

HEALTHY AND EASY MEALS MENU

May 2017



	1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 Saturday
	Asparagus and Pasta Salad (EF, GF Optional)	Pressure Cooker Pork and Sauerkraut (GF, DF, EF)	Chicken and Mango Salad with Creamy Lime Dressing (GF)	Italian Chicken and Rice Casserole (GF, DF, EF)	Southwest Ranch Tortellini Salad	Teriyaki Burgers with Asian Coleslaw (DF, GF Optional)
7 Sunday	8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday	13 Saturday
Caribbean Taco Salad (GF)	Potato Crunch Spaghetti Sauce Saute	Roasted Sweet Potato & Salmon Quinoa Bowl (GF, DF)	Chicken Caesar Pasta Bowl	Hearty Zucchini Lasagna (GF)	Kale Egg Salad Sandwiches (GF)	Sweet and Sour Chicken (GF)
14 Sunday	15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday	20 Saturday
Baked Apple Cinnamon Pork Chops (GF)	Eggplant Lasagna Tower (GF)	Quinoa Stuffed Green Peppers (GF, DF)	One Sheet Chicken and Broccoli Dinner (GF, DF)	One Sheet Pan Pork Chop Dinner (GF, DF)	Shrimp Stir Fry (GF, DF)	Oven Baked Chicken Fajitas (GF, DF)
21 Sunday	22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday	27 Saturday
Crockpot Pot Roast (GF, DF)	Turkey Taco Tortillas (EF)	Pepper Pesto Pasta (EF)	Prawn Salad with Herb Vinaigrette (DF, EF)	Pork Loin with Orange Sauce (GF, DF, EF)	Crockpot Lemon Chicken (GF, DF, EF)	Slow Cooker Pulled Pork (DF, EF)
28 Sunday	29 Monday	30 Tuesday	31 Wednesday			
Baked Maple Bourbon Salmon (GF, DF, EF)	Quinoa and Avocado Salad (GF, DF, EF)	Creamy Tuscan White Bean and Chicken Soup (GF)	Hummus Crusted Salmon (GF, DF, EF)			

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

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