

30 Day Macro Friendly Dinner Meal Plan

[Pork Roast by StayFitMom.com](#)

[Hamburger Casserole- Kraft Recipes](#) (sub condensed soup for FF Greek Yogurt)

[Easy Hawaiian Chicken Bake by ThePinningMama.com](#)

[Protein Packed Homemade Pizzas @stayfitmomblog](#)

[Beef Stroganoff](#)

[Meatball Subs by StayFitMom.com](#)

[Carne Asada Nachos @stayfitmom_com](#)

Pork Sliders- Use [StayFitMom.com](#)'s pork roast recipe above & add Stubbs BBQ sauce.

[Turkey Chili by StayFitMom.com](#)

[Chicken Fajita Bake by Thepinningmama.com](#)

[Chicken Parmesan Bake by Thepinningmama.com](#)

[Philly Cheese Steak Pitas by @motivationmindy](#)

[Chicken Enchiladas by StayFitMom.com](#)

[Kodiak Cakes @Stayfitmomblog](#)

[Chicken Alfredo StayFitMom.com](#)

[Stir Fry StayFitMom.com](#)