

HEALTHY AND EASY MEALS MENU

June 2017



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

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

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