

# HEALTHY AND EASY MEALS MENU

## August 2017



		1 Tuesday	2 Wednesday	3 Thursday	4 Friday	5 Saturday
		<a href="#">Chicken and Vegetables</a> (GF, DF, EF)	<a href="#">Crockpot Crab and Corn Chowder</a> (GF, EF)	<a href="#">Pulled Pork</a> (GF, DF, EF)	<a href="#">Spinach Stuffed Chicken Parmesan</a> (GF)	<a href="#">Tuna Frittata</a> (GF, DF)
6 Sunday	7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday	12 Saturday
<a href="#">Crockpot Lemon Chicken</a> (GF, DF, EF)	<a href="#">One Pan Mexican Quinoa</a> (GF, DF, EF)	<a href="#">Philly Cheese Steak Skillet</a> (GF)	<a href="#">Bacon Ranch Stuffed Burger</a> (GF)	<a href="#">Slow Cooker Turkey Stuffed Peppers</a> (GF)	<a href="#">Skillet Chicken Fajitas</a> (GF, DF)	<a href="#">Crockpot Salsa and Cheese Chicken</a> (GF)
13 Sunday	14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday	19 Saturday
<a href="#">Slow Cooker Garlic Drumsticks</a> (GF, DF)	<a href="#">Vegetable Cauliflower Rice</a> (GF, DF)	<a href="#">Chicken Teriyaki Skewers</a> (GF, DF)	<a href="#">Sunflower Kale Flatbread</a> (GF)	<a href="#">Black Bean &amp; Rice Tacos</a> (GF)	<a href="#">Grilled Chicken &amp; Kale Pita</a>	<a href="#">Maple BBQ Glazed Salmon</a> (GF)
20 Sunday	21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday	26 Saturday
<a href="#">Sweet Pepper Nachos</a> (GF)	<a href="#">Oven Baked Steak Fajitas</a> (GF, DF)	<a href="#">Vegetable Minestrone Soup with Quinoa Pasta</a> (GF, DF)	<a href="#">Mushroom Enchilada Casserole</a> (GF)	<a href="#">Italian Chicken and Rice Casserole</a> (GF, DF)	<a href="#">Chicken and Greens with Tortellini</a>	<a href="#">Salmon and Blueberry Salad</a> (GF, DF)
27 Sunday	28 Monday	29 Tuesday	30 Wednesday	31 Thursday		
<a href="#">Easy Chicken Marsala</a> (GF)	<a href="#">Spinach and Mushroom Quesadillas</a> (GF)	<a href="#">Crockpot Honey Sesame Chicken</a> (GF, DF, EF)	<a href="#">Oven Baked Eggplant</a> (GF, DF)	<a href="#">Barbecue Pulled Chicken</a> (GF, DF, EF)		

GF – Gluten-Free | DF – Dairy-Free | EF – Egg-Free

<https://www.facebook.com/groups/easyhealthyquickmeals/>