

# June Meal Planner

Sunday	Monday Leftovers	Tuesday Tacos	Wednesday Soup	Thursday	Friday	Saturday Anything Goes
	1 Cooked mushrooms and lentils, seasonal vegetables, sauteed greens with onion and garlic	2 Bbq baked salmon tacos, with homemade coleslaw and a NEW veggie (try something new!)	3 <a href="#">Tuscan Kale and White Bean Soup</a> - (Kelly Leveque)	4 <a href="#">Saucy Paleo Meatballs</a> (Kelly Leveque) with zucchini noodles	5 Homemade pizza night using <a href="#">Paleo Running Mama's dough recipe</a>	6 Burgers with lettuce wraps, sweet potato wedges and seasonal vegetables
7 Cook <a href="#">whole chicken</a> (Kelly Leveque)- serve with salad and seasonal vegetables	8 Leftover chicken, sweet potato fries and leftover seasonal vegetables	9 Leftover chicken made into bbq chicken tacos, serve with pineapple coleslaw and a side of homemade refried beans	10 <a href="#">Vegetable and Quinoa Soup</a> (Emily Rix)	11 Leftover soup	12 Brauts, mixed vegetables, sweet potato fries	13 Salmon bowl with mixed greens, sweet potato rounds, <a href="#">brussels sprouts</a> , avocado
14 <a href="#">Sweet potato and black bean enchiladas</a> (Emily Rix), side salad	15 Leftover enchiladas, salad	16 <a href="#">Ground beef tacos</a> (Kristin Marr) with kale salad	17 <a href="#">Tuscan Kale and White Bean Soup</a> - Kelly Leveque	18 Sheet pan salmon, salad, roasted veggies and homemade red skin fries	19 Homemade pizza night using <a href="#">cauliflower pizza crust</a> (ifoodreal)	20 Burgers with lettuce wraps, sweet potato wedges and seasonal vegetable
21 <b>FATHERS DAY</b> Steak, mashed potatoes, salad, asparagus	22 Quinoa taco salad using quinoa "meal"	23 Bbq baked salmon tacos, with homemade coleslaw and a NEW veggie (try something new!)	24 <a href="#">Chickpea Curry Recipe</a> -Chocolate Covered Katie	25 <a href="#">Saucy Paleo Meatballs</a> -(Kelly Leveque) with zucchini noodles	26 Brauts, mixed vegetables, sweet potato fries	27 Pickup/Take-out Dinner
28 Cook <a href="#">whole chicken</a> (Kelly Leveque)- serve with salad and seasonal vegetables	29 Leftover chicken, sweet potato fries and leftover seasonal vegetables	30 Leftover chicken made into bbq chicken tacos, serve with mango coleslaw and a side of seasoned black beans (cumin, garlic powder, chili powder)				

Breakfast Ideas	Lunch Ideas	Snack Ideas
<p><a href="#">Spinach and oat pancakes</a>- Emily Rix</p> <p><a href="#">Breakfast burrito bowls</a>- Paleo Running Mama</p> <p><a href="#">Almond butter paleo waffles</a>- Ambitious Kitchen</p>	<p><a href="#">Avocado bean salad</a>- Kelly Leveque</p> <p>BLT sandwiches with steamed veggies</p> <p>Grilled chicken salad with seasonal produce</p>	<p>Veggies and <a href="#">guacamole</a></p> <p><a href="#">Peanut Butter Balls</a>- Emily Rix</p> <p><a href="#">Smoothie recipes</a>- Kelly Leveque (Fab 4 Smoothies for balancing blood sugar)</p>
Dessert	Kids	
<p><a href="#">Freezer fudge</a>- Kelly Leveque</p> <p><a href="#">Chickpea Blondies</a>- The Conscious Plant Kitchen</p>	<p><a href="#">Peanut butter and carrot muffins</a> - Emily Rix</p> <p><a href="#">Hard boiled eggs</a>- Emily Rix</p> <p>Apple nachos (nut butter drizzled on top of apple slices)</p>	