

HEALTHY AND EASY MEALS MENU

August 2017



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

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

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