

2022

august

sunday

monday

tuesday

wednesday

thursday

friday

saturday

Ham Steak
+
Scalloped Potatoes

1

Taco
Bell

2

Brats

3

Parm Chicken
w/
Pesto Pasta

4

Shrimp
Platter

5

turkey
Chili

6

fish
tacos

7

beef
lo mein

8

leftovers
turkey chili
+
beef lo mein

9

Steak

10

Fish Tacos

11

Khao San

12

sloppy
Tom

13

Chicken
Wrap

14

Cauliflower
Wings

15

Tofu
Stir Fry

16

Pelmeni

17

Pasta
w/
Marinara

18

Korean
Bento

19

Robo
Taco

20

lemon butter
garlic
salmon

21

Beef
Pot
Roast

22

Teriyaki
Salmon

23

Shrimp
Alfredo

24

Chicken
Tikka
Masala

25

leftovers
pot roast
+
alfredo

26

Star
Pizza

27

Ramen

28

Veggie
Lasagna

29

Beef
Lo
Mein

30

Kimchi
Stew/Jjigae

31

Out

leftovers

veg

DO SOMETHING CREATIVE EVERY DAY

notes & such

july 2022

su	m	t	w	th	f	sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

september 2022

su	m	t	w	th	f	sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30