








The nourishing home summer Grilling GF meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Grilled Pineapple Chicken with Pineapple Salsa with Baja-Style Cilantro Rice <i>(Time-Saving Tip: Make double batch of rice, and grill this chicken as well as the Herb Chicken for Tues & Thurs dinners)</i></p>	<p>Grilled Beef Fajitas with leftover Baja-Style Cilantro Rice</p>	<p>Veggie "Pasta" (if grain-free, use zoodles) topped with Grilled Herb Chicken Mesclun Salad with Healthy Ranch Dressing</p>	<p>Grilled Shrimp Kebobs served over Saffron Rice and Garden Salad with Balsamic Vinaigrette</p>	<p>Strawberry-Feta Salad with leftover Grilled Herb Chicken Crockpot Baked Potatoes</p>	<p>Southwestern Chicken Burgers with Sweet Potato Bites <i>(Time-Saving Tip: Make double batch of sweet potato bites for Sat dinner)</i></p>	<p>Foolproof BBQ Chicken with leftover Sweet Potato Bites Dessert: Grilled Tropical Fruit with Ice Cream</p>

Easy Summer Grilling Menu Shopping List

Meat, Poultry & Fish

- Boneless, skinless chicken breasts, 3 lbs
- Beef sirloin steak, 1.25 lbs cubed
- Uncooked shrimp, 1 lb (about 20)
- Ground dark chicken, 1 lb
- Chicken stock, 3.5 cups

Fresh Produce & Cold Case

- Apples, 2
- Banana, 1 large
- Bibb or romaine lettuce, 2 heads
- Feta cheese, 6 oz
- Favorite veggies, 8 cups for use in veggie pasta (see recipe for ideas)

Dry Herbs & Spices

- Cayenne pepper
- Chili powder
- Cinnamon
- Garlic powder
- Onion powder
- Oregano
- Paprika
- Parsley
- Red pepper
- Rosemary
- Saffron threads
- Thyme
- Turmeric

- Fresh cilantro, 1 bunch
- Garlic, 2 heads
- Jalapeno pepper, 1
- Kiwis, 2
- Lemon, 1
- Limes, 4
- Mesclun salad greens, 1 bag
- Mango, 1 large
- Mushrooms, 6 oz
- Pineapple, 3 cups chunks
- Plum tomatoes, 2-3
- Red & yellow bell pepper, 2 each
- Red onions, 3
- Russet potatoes, 1 per person
- Strawberries, 1 pint

- Sweet potatoes, 4-5 large
- Yellow onions, 2
- Zucchini, 2
- (plus 4 if making zoodles)

Pantry Items

- Artichoke hearts, 1 can
- Basmati rice
- Your favorite BBQ sauce (or [homemade](#))
- GF pasta (If not making zoodles)
- GF Hamburger buns
- Maple syrup
- Salad dressings (or made those featured)
- Sundried tomatoes, 1 small jar
- Unsweetened pineapple juice