

# HEALTHY AND EASY MEALS MENU

# June 2017



				<b>1 Thursday</b> <a href="#">Chipotle Ranch Chicken Salad</a>	<b>2 Friday</b> <a href="#">Southwest Shrimp Salad</a> (GF)	<b>3 Saturday</b> <a href="#">Ratatouille Chicken Bowls</a> (GF)
<b>4 Sunday</b> <a href="#">Turkey Burger Stuffed Manicotti</a>	<b>5 Monday</b> <a href="#">Minestrone Soup</a> (DF)	<b>6 Tuesday</b> <a href="#">Southwest Pasta Salad</a>	<b>7 Wednesday</b> <a href="#">Quinoa and Avocado Salad</a> (GF)	<b>8 Thursday</b> <a href="#">Slow Cooker Rotisserie Chicken</a> (GF, DF)	<b>9 Friday</b> <a href="#">Thai Pork Recipe with Coconut Milk</a> (GF, DF)	<b>10 Saturday</b> <a href="#">Crockpot Chicken Chili</a> (GF)
<b>11 Sunday</b> <a href="#">Pan Grilled Lamb Recipe</a> (GF, DF)	<b>12 Monday</b> <a href="#">Lemon Pepper Steak Stir Fry</a> (GF, DF)	<b>13 Tuesday</b> <a href="#">Pulled Pork Carnitas</a> (GF, DF)	<b>14 Wednesday</b> <a href="#">Baked Salmon with Pesto</a> (GF, DF)	<b>15 Thursday</b> <a href="#">Sweet Potato Breakfast Casserole</a> (GF, DF)	<b>16 Friday</b> <a href="#">Zucchini Lasagna</a> (GF)	<b>17 Saturday</b> <a href="#">Crockpot Clean Eating Chicken</a> (GF, DF, EF)
<b>18 Sunday</b> <a href="#">Clean Eating Hamburger</a> (GF, DF, EF)	<b>19 Monday</b> <a href="#">Cheesy Alfredo Spaghetti Squash</a> (GF)	<b>20 Tuesday</b> <a href="#">Tuna Stuffed Avocado</a> (GF, DF, EF)	<b>21 Wednesday</b> <a href="#">Scallops with Bacon &amp; Spinach</a> (GF, DF, EF)	<b>22 Thursday</b> <a href="#">Glazed Chicken Thighs</a> (GF, DF, EF)	<b>23 Friday</b> <a href="#">Grilled Rustic Chicken Pizza</a> (GF)	<b>24 Saturday</b> <a href="#">Instant Pot Ribs with a Maple Glaze</a> (GF, DF, EF)
<b>25 Sunday</b> <a href="#">Turkey &amp; Veggie Saute</a> (GF, DF, EF)	<b>26 Monday</b> <a href="#">Cauliflower Fried Rice</a> (GF)	<b>27 Tuesday</b> <a href="#">Slow Cooker Summer Vegetable Soup</a> (GF, DF, EF)	<b>28 Wednesday</b> <a href="#">Tuscan Chicken Pasta Bowl</a>	<b>29 Thursday</b> <a href="#">Summer Squash Pizza</a> (GF)	<b>30 Friday</b> <a href="#">Grilled Baby Back Ribs</a> (GF, DF, EF)	

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

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