

HEALTHY AND EASY MEALS MENU

September 2017



					1 Friday Zucchini Fritters	2 Saturday Sonoma Chicken and Pasta
3 Sunday Artichoke Lasagna	4 Monday Broiled Zucchini Pizza Bites (GF, EF)	5 Tuesday Avocado Pasta with Chicken	6 Wednesday Southwest Stuffed Peppers (GF, EF)	7 Thursday Italian Baked Spaghetti Squash (GF, EF)	8 Friday Crockpot Montreal Roast (GF)	9 Saturday Easy Salmon Salad (GF, DF)
10 Sunday Healthy One Dish Chicken Bake (GF, DF)	11 Monday Slow Cooker Southern Roast (GF)	12 Tuesday Slow Cooker Honey Pork and Apples (GF, DF)	13 Wednesday Mexican Chicken Lettuce Cups (GF, DF)	14 Thursday Cauliflower Fried Rice	15 Friday Sheet Pan Rosemary Chicken (GF, DF, EF)	16 Saturday Taco Zoodle Casserole (GF, EF)
17 Sunday Honey Lime Grilled Chicken (GF, DF, EF)	18 Monday Chicken Fried Rice	19 Tuesday Seared Pork Loin with Veggies (GF)	20 Wednesday Slow Cooker Maple Roast (GF)	21 Thursday Blackened Chicken Caesar Salad (GF)	22 Friday Chicken Parmesan Sub Sandwich (EF)	23 Saturday Pizza Acorn Squash (GF, EF)
24 Sunday Instant Pot Beef Stew (GF, DF, EF)	25 Monday Chicken Caesar Pasta Salad (GF, EF)	26 Tuesday Italian Meatballs (GF, DF)	27 Wednesday Mexican Meatloaf (GF, DF)	28 Thursday Crab Cakes (GF)	29 Friday Stuffed Acorn Squash (GF, DF, EF)	30 Saturday Couscous & Vegetable Stuffed Peppers

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

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