

# HEALTHY AND EASY MEALS MENU

## May 2017



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