

# AUGUST 2019 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>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>SC</b> = Slow Cooker		<b>1</b> <a href="#">Fresh Summer Roll Noodle Bowl</a>	<b>2</b> <a href="#">Grilled Pineapple Chicken</a> (P, W30) Side Green Salad	<b>3</b> <a href="#">Roasted Lemon Artichoke and Browned Butter Pasta</a>
<b>4 SC</b> <a href="#">Slow Cooker Hot Chicken Caesar Sandwiches</a>	<b>5</b> <a href="#">Taco Pasta Salad</a>	<b>6</b> <a href="#">Chicken Pesto Stuffed Sweet Potatoes</a> (P, W30)	<b>7 SC</b> <a href="#">Eggplant Parmesan</a>	<b>8</b> <a href="#">Cilantro Lime Chicken Tacos</a>	<b>9</b> <a href="#">Shrimp and Asparagus Foil Packs with Garlic Lemon Butter Sauce</a>	<b>10</b> <a href="#">Spicy Smoked Sausage Alfredo Bake</a>
<b>11 SC</b> <a href="#">Slow Cooker Beef and Potato Au Gratin</a>	<b>12</b> <a href="#">Jerk Chicken with Pineapple Black Bean Salsa</a>	<b>13</b> <a href="#">Deviled Egg Macaroni Pasta Salad</a>	<b>14 SC</b> <a href="#">Crockpot Honey Garlic Ribs</a>	<b>15</b> <a href="#">Lemon Basil Orzo with Chicken</a>	<b>16</b> <a href="#">Grilled Steak Potato Mushroom Kabobs</a>	<b>17</b> <a href="#">Grilled Honey Lime Shrimp</a>
<b>18 SC</b> <a href="#">Slow Cooker Barbacoa Burritos</a>	<b>19</b> <a href="#">Greek Chicken Pasta Salad</a>	<b>20</b> <a href="#">Grilled Summer Vegetable Quesadillas</a>	<b>21 SC</b> <a href="#">Hawaiian Chicken Sandwiches</a> Chips	<b>22</b> <a href="#">Fat Head Pizza Crust Recipe</a>	<b>23</b> <a href="#">Grilled Jerk Shrimp and Pineapple Skewers</a>	<b>24</b> <a href="#">Cilantro-Lime Chicken with Mango Avocado Salsa</a>
<b>25 SC</b> <a href="#">Slow Cooker Orange Chicken</a>	<b>26</b> <a href="#">Grilled Garlic Herb Flank Steak with Avocado Corn Salsa</a>	<b>27</b> <a href="#">Grilled Chicken Pasta Salad</a>	<b>28 SC</b> <a href="#">Slow Cooker Stuffed Peppers</a>	<b>29</b> <a href="#">Quick Tomato and Salmon Pasta</a>	<b>30</b> <a href="#">Bacon, Pineapple, Chicken Kabobs</a>	<b>31</b> <a href="#">Cajun Shrimp and Sausage Vegetable Foil Packets</a>
<b>Breakfast Options:</b>		<b>Snack Options:</b>		<b>Lunch Options:</b>		<b>Dessert Options:</b>
* <a href="#">Lemon Blueberry Muffins</a> * <a href="#">Peach Baked Oatmeal</a> * <a href="#">Strawberry Cream Cheese Stuffed French Toast</a> * <a href="#">Biscuits and Gravy Breakfast Casserole</a>		* <a href="#">Cowboy Caviar Salsa Recipe</a> * <a href="#">Cucumber &amp; Tomato Salad</a> * <a href="#">Tomato Pie</a> * <a href="#">Watermelon Fries with Coconut Lime Dip</a> * <a href="#">Sunshine Salad</a>		* <a href="#">Hawaiian BBQ Chicken Wraps</a> * <a href="#">BLT Pasta Salad</a> * <a href="#">Dill Pickle Chicken Salad</a> * <a href="#">Peach Summer Fruit Salad</a> * <a href="#">Chicken Hummus Naan Wraps</a> * <a href="#">Chicken Caesar Wraps</a>		* <a href="#">Campfire Cones</a> * <a href="#">Peach Cobbler</a> * <a href="#">Lemon Brownies</a> * <a href="#">Grilled Peaches and Cream</a> * <a href="#">Easy Skinny Strawberry Oatmeal Bars</a>