








The nourishing home summer Grilling GF meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Grilled Pineapple Chicken with Cauli-Rice or Cilantro Rice <i>(Time-Saving Tip: Make double batch of rice, and grill a triple batch of this chicken for Tues' & Thurs' dinners)</i></p>	<p>Grilled Beef Fajitas with The Best Guacamole and leftover Cauli-Rice or Cilantro Rice</p>	<p>Veggie "Pasta" (if grain-free, use zoodles) top with leftover grilled chicken Mesclun Salad with Healthy Ranch Dressing</p>	<p>Grilled Shrimp Kebobs with Watermelon Salsa and Plantain Chips</p>	<p>Strawberry Cobb Salad (with leftover grilled chicken) Crockpot Baked Potatoes</p>	<p>Southwestern Chicken Burgers with Avocado and Cultured Potato Salad <i>(Time-Saving Tip: Make extra potato salad for Sat dinner)</i></p>	<p>Foolproof BBQ Chicken with Citrus Salad and leftover Cultured Potato Salad Dessert: Grilled Tropical Fruit with Ice Cream</p>

Easy Summer Grilling Menu Shopping List

Meat, Poultry & Fish

- ___ Boneless chicken breasts, 3.5 lbs
- ___ Beef sirloin steak, 1.25 lbs cubed
- ___ Uncooked shrimp, 1 lb (about 25)
- ___ Ground dark chicken, 1 lb
- ___ Chicken drumsticks, 1 lb
- ___ Uncured bacon, 1 lb
- ___ **Chicken stock**

Fresh Produce & Cold Case

- ___ Avocados, 4 ___ Banana, 1 large
- ___ Cauliflower, 1 (if making cauli-rice)
- ___ Celery, 2 stalks ___ Green onions
- ___ Favorite veggies, 8 cups for use in veggie pasta (see recipe for ideas)

- ___ Fresh cilantro & basil, 1 bunch each
- ___ Garlic, 2 heads ___ Jalapeno pepper, 1
- ___ Grapefruit, tangerine, orange, 1 each
- ___ Kiwis, 4 ___ Lemons, 2 ___ Limes, 6
- ___ Mesclun salad greens, 2 bags
- ___ Mangos, 2 large ___ Mushrooms, 6 oz
- ___ Pico de gallo, 1 cup
- ___ Pineapple, 3 cups ___ Plum tomatoes, 3
- ___ Red & yellow bell pepper, 2 each
- ___ Red onions, 4 ___ Red potatoes, 6
- ___ Russet potatoes, 1 per person
- ___ Strawberries 1lb ___ Watermelon, 2 cups
- ___ Yellow onions, 2 ___ Yogurt (or **homemade**)
- ___ Zucchini, 2 (plus 4 if making zoodles)

Pantry Items

- ___ Artichoke hearts, 1 can
- ___ **Avocado oil** (or **EVOO**)
- ___ **Balsamic vinegar**
- ___ Basmati rice (if not making cauli-rice)
- ___ Dijon mustard
- ___ GF pasta (If not making zoodles)
- ___ Maple syrup ___ Honey ___ Mayo
- ___ Salad dressings (or *homemade)
- ___ Sundried tomatoes, 1 small jar
- ___ Unsweetened pineapple juice
- ___ Your favorite BBQ sauce (or **homemade**)
- *Be sure to add the ingredients for the homemade salad dressings, if desired.*

Dried Herbs & Spices

- ___ Basil ___ Cayenne pepper ___ Chili powder ___ Cinnamon ___ Dill ___ Garlic powder ___ Ground ginger
- ___ Onion powder ___ Oregano ___ Paprika ___ Parsley ___ Rosemary ___ Thyme