

JULY 2016 menu Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SC = Slow Cooker GF = Gluten-Free	GGF = Gluten & Grain free DF = Dairy Free				1 Easy Grilled Tilapia Parmesan Garlic Asparagus Green Salad	2 BLTA's with Spicy Mayo with Baked Sweet potato Fries
3 (SC) Cheesy Crockpot Tortellini	4 Pork Ribs with Red Potato Salad or try some of these 4th of July recipes!	5 Easy Mac & Cheese with surprise ingredient Green Salad	6 (SC) Molasses and Vinegar Crockpot Beef Roast Salad with Blue Cheese Dressing	7 Franks & Beans with Sweet Potatoes	8 Easy Grilled Beef Steak with Garlic Butter with Grilled Corn-on-the-cob Salad w/ Red Wine Vinegar Salad Dressing	9 Caprese Grilled Chicken Sandwich with Chicken Green Salad
10 (SC) Crockpot Pulled Pork Side of Chips	11 Southwest Chicken Rice Bowls	12 Honey Garlic Salmon Roasted Asparagus Salad with Homemade Garlic & Herb Dressing	13 (SC) Slow Cooker Carnitas Avocado Lime Rice	14 Vegetable Beef Chili Potatoes	15 Pineapple Grilled Chicken Grilled Asparagus Salad with Balsamic Vinaigrette	16 Southwestern Beef Salad with Creamy Peppercorn Vinaigrette
17 (SC) Crockpot Bourbon Chicken White or Brown Rice	18 Mesquite Grilled Pork and Apple Kabobs with Grilled Corn-on-the-cob Green Salad	19 Bacon-wrapped Chicken legs	20 (SC) Slow cooker Ham & Pineapple Sandwiches Potato Chips (homemade or store bought)	21 Chinese Chicken Coleslaw Stirfry	22 Vietnamese-style Grilled Lemongrass Pork with Grilled Vegetable Kabobs Salad with Balsamic Vinaigrette Dressing	23 Mexican Chicken Pasta
24 (SC) Slow Cooker Steak Corn Salad with Dorothy Lynch Dressing	25 Southwest Mac & Cheese Stuffed Tomatoes Green Salad	26 Healthy Chinese Chicken Salad with Sesame Dressing	27 (SC) Crockpot Beef & Broccoli White or Brown Rice	28 Cheeseburger Salad	29 Grilled Lemon Dijon Chicken Grilled Sweet Potatoes in Foil Green Salad	30 Snakebite Sausage and Pasta
31 (SC) Slow Cooker Lime Chicken Tacos Salad with Avocado Ranch Dressing						
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Ham, Egg & Cheese Breakfast Roll-ups * 40+ Gluten-Free Breakfasts Recipes * 50 Slow Cooker Breakfasts * 20+ Quick & Easy Breakfasts		* Crispy Green Bean Chips * 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		* Red, White & Blue Fruit Pops * 39 Gluten-Free Desserts * 200+ Gluten-Free Cookie Recipes