

JULY 2020 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W30 = Whole30 P = Paleo V = Vegan K = Keto LC = Low Carb	SC = Slow Cooker GF = Gluten-Free GGF = Gluten & Grain free	DF = Dairy Free NF = Nut Free SF = Soy Free SGF = Sugar Free	1 (SC) Crockpot Beef & Broccoli White or Brown Rice	2 Mexican Chicken Pasta	3 Grilled Lemon Dijon Chicken Grilled Sweet Potatoes in Foil Green Salad	4 Pork Ribs with Red Potato Salad or try some of these 4th of July recipes!
5 (SC) Cheesy Crockpot Tortellini	6 Franks & Beans with Sweet Potatoes	7 Healthy Chinese Chicken Salad with Sesame Dressing	8 (SC) Crockpot Pulled Pork Side of Chips	9 Southwest Mac & Cheese Stuffed Tomatoes Green Salad	10 GGF Tender Beef Kabobs Salad with Tangy Raspberry Vinaigrette	11 Pineapple Grilled Chicken Grilled Asparagus Salad with Balsamic Vinaigrette
12 (SC) Molasses and Vinegar Crockpot Beef Roast Salad with Blue Cheese Dressing	13 Easy Mac & Cheese Green Salad	14 Caprese Grilled Cheese Sandwich with Chicken Green Salad	15 (SC) Slow Cooker Steak Corn Salad with Dorothy Lynch Dressing	16 Chinese Chicken Coleslaw Stirfry	17 Balsamic Grilled Pork Chops Garlic Parmesan Potato Wedges	18 Skinny Sweet & Spicy Salmon Salad with Red Onion Salad Dressing
19 (SC) Slow cooker Ham & Pineapple Sandwiches Potato Chips (home-made or store bought)	20 15 Minute Flatbread Pizza	21 Snakebite Sausage and Pasta	22 (SC) Crockpot Bourbon Chicken White or Brown Rice	23 Southwestern Beef Salad with Creamy Peppercorn Vinaigrette	24 Mesquite Grilled Pork and Apple Kabobs with Grilled Corn-on-the-cob Green Salad	25 Quick 15 Minute Beef & Broccoli Stir Fry Served over White or Brown Rice
26 (SC) Crock pot Bacon Lovers Mac & Cheese	27 Vegetable Beef Chili Potatoes	28 Honey Garlic Salmon + Roasted Asparagus + Salad with Homemade Garlic & Herb Dressing	29 (SC) Slow Cooker Lime Chicken Tacos Salad with Avocado Ranch Dressing	30 Cheeseburger Salad	31 Avocado Stuffed Burgers Sweet Potato Fries	

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:

- * [50 Easy & Delicious Wrap Recipes](#)
- * 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](#)