# THE NOURISHING HOME SUMMER GRILLING GF MEAL PLAN

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

## Easy Summer Grilling Menu Shopping List

| Meat, Poultry & Fish | Fresh cilantro & basil, 1 bunch each  
Garlic, 2 heads  
Jalapeno pepper, 1  
Grapefruit, tangerine, orange, 1 each  
Kiwi, 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) |
|---------------------|--------------|
| Fresh Produce & Cold Case | 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 |

## 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.*