



Risa's Family Kitchen

MONTHLY MEAL PLAN

Plan less. Enjoy dinner more. Every recipe is just one click away.



AUGUST 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
						¹ <u>Skillet</u> <u>Cashew</u> <u>Chicken</u> <u>(One-Pan</u> <u>Dinner)</u>
² <u>Bacon</u> <u>Wrapped</u> <u>Chicken</u> <u>Thighs</u>	³ <u>Yogurt</u> <u>Marinated</u> <u>Chicken</u>	⁴ <u>Slow</u> <u>Cooker</u> <u>Chicken</u> <u>Spaghetti</u>	⁵ <u>Pizza From</u> <u>Store-</u> <u>Bought</u> <u>Dough</u> <u>(Neapolitan-</u> <u>Style Pizza)</u>	⁶ <u>Butter</u> <u>Chicken</u> <u>with Naan</u>	⁷ <u>Smothered</u> <u>Pork Chops</u>	⁸ <u>Cheesy Mini</u> <u>Meatloaf</u>
⁹ <u>Honey Garlic</u> <u>Chicken</u> <u>Wings</u>	¹⁰ <u>Sloppy</u> <u>Joe</u> <u>Casserole</u>	¹¹ <u>Stuffed Bell</u> <u>Peppers</u>	¹² <u>Costco</u> <u>Chicken</u> <u>Meatball</u> <u>s</u>	¹³ <u>Southwest</u> <u>Chicken</u> <u>Casserole</u>	¹⁴ <u>Big Mac</u> <u>Sloppy</u> <u>Joes</u>	¹⁵ <u>BBQ</u> <u>Chicken</u> <u>with Corn</u> <u>Salsa</u>
¹⁶ <u>Pretzel</u> <u>Dog</u> <u>Recipe</u>	¹⁷ <u>Marinated</u> <u>Flank</u> <u>Steak</u> <u>Recipe</u>	¹⁸ <u>Cilantro</u> <u>Lime</u> <u>Marinade</u> <u>for</u> <u>Chicken</u>	¹⁹ <u>Sweet</u> <u>Potato and</u> <u>Tempeh</u> <u>Pitas</u>	²⁰ <u>Roasted</u> <u>Okra Tacos</u> <u>with</u> <u>Cucumber</u> <u>Pico</u>	²¹ <u>Crispy</u> <u>Black Bean</u> <u>Sweet</u> <u>Potato</u> <u>Tacos</u>	²² <u>Tomato</u> <u>Frittata with</u> <u>Corn and</u> <u>Basil</u>
^{23/30} <u>Smoked</u> <u>Pork Butt</u> <u>Griddle</u> <u>Fried Rice</u>	^{24/31} <u>Air Fryer</u> <u>Shrimp</u> <u>Southwest</u> <u>Chicken Bowls</u>	²⁵ <u>French</u> <u>Toast</u> <u>Pancakes</u>	²⁶ <u>Shredded</u> <u>Chicken</u> <u>in the Air</u> <u>Fryer</u>	²⁷ <u>Spinach</u> <u>Artichoke</u> <u>Chicken</u>	²⁸ <u>Sheet Pan</u> <u>Steak</u> <u>Fajitas</u>	²⁹ <u>Slow</u> <u>Cooker</u> <u>Italian</u> <u>Beef</u> <u>Sandwich</u>

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