

HEALTHY AND EASY MEALS MENU

July 2017



						1 Saturday
						Crockpot Honey Pork and Apples (GF,DF)
2 Sunday	3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday	8 Saturday
Veggie Filled Fish Rolls (GF, DF)	Black Bean, Corn and Tomato Salad (GF, DF)	Cauliflower Pizza (GF, DF)	Bison Burger (GF, DF)	Avocado Egg Salad Wrap	Upside Down Pizza Bake (GF, DF)	Italian Pasta Salad with Grilled Pork
9 Sunday	10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 Saturday
Pork Tacos with Cabbage and Asparagus	Vegetarian Taco Salad	Spicy Steak and Artichoke Sandwich	Ham and Asparagus Frittata (GF)	Chili Lime Chicken (GF)	Tilapia Bruschetta Sandwich	Ranch Pork Chops (GF, DF, EF)
16 Sunday	17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday	22 Saturday
Chicken Marbella (GF, DF, EF)	Sriracha Tuna Cakes (GF, DF)	One Pot Jambalaya With Turkey Sausage (GF, DF, EF)	Weight Watchers Crockpot Pot Roast (GF, DF, EF)	Grilled Pesto Chicken and Pepper Kebabs (GF, EF)	Chicken with Kale and Tri Color Peppers (GF, EF)	Instant Pot Lemon Pepper Chicken (GF, DF)
23 Sunday	24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday	29 Saturday
Grilled Baby Back Ribs (GF, DF)	Easy Taco Salad	Turkey & Veggie Saute (GF, DF)	Stone Fruit Salad (GF)	Slow Cooker Chicken Sloppy Joes (GF, DF)	Slow Cooker Sesame Chicken	Zucchini Pizza Bites (GF)
30 Sunday	31 Monday	GF – Gluten-Free DF – Dairy-Free EF – Egg-Free https://www.facebook.com/groups/easyhealthyquickmeals/				
Best Steak Ever (GF, DF)	Crockpot Chicken with Apple and Sweet Potato					