

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Slow Cooker Vegetarian Lasagna w/ mixed greens	2 Healthy Grilled Sweet & Sour Chicken Kebabs on Brown Rice w/ fresh berries	3 Quick Tuna Burgers w/ Grilled Corn & Beefsteak Tomato Salad	4 Chopped Thai Salad w/ Sesame Garlic Dressing & Whole Wheat Baguette
5 Zucchini - Tomato Frittata with Crunchy Apple & Grape Salad	6 Barbecued Chicken w/ Tomatoes Stuffed w/ Grilled Corn Salad	7 Herbed Chicken, Orzo & Zucchini w/ Greek Cucumber & Arugula Salad	8 Mexican Stuffed Poblanos w/ Tomato & Avocado Salad	9 Ultimate Greek Chopped Salad w/ Whole Wheat French Bread	10 Mango Rice Salad w/ Grilled Shrimp & Parmesan Tomatoes	11 Grilled Tuscan Chicken w/ Rosemary & Lemon & Grilled Tomatoes w/ Basil Zucchini Noodles
12 Seared Scallops w/ Warm Fruit Salsa & mixed greens	13 Summer Vegetable Crepes with Avocado Caprese Salad	14 Herb Crusted Salmon w/ Mixed Greens & Cucumber Tomato Salad	15 Summer Vegetable Stir-fry on brown rice	16 Fresh Vegetable Quesadillas w/ Corn Relish & avocado slices	17 Grilled Herb-Coated Chicken Breasts w/ Simple Skillet Green Beans	18 30-minute Fresh Tomato Marinara Sauce on whole wheat noodles w/ salad
19 Pulled Chicken Baked Potato w/ Strawberry, Avocado, Spinach Salad w/ Poppyseed Dressing	20 Southwestern Turkey Burgers w/ Sweet Potato Fries	21 Healthy Quinoa Stuffed Bell Peppers w/ Creole Tomato Salad	22 Chicken Fajitas on whole wheat tortillas w/ Easy Guacamole	23 Tuna w/ Avocado Green Goddess Aioli w/ Rosemary Roasted Potatoes	24 Sweet & Savory Grilled Chicken w/ Tomato, Corn, & Avocado Salad	25 Summer Veggie Pizza w/ Slow Cooker Corn-on-the-Cob
26 Grilled Salmon w/ Avocado Salsa w/ Parmesan Baked Squash & Zucchini Spears	27 Buffalo Chicken Burger w/ Garlic Parmesan Fries	28 Slow Cooker Turkey Sloppy Joes w/ Stewed Okra & Tomatoes	29 Baked Ziti & Summer Vegetables w/ Mixed Greens Salad w/ Feta Vinaigrette	30 Baked Salmon Cakes w/ Zesty Avocado-Cilantro Dipping Sauce & Berry Cantaloupe Salad	31 Roasted Tomatoes w/ Shrimp & Feta w/ Grilled Green Beans	

