

# JULY

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Slow Cooker 2 Pineapple Brown Sugar Pulled Pork	3 Italian Pasta Salad	4 Easy Monterey Chicken Foil Packets	5 Easy Beef and Broccoli	6 Grilled Cheeseburger Pizza	7 Crockpot Breakfast Casserole
8	Spinach 9 Ricotta Slow Cooker Lasagna	10 Teriyaki Salmon Foil Packets	11 Grilled Porterhouse Pork Chops	12 Maple Glazed Chicken Drumsticks	13 Instant Pot Taco Meat	14 Easy Strawberry Cream Cheese Danish
15	Slow 16 Cooker Zuppa Toscana	17 Sweet Chili Grilled Chicken	18 Spicy Pork Lettuce Wraps	19 One Pot Pasta Primavera	20 Curried Satay Veggie Bowls	21 Strawberry Chocolate Chip Banana Muffins
22	Slow Cooker 23 Honey Sriracha Chicken Tacos	Instant 24 Pot Pork Tenderloin	BBQ 25 Cauliflower & Chickpea Veggie Burger	26 Taco Pizza Pie	27 Grilled Salmon Tacos	28 Cherry Cheesecake Crepes
29	Healthier 30 Slow Cooker Spaghetti and Meat Sauce	Honey 31 Balsamic Grilled Chicken				