

JULY 2019 MEAL PLAN

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