

August Meal Planner

Sunday Large meal	Monday Leftovers	Tuesday Tacos	Wednesday Soup	Thursday Fish	Friday Anything Goes	Saturday Anything goes
						1 Spinach avocado chicken burgers , baked sweet potato, zucchini fries
2 Sheet pan vegetables and sausage (use cauliflower rice for healthier version)	3 Leftover sheet pan meal	4 Chicken and vegetable tacos with roasted vegetables	5 Coconut Ginger Soup (Inflammation Spectrum book)	6 Tuscan Garlic Shrimp & Zucchini Noodles	7 Slow cooker chicken pesto over zucchini noodles	8 Spiced Beef Burgers with Sweet-and-Sour Red Cabbage (Inflammation Spectrum book), sweet potato fries
9 Whole chicken, garlicky green beans , baked sweet potato	10 Leftover chicken, Grain Free Cauliflower Tabbouleh Salad	11 AIP Chicken Burrito Bowls	12 Chicken zoodle soup (Inflammation Spectrum book)	13 Fish (dependent on what wild caught fish I can get at Costco), seasonal vegetables, bacon ranch sweet potato salad	14 Grilled chicken with turmeric cauliflower risotto , side salad	15 Steak and carrot noodle bowl with chimichurri sauce (Inflammation Spectrum book)
16 Paleo shrimp scampi over zucchini noodles	17 Leftovers or Lemon Chicken and Kale with roasted diced sweet potatoes	18 Beef tacos with cilantro lime cauliflower rice	19 White Chicken Chili Soup	20 Shrimp cakes with creamy dill slaw (Inflammation Spectrum book)	21 Slow cooker chicken pesto over zucchini noodles	22 Spiced Beef Burgers with Sweet-and-Sour Red Cabbage (Inflammation Spectrum book), sweet potato fries
23 Whole chicken, garlicky green beans , baked sweet potato	24 Leftover chicken, Grain Free Cauliflower Tabbouleh Salad	25 Copycat Chipotle Chicken Burrito Bowls	26 Chicken Pot Pie Soup	27 Fish (dependent on what wild caught fish I can get at Costco), seasonal vegetables, bacon ranch sweet potato salad	28 Grilled chicken with turmeric cauliflower risotto , side salad	29 Broccoli beef bowl (Kelly Leveque's recipe in Body Love)
30 Sheet pan vegetables and sausage (use cauliflower rice for healthier version)	31 Leftover sheet pan meal					

Breakfast Ideas	Lunch Ideas	Snack Ideas
<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>Taco salad with roasted seasonal vegetables</p> <p>Chicken stir fry with cauliflower rice</p> <p>Paleo chicken bacon ranch wraps</p> <p>Spinach avocado chicken burgers</p> <p>Grilled chicken salad with strawberries</p>	<p>Raw vegetables and guacamole</p> <p>Kale chips</p> <p>Chocolate chip energy balls (not AIP)</p> <p>Pumpkin energy balls (not AIP)</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>Cosmic brownies</p>	<p>Sweet potato chicken poppers</p> <p>Spinach and oat pancakes</p> <p>Baked zucchini tots</p>	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
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