

# AUGUST 2018 MENU PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>W30</b> = Whole30 <b>P</b> = Paleo <b>V</b> = Vegan <b>K</b> = Keto	<b>GF</b> = Gluten-Free <b>GGF</b> = Gluten & Grain free <b>DF</b> = Dairy Free		<b>1</b> SC <a href="#">Crock-pot Italian Beef Sandwiches</a> <a href="#">Homemade Chips</a> or Chips of your choice	<b>2</b> <a href="#">Southwestern Beef Salad with Pepper-corn Vinaigrette</a>	<b>3</b> <a href="#">Pizza on the Grill</a> - your choice of toppings!	<b>4</b> <a href="#">Salmon in Basil Citrus Cream Sauce</a> <a href="#">Lemon Parmesan Asparagus</a>
<b>5</b> SC <a href="#">Chicken Cordon Bleu Casserole</a>	<b>6</b> <a href="#">Perfect Pan-seared Steak</a> <a href="#">Apple-Cranberry Coleslaw</a>	<b>7</b> <a href="#">Baked Macaroni &amp; Cheese Salad with Lemon Poppy Seed Dressing</a>	<b>8</b> SC <a href="#">Barbacoa</a> served with Corn Tortillas <a href="#">Easy Mexican Rice</a>	<b>9</b> <a href="#">Seafood lasagna</a> Veggie of choice Green Salad	<b>10</b> <a href="#">Grilled Garlic Citrus Chicken</a> <a href="#">Italian Grilled Corn-on-the-cob</a>	<b>11</b> <a href="#">Philly Cheese Steaks Bites</a> <a href="#">Homemade Chips</a> <a href="#">Homemade Dill Pickles</a>
<b>12</b> SC <a href="#">Easy Italian Chicken Creamy Crock-pot Corn</a>	<b>13</b> <a href="#">Homemade Chalupas</a> <a href="#">Cilantro Lime Rice</a>	<b>14</b> <a href="#">Shrimp Alfredo Pasta Bake</a>	<b>15</b> SC <a href="#">Dr. Pepper BBQ Chicken Pear-Pomegranate and Spinach Salad</a>	<b>16</b> <a href="#">Avocado Stuffed Burgers</a> <a href="#">Sweet Potato Fries</a>	<b>17</b> <a href="#">Grilled Pork Pineapple Kabobs</a> <a href="#">Grilled Vegetable Kabobs</a>	<b>18</b> <a href="#">Ramen Noodle Chicken Salad</a>
<b>19</b> SC - <a href="#">Crockpot Cashew Chicken</a> White or Brown Rice	<b>20</b> <a href="#">Thai Beef Salad</a>	<b>21</b> <a href="#">Chicken Caesar Pasta Salad</a>	<b>22</b> SC <a href="#">Beef Brisket French Dip Sandwiches</a> Chips	<b>23</b> <a href="#">Blackened Chicken and Strawberry Salad</a>	<b>24</b> <a href="#">Grilled Veggie Quesadillas</a> Optional: <a href="#">Mexican Street Corn Salad</a>	<b>25</b> <a href="#">Cranberry Avocado Spinach Salad with Chicken &amp; Orange Poppy Seed Dressing</a>
<b>26</b> SC <a href="#">Crockpot BBQ Pork Chops with Potatoes, Carrots &amp; Onions</a> + Green Salad	<b>27</b> <a href="#">Sonoma Chicken Salad</a>	<b>28</b> <a href="#">Crescent Roll Pizzas</a>	<b>29</b> SC <a href="#">Corned Beef and Cabbage &amp; Potatoes</a>	<b>30</b> <a href="#">Lemon Butter Chicken</a> + <a href="#">Oven-Fried Okra</a> + <a href="#">Cucumber &amp; Strawberry Salad</a>	<b>31</b> <a href="#">BBQ Ranch Grilled Chicken</a> <a href="#">Perfect Grilled Asparagus</a>	

BREAKFAST OPTIONS	SNACK OPTIONS	LUNCH OPTIONS	DESSERT OPTIONS
* <a href="#">Ham &amp; Egg Cups</a> * <a href="#">40+ Gluten-Free Breakfast Recipes</a> * <a href="#">50 Slow Cooker Breakfasts</a>	* Try <a href="#">Juicing Recipes</a> for snacks * <a href="#">Honey Lime Fruit Toss</a> * <a href="#">75 Smoothie Recipes</a> * <a href="#">175+ Snack Options</a>	* Try these <a href="#">Freezer Meal</a> options to make lunches easy! * <a href="#">150+ Gluten-Free Lunch Ideas</a> * <a href="#">30 Quick &amp; Easy Lunches</a>	* <a href="#">Homemade Ice Cream</a> * <a href="#">39 Gluten-Free Desserts</a> * <a href="#">200+ Gluten-Free Cookie Recipes</a>