

AUGUST 2017 Menu Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SC = Slow Cooker GF = Gluten-Free	GGF = Gluten & Grain free DF = Dairy Free	1 Shrimp Alfredo Pasta Bake	2 SC Crock-pot Italian Beef Sandwiches Homemade Chips or Chips of your choice	3 Southwestern Beef Salad with Peppercorn Vinaigrette	4 Pizza on the Grill - your choice of toppings!	5 Salmon in Basil Citrus Cream Sauce Lemon Parmesan Asparagus
6 SC Chicken Cordon Bleu Casserole	7 Perfect Pan-seared Steak Apple-Cranberry Coleslaw	8 Baked Macaroni & Cheese Salad with Lemon Poppy Seed Dressing	9 SC Barbacoa served with Corn Tortillas Easy Mexican Rice	10 Seafood lasagna Veggie of choice Green Salad	11 Grilled Garlic Citrus Chicken Italian Grilled Corn-on-the-cob	12 Philly Cheese Steaks Bites Homemade Chips Homemade Dill Pickles
13 SC Easy Italian Chicken Creamy Crockpot Corn	14 Homemade Chalupas Cilantro Lime Rice	15 Shrimp Alfredo Pasta Bake	16 SC Dr. Pepper BBQ Chicken Pear-Pomegranate and Spinach Salad	17 Avocado Stuffed Burgers Sweet Potato Fries	18 Grilled Pork Pine-apple Kabobs Grilled Vegetable Kabobs	19 Ramen Noodle Chicken Salad
20 SC - Crockpot Cashew Chicken White or Brown Rice	21 Thai Beef Salad	22 Chicken Caesar Pasta Salad	23 SC Beef Brisket French Dip Sandwiches Chips	24 Blackened Chicken and Strawberry Salad	25 Grilled Veggie Quesadillas Optional: Mexican Street Corn Salad	26 Cranberry Avocado Spinach Salad with Chicken & Orange Poppy Seed Dressing
27 SC Crockpot BBQ Pork Chops with Potatoes, Carrots & Onions + Green Salad	28 Sonoma Chicken Salad	29 Crescent Roll Pizzas	30 SC Corned Beef and Cabbage & Potatoes	31 Lemon Butter Chicken + Oven-Fried Okra + Cucumber & Strawberry Salad		
BREAKFAST OPTIONS		SNACK OPTIONS		LUNCH OPTIONS		DESSERT OPTIONS
* Ham & Egg Cups * 40+ Gluten-Free Breakfast Recipes * 50 Slow Cooker Breakfasts * 20+ Quick & Easy Breakfasts		* Try Juicing Recipes for snacks * 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		* Homemade Ice Cream * 39 Gluten-Free Desserts * 200+ Gluten-Free Cookie Recipes