

# Real Food Meal Plan July

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<a href="#"><u>Brazilian Chicken Turnovers w/ Avocado Yogurt Dip</u></a>	<a href="#"><u>Broken Lasagna With Zucchini-Tomato Sauce</u></a>	<a href="#"><u>Cauliflower Hummus Burgers with Mint Tzatziki</u></a>	<a href="#"><u>Chicken and Arugula Pita Pockets</u></a>	<a href="#"><u>Chinese Noodles</u></a>	<a href="#"><u>Confetti Chickpea Salad</u></a>	<a href="#"><u>Cucumber Avocado Tea Sandwiches With Dill &amp; Mint</u></a>
<a href="#"><u>Dana's Marinated Vegetable Pasta</u></a>	<a href="#"><u>Fettuccine With Summer Vegetables and Goat Cheese</u></a>	<a href="#"><u>Lemony Fusilli With Chicken, Zucchini and Pine Nuts</u></a>	<a href="#"><u>Lemony Orzo-Veggie Salad with Chicken</u></a>	<a href="#"><u>Mama Ghannouj (Baba Ghannouj Made With Zucchini)</u></a>	<a href="#"><u>Mango-Avocado Chicken Orzo Salad</u></a>	<a href="#"><u>Mexican Chopped Salad with Greek Yogurt Cilantro Lime Ranch</u></a>
<a href="#"><u>Peruvian Ceviche</u></a>	<a href="#"><u>Pesto-Peach Chicken Salad Wraps</u></a>	<a href="#"><u>Roasted Zucchini and Black Bean Tostadas with Crisp Radish Relish</u></a>	<a href="#"><u>Smorgastarta sandwich cake</u></a>	<a href="#"><u>Speedy Veggie 'n Brown Rice Noodle Bowl with Homemade Teriyaki Sauce</u></a>	<a href="#"><u>Sprouted Quinoa Black Bean Burgers with Pineapple Salsa</u></a>	<a href="#"><u>Summer Salad with Mango, Cucumber, Avocado, and Curry Vinaigrette</u></a>
<a href="#"><u>Tomato, Corn, and Butter Lettuce Salad with Buttermilk Chive Dressing</u></a>	<a href="#"><u>Ultimate Green Taco Wraps with Lentil-Walnut Taco Meat</u></a>	<a href="#"><u>Zucchini &amp; Corn Panini with Pepper Jack Cheese</u></a>	<a href="#"><u>Zucchini "Fettuccine" with Tomato Sauce</u></a>	<a href="#"><u>Zucchini-Mushroom "Linguine"</u></a>	<a href="#"><u>Zucchini Noodles With Peanut Sauce</u></a>	<a href="#"><u>Crab, Corn, and Tomato Salad with Lemon-Basil Dressing</u></a>
<a href="#"><u>Fettuccine with Seared Tomatoes, Spinach, and Burrata</u></a>	<a href="#"><u>Heinloom Tomato, Kale and Basil Pumpkin Seed Napoleon</u></a>	<a href="#"><u>Marinated Kale, White Bean, and Tomato Salad</u></a>	<a href="#"><u>Penne with Herbs, Tomatoes, and Peas</u></a>	<a href="#"><u>Rice Noodles with Peanut Sauce</u></a>	<a href="#"><u>Simple Chickpea Salad</u></a>	<a href="#"><u>Stuffed Baguette</u></a>
<a href="#"><u>Vegan Caprese Sandwiches with Garlic Cashew Cheese</u></a>	<a href="#"><u>Chilled Parsley and Pea Soup</u></a>	<a href="#"><u>Cheesy Black Bean and Corn Enchiladas</u></a>	<a href="#"><u>Asian Slaw with Red Chili "Peanut" Dressing</u></a>	<a href="#"><u>Coconut Chia Fruit Salad</u></a>	<a href="#"><u>Buffalo Chickpea Pitas With Ranch</u></a>	<a href="#"><u>Chickpea Salad Sammiches</u></a>