

# July

2025

just tap  
to go!

| SUNDAY | MONDAY  | TUESDAY                                  | WEDNESDAY  | THURSDAY                                   | FRIDAY                        | SATURDAY                                  |
|--------|---|--|--|--|-------------------------------|---|
|        |   | 1  | 2<br>Mango Salsa<br>Chicken and<br>Rice              | 3<br>Dill Pickle<br>Pasta Salad            | 4<br>Chicken<br>Marinade      | 5<br>Baked Lemon<br>Blueberry<br>Donuts   |
| 6      | 7<br>Crockpot<br>Whole<br>Chicken               | 8<br>One Pan BBQ<br>Chicken Chili<br>Mac | 9<br>Air Fryer<br>Turkey<br>Burgers                  | 10<br>Southwest<br>Grilled Corn<br>Chowder | 11<br>Pizza Toast             | 12<br>Lemon Bread                         |
| 13     | 14<br>Crockpot<br>Chili                         | 15<br>Oven Baked<br>Ribs                 | 16<br>One Pan<br>Swedish<br>Meatballs and<br>Noodles | 17<br>Air Fryer<br>Salmon                  | 18<br>Chicken Taco<br>Salad   | 19<br>Easy Banana<br>Bread                |
| 20     | 21<br>Spinach Ricotta<br>Slow Cooker<br>Lasagna | 22<br>Easy Orange<br>Chicken             | 23<br>Sloppy Joes                                    | 24<br>Pesto Pasta                          | 25<br>Crockpot Pulled<br>Pork | 26<br>Peanut Butter<br>Banana<br>Smoothie |
| 27     | 28<br>Sweet and Sour<br>Crockpot<br>Meatballs   | 29<br>Air Fryer<br>Chicken Breast        | 30<br>Ditalini Pasta<br>with Bacon +<br>Peas         | 31   |                               |   |