

# JUNE 2018 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>GF</b> = Gluten-Free <b>GGF</b> = Gluten & Grain free <b>DF</b> = Dairy Free				<b>1</b> <a href="#">Honey Lemon Garlic Chicken</a> Mashed Potatoes Salad with <a href="#">Lemon Parmesan Dressing</a>	<b>2</b> <a href="#">Cheeseburger Quesadillas</a> Salad with <a href="#">Cilantro Lime Ranch Dressing</a>
<b>3</b> <a href="#">SC Crock-pot Dr Pepper Chicken</a> <a href="#">Crock-pot Baked Potatoes</a> Green Salad	<b>4</b> <a href="#">One Pan Sausage Stroganoff</a> , <a href="#">15-Minute Meal</a> Green Salad	<b>5</b> <a href="#">Grilled Fajita Steak Salad with Avocado Cilantro Dressing</a>	<b>6</b> <a href="#">SC Crock pot Bacon Lovers Mac &amp; Cheese</a>	<b>7</b> <a href="#">15 Minute Flatbread Pizza</a>	<b>8</b> <a href="#">Avocado Stuffed Burgers</a> Sweet Potato Fries	<b>9</b> <a href="#">Skinny Sweet &amp; Spicy Salmon</a> Salad with <a href="#">Red Onion Salad Dressing</a>
<b>10</b> <a href="#">SC Crock pot Chicken Stir Fry</a> White or Brown Rice	<b>11</b> <a href="#">Arugula Salad with Strawberries, Pistachios and Goat Cheese</a>	<b>12</b> <a href="#">Easy Chicken Chimichangas Spanish Rice</a>	<b>13</b> <a href="#">SC Slow Cooker Beef Tips &amp; Rice Salad with Garlic &amp; Herb Dressing</a>	<b>14</b> <a href="#">Creamy Tomato Macaroni &amp; Cheese</a>	<b>15</b> <a href="#">Balsamic Grilled Pork Chops</a> <a href="#">Garlic Parmesan Potato Wedges</a>	<b>16</b> <a href="#">Meatball Bombs</a> Green Salad
<b>17</b> <a href="#">SC Slow Cooker Roast Salad with Creamy Balsamic Vinaigrette</a>	<b>18</b> <a href="#">Baked Garlic Parmesan Chicken</a> Green Beans Salad w <a href="#">Homemade Creamy Italian</a>	<b>19</b> <a href="#">15 Minute Quinoa and Korean Beef Bowl</a>	<b>20</b> <a href="#">SC Crispy Slow Cooker Chicken</a> Mashed Potatoes Green Beans	<b>21</b> <a href="#">Layered Spring Salad</a>	<b>22</b> <a href="#">Tender Beef Kabobs (GGF)</a> Salad with <a href="#">Tangy Raspberry Vinaigrette</a>	<b>23</b> <a href="#">30 Minute Cheesy Garlic Shrimp Alfredo</a>
<b>24</b> <a href="#">SC Crock-pot Chicken Tacos</a> <a href="#">Spanish Rice</a>	<b>25</b> <a href="#">Loaded Beef Taco Salad with Creamy Lime Cilantro Dressing</a>	<b>26</b> <a href="#">Easy Grilled Tilapia Paremesan Garlic Asparagus</a> Green Salad	<b>27</b> <a href="#">SC Slow Cooker Chicken Caesar Sandwiches</a>	<b>28</b> <a href="#">Easy Bean Tostadas Spanish Rice</a>	<b>29</b> <a href="#">Easy Honey Ginger Grilled Salmon</a> <a href="#">Grilled Zucchini</a>	<b>30</b> <a href="#">Quick 15 Minute Beef &amp; Broccoli Stir Fry</a> Served over White or Brown Rice
<b>Breakfast Options:</b>		<b>Snack Options:</b>		<b>Lunch Options:</b>		<b>Dessert Options:</b>
* <a href="#">Crockpot Cinnamon Rolls with Caramel Cream Cheese Frosting</a> * <a href="#">40+ Gluten-Free Breakfasts Recipes</a> * <a href="#">50 Slow Cooker Breakfasts</a>		* <a href="#">GF Fruit Newton Style Cookies</a> * <a href="#">Homemade Snap Pea Chips</a> * <a href="#">175+ Snack Options</a>		* <a href="#">Quick &amp; Easy Crispy Chicken &amp; Avocado Burrito Wraps</a> * <a href="#">150+ Gluten-Free Lunch Ideas</a> * <a href="#">30 Quick &amp; Easy Lunches</a>		* <a href="#">Chex-Mix Lemon Buddies</a> * <a href="#">Grilled Chocolate Banana Melt</a> * <a href="#">39 Gluten-Free Desserts</a>