

JULY 2018 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 (SC) Cheesy Crockpot Tortellini	2 Quick 15 Minute Beef & Broccoli Stir Fry Served over White or Brown Rice	3 Caprese Grilled Chicken Sandwich with Chicken Green Salad	4 (SC) Slow cooker Ham & Pineapple Sandwiches Potato Chips (homemade or store bought)	5 Snakebite Sausage and Pasta	6 Balsamic Grilled Pork Chops Garlic Parmesan Potato Wedges	7 Pineapple Grilled Chicken Grilled Asparagus Salad with Balsamic Vinaigrette
8 (SC) Crockpot Bourbon Chicken White or Brown Rice	9 Pork Ribs with Red Potato Salad or try some of these 4th of July recipes!	10 Skinny Sweet & Spicy Salmon Salad with Red Onion Salad Dressing	11 (SC) Crock pot Bacon Lovers Mac & Cheese	12 Franks & Beans with Sweet Potatoes	13 Avocado Stuffed Burgers Sweet Potato Fries	14 Chinese Chicken Coleslaw Stirfry
15 (SC) Molasses and Vinegar Crockpot Beef Roast Salad with Blue Cheese Dressing	16 Easy Mac & Cheese with surprise ingredient Green Salad	17 Vegetable Beef Chili Potatoes	18 (SC) Crockpot Pulled Pork Side of Chips	19 Honey Garlic Salmon Roasted Asparagus Salad with Homemade Garlic & Herb Dressing	20 GGF Tender Beef Kabobs Salad with Tangy Raspeberry Vinaigrette	21 Mexican Chicken Pasta
22 (SC) Slow Cooker Steak Corn Salad with Dorothy Lynch Dressing	23 Southwestern Beef Salad with Creamy Peppercorn Vinaigrette	24 Southwest Mac & Cheese Stuffed Tomatoes Green Salad	25 (SC) Crockpot Beef & Broccoli White or Brown Rice	26 15 Minute Flatbread Pizza	27 Grilled Lemon Dijon Chicken Grilled Sweet Potatoes in Foil Green Salad	28 Healthy Chinese Chicken Salad with Sesame Dressing
29 (SC) Slow Cooker Lime Chicken Tacos Salad with Avocado Ranch Dressing	30 Mesquite Grilled Pork and Apple Kabobs with Grilled Corn-on-the-cob Green Salad	31 Cheeseburger Salad			W30 = Whole30 P = Paleo V = Vegan K = Keto	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free
Breakfast Options: * Ham, Egg & Cheese Breakfast Roll-ups * Crockpot Cinnamon Rolls with Caramel Cream Cheese Frosting * 50 Slow Cooker Breakfasts	Snack Options: * Crispy Green Bean Chips * Honey Lime Fruit Toss * 75 Smoothie Recipes * 175+ Snack Options		Lunch Options: *Try these Freezer Meal options to make lunches easy! * 150+ Gluten-Free Lunch Ideas * 30 Quick & Easy Lunches		Dessert Options: * Red, White & Blue Fruit Pops * Chex-Mix Lemon Buddies * 39 Gluten-Free Desserts * 200+ Gluten-Free Cookie Recipes	