

JULY 2015 menu Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 (SC) Cheesy Crockpot Tortellini	2 Snakebite Sausage and Pasta	3 Pork Ribs with Red Potato Salad	4 BLTA's with Spicy Mayo with Baked Sweet potato Fries or try some of these 4th of July recipes!
5 (SC) Slow Cooker Lime Chicken Tacos Salad with Avocado Ranch Dressing	6 Easy Mac & Cheese with surprise ingredient Green Salad	7 Easy Fish Stick Burritos Optional: Chips & Salsa	8 (SC) Molasses and Vinegar Crockpot Beef Roast Salad with Blue Cheese Dressing	9 Franks & Beans with Sweet Potatoes	10 Easy Grilled Beef Steak with Garlic Butter with Grilled Corn-on-the-cob Salad w/ Red Wine Vinegar Salad Dressing	11 Caprese Grilled Chicken Sandwich with Chicken Green Salad
12 (SC) Crockpot Pulled Pork Side of Chips	13 Southwest Chicken Rice Bowls	14 Honey Garlic Salmon Roasted Asparagus Salad with Homemade Garlic & Herb Dressing	15 (SC) Slow Cooker Carnitas Avocado Lime Rice	16 Vegetable Beef Chili Potatoes	17 Pineapple Grilled Chicken Grilled Asparagus Salad with Balsamic Vinaigrette	18 Southwestern Beef Salad with Creamy Peppercorn Vinaigrette
19 (SC) Crockpot Bourbon Chicken White or Brown Rice	20 Mesquite Grilled Pork and Apple Kabobs with Grilled Corn-on-the-cob Green Salad	21 Bacon-wrapped Chicken legs	22 (SC) Slow cooker Ham & Pineapple Sandwiches Potato Chips (homemade or store bought)	23 Chinese Chicken Coleslaw Stirfry	24 Vietnamese-style Grilled Lemongrass Pork with Grilled Vegetable Kabobs Salad with Balsamic Vinaigrette Dressing	25 Mexican Chicken Pasta
26 (SC) Slow Cooker Steak Corn Salad with Dorothy Lynch Dressing	27 Southwest Mac & Cheese Stuffed Tomatoes Green Salad	28 Healthy Chinese Chicken Salad with Sesame Dressing	29 (SC) Crockpot Beef & Broccoli White or Brown Rice	30 Cheeseburger Salad	31 Grilled Lemon Dijon Chicken Grilled Sweet Potatoes in Foil Green Salad	SC = Slow Cooker GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Ham, Egg & Cheese Breakfast Roll-ups * 40+ Gluten-Free Breakfasts Recipes * 50 Slow Cooker Breakfasts * 20+ Quick & Easy Breakfasts		* Crispy Green Bean Chips * Honey Lime Fruit Toss * 75 Smoothie Recipes * 175+ Snack Options		*Try these Freezer Meal options to make lunches easy! * 150+ Gluten-Free Lunch Ideas * 30 Quick & Easy Lunches		* Red, White & Blue Fruit Pops * 39 Gluten-Free Desserts * 200+ Gluten-Free Cookie Recipes

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