

HEALTHY DINNER MENU PLAN

4 weeks of dinners that are all healthy, but full of flavor. You won't be missing out!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Oven Baked Chicken Fajitas	Steak Kabobs	Cabbage Sauteed Chicken	Slow Cooker Minestrone	Cilantro Lime Chicken	One Pan Balsamic Chicken & Veggies	Slow Cooker Mexican Chicken Soup
Week 2	Instant Pot Chipotle Chicken Tacos	One Pot Black Pepper Chicken	Mexican Chicken Cauliflower Rice Skillet	Shrimp & Chicken Jambalaya	Tomato Basil Soup	Chicken Enchiladas	Oven Baked Lime & Pepper Chicken
Week 3	Steak Burrito Bowls	Mongolian Beef Stir Fry	Buffalo Chicken Strips	Crockpot Stuffed Pepper Soup	Honey Chipotle Chicken	Homemade Chicken Noodle Soup	Honey Garlic Chicken Stir Fry
Week 4	Mexican Shrimp Burrito Bowl	Slow Cooked Jerk Pork	Easy Lazy Cabbage Roll Casserole	Italian Veggie Lentil Soup	Healthy Baked Chicken Parmesan	Balsamic Glazed Sirloin	Chili