

July Meal Planner

| Sunday Large meal | Monday Leftovers | Tuesday Soup | Wednesday Fish | Thursday Beef | Friday Anything Goes | Saturday Anything goes |
|--|--|---|---|---|---|--|
| | | | 1 Salmon, asparagus, cauliflower rice with pineapple salsa | 2 Meatballs over zoodles with your favorite pasta sauce or alfredo sauce | 3 Taco Skillet Dinner or taco salad | 4 <u>FOURTH OF JULY</u> Bbq chicken wings, sweet potato fries, zucchini/summer squash |
| 5 Whole chicken, sweet potato fries, seasonal veggie | 6 Leftover chicken made into stir fry with coconut aminos and cauliflower rice | 7 White chicken chili | 8 Salmon, seasonal veggies, rice/cauliflower rice, cabbage and cucumber salad | 9 Loaded sweet potato nachos (using beef instead of beans) | 10 Chicken zoodle soup (from Inflammation Spectrum book) | 11 Spinach Avocado Chicken Burgers , sweet potato wedges |
| 12 Double batch of beef tacos with cauliflower rice, seasonal veggie and homemade, grain free tortilla shells | 13 Leftover tacos (either with taco shells or made into taco salad) | 14 Chicken Pot pie soup | 15 Salmon, asparagus, cauliflower rice with pineapple salsa | 16 Meatballs over zoodles with cilantro lime avocado sauce | 17 Tuna salad with sweet potato fries | 18 Grass fed burgers, sweet potato wedges, seasonal produce |
| 19 Whole chicken, sweet potato fries, seasonal veggie | 20 Leftover chicken made into stir fry with coconut aminos and cauliflower rice | 21 White chicken chili or Ginger Squash soup (from Inflammation Spectrum book) | 22 TRAVELING Try: Sheet pan vegetables and sausage (use cauliflower rice for healthier version) | 23 TRAVELING Try: Sheet pan chicken, squash and apples | 24 TRAVELING Try: Balsamic Bacon Brussels Sprouts | 25 TRAVELING Try: Instant Pot Chicken Noodle Soup (if following grain free, use lentil/chickpea noodles) |
| 26 TRAVELING Repeat a favorite! | 27 Taco Skillet Dinner or taco salad | 28 Chicken Pot pie soup | 29 Salmon, seasonal veggies, rice/cauliflower rice, cabbage and cucumber salad | 30 Loaded sweet potato nachos (using beef instead of beans) | 31 Tuna salad with sweet potato fries | |

| Breakfast Ideas | Lunch Ideas | Snack Ideas |
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| <p>Sheet pan AIP breakfast</p> <p>Paleo and AIP Sausage biscuit served with sauteed greens or asparagus</p> <p>Green Avocado Smoothie</p> <p>Bacon, veggies, avocado</p> | <p>Tuna salad (Wild Planet tuna)</p> <p>Grilled chicken salad with cucumbers, strawberries and homemade dressing</p> <p>Grilled chicken lettuce wraps with red onion, egg free mayo, avocado</p> <p>Fish tacos using siete cassava flour shells or homemade shells</p> <p>Roasted veggies with bacon/protein of choice</p> <p>Grilled chicken, baked sweet potato, side salad, avocado</p> | <p>Sweet potato chips</p> <p>Veggies and homemade guacamole</p> <p>Tortilla chips</p> <p>Fruit</p> <p>Tuna/salmon on cucumber with avocado</p> <p>Carrot fries with guacamole</p> |
| Dessert | Kids | |
| <p>Fresh fruit with coconut whipped cream</p> <p>Sauteed apples with cinnamon</p> <p>Apple crisp- omit honey</p> <p>Warmed peaches and coconut butter/cream</p> | <p>Lentil pasta (Tolerant noodles) with sauce</p> <p>Chicken and green veggie rice</p> <p>Spinach and oat pancakes</p> <p>Turkey meatballs with roasted vegetables, sweet potato fries</p> | |