit	2 <u>Zucchini Lasagna</u> Apple Sauce Garlic Bread	3 <u>One Pan Baked Halibut</u> Smoothies	4 Grilled Personal Pizzas	5 Hamburgers Potato Wedges Cantaloupe
6 Meat Loaf Baked Potatoes Veggies Bread	7 <u>Chicken & Bacon Salad</u>	8 Chipotle Bowls	9 Eggs Benedict	10 Pork Chops Saurkraut Veggies Bread	11 Grilled Personal Pizzas	12 Fajitas Smoothies
13 Roast Beef Mashed potatoes Veggies Bread	14 Chicken Alfredo Asparagus Fruit	15 Street Tacos Fruit	16 <u>Salmon Rice Bowls</u>	17 Egg Roll in a Bowl Apple Sauce Fruit	18 Grilled Personal Pizzas	19 Hamburgers Sweet Potato Fries Watermelon
20 Roast Chicken New Potatoes Veggies Bread	21 <u>Blackberry Chicken Salad</u>	22 Chipotle Bowls	23 Breakfast Board	24 Smoked Salmon Grilled Zucchini Parmesan Rice	25 Grilled Personal Pizzas	26 Fajitas Fruit Salad
27 Roast Beef Potatoes Veggies Bread	28 Gumbo Applesauce Cantaloupe	29 Fish Tacos Fruit	30 <u>Gyro Bowls</u>	31 Sloppy Joes Sweet Potato Fries Watermelon		

NOTES

I've included links to some of the recipes, others are easy to find with a Pinterest search. I am slowly adding recipes to our website that I have rewritten to be healthier, and I'll add links to those in our newsletter as they're added.

Please don't share this meal plan.

