

JULY 2017 menu Plan

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