

# AUGUST 2020 MEAL 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>LC</b> = Low Carb	<b>SC</b> = Slow Cooker <b>GF</b> = Gluten-Free <b>GGF</b> = Gluten & Grain free	<b>DF</b> = Dairy Free <b>NF</b> = Nut Free <b>SF</b> = Soy Free <b>SGF</b> = Sugar Free				<b>1</b> <a href="#">Summertime Fried Chicken Sandwiches with Tangy Slaw</a>
<b>2</b> <b>SC</b> <a href="#">Slow Cooker Jambalaya</a>	<b>3</b> <a href="#">Hawaiian Chicken with Coconut Rice</a>	<b>4</b> <a href="#">Mediterranean Chickpea Salad</a>	<b>5</b> <b>SC</b> <a href="#">Southwestern Crockpot Chicken Tacos</a>	<b>6</b> <a href="#">Tuna Macaroni Salad</a>	<b>7</b> GRILL: <a href="#">Caribbean Jerk Chicken and Pineapple Salsa</a>	<b>8</b> <a href="#">Creamy Tuscan Salmon</a>
<b>9</b> <b>SC</b> <a href="#">Slow Cooker Sausage and Ravioli</a>	<b>10</b> <a href="#">Chopped Salad Pizza</a>	<b>11</b> <a href="#">Steak Sandwich Recipe</a>	<b>12</b> <b>SC</b> <a href="#">Slow Cooker Chicken Cacciatore</a>	<b>13</b> <a href="#">Beef Taco Salad</a>	<b>14</b> GRILL: <a href="#">Bacon Ranch Chicken Kabobs</a>	<b>15</b> <a href="#">5 Ingredient Spicy Pork</a>
<b>16</b> <b>SC</b> <a href="#">Crockpot Mexican Chili Lime Chicken</a>	<b>17</b> <a href="#">Blackberry &amp; Goat Cheese Grilled Cheese</a>	<b>18</b> <a href="#">Couscous Summer Salad</a>	<b>19</b> <b>SC</b> <a href="#">Hickory Slow-Cooker Pulled Pork Sandwiches</a>	<b>20</b> {P, W30} <a href="#">Chicken Pesto Stuffed Sweet Potatoes</a>	<b>21</b> GRILL: <a href="#">Shrimp Pineapple Kabobs</a>	<b>22</b> <a href="#">Balsamic Steak Gorgonzola Salad with Grilled Corn</a>
<b>23</b> <b>SC</b> <a href="#">Slow Cooker Creamy Ranch Pork Chops</a>	<b>24</b> <a href="#">Salmon with Mango Salsa</a>	<b>25</b> <a href="#">Greek Chicken Pasta Salad</a>	<b>26</b> <b>SC</b> <a href="#">Slow Cooker Beef Stroganoff</a>	<b>27</b> <a href="#">Cajun Shrimp and Sausage Vegetable Skillet</a>	<b>28</b> GRILL: <a href="#">Balsamic Chicken and Veggie Kabobs</a>	<b>29</b> <a href="#">Summer Tortellini Salad</a>
<b>30</b> <b>SC</b> <a href="#">Slow Cooker Chipotle Honey Pulled Pork Tacos</a>	<b>31</b> <a href="#">Blackberry Balsamic Chicken Salad</a>					
<b>Breakfast Options:</b>		<b>Snack Options:</b>		<b>Lunch Options:</b>		<b>Dessert Options:</b>
* <a href="#">Summer Fruit Breakfast Bake</a> * <a href="#">Buttermilk Blueberry Breakfast Cake</a> * <a href="#">French Toast Roll Ups</a>		* <a href="#">Fruit Salsa with Cinnamon Chips</a> * <a href="#">Fruit Popsicles with Real Fruit</a> * <a href="#">Cracker Pizzas</a>		* <a href="#">Grilled Cheese Roll Ups</a> * <a href="#">French Bread Pizzas</a> * <a href="#">Turkey and Ham Skewers</a>		* <a href="#">Banana Splits on a Stick</a> * <a href="#">Easy Frozen S'more Sandwiches</a> * <a href="#">Strawberry Lemon Blondies</a>