

Real Food Meal Plan August

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					<u>Cucumber and Tomato Sandwich with Garlic White Bean Hummus from Sandra Lee</u>	<u>Farmhouse Egg Bake from Bless This Mess</u>
<u>Oven Roasted Ratatouille</u>	<u>Pasta Salad with Lemon-Pesto Dressing from Rachael Ray</u>	<u>Roasted Vegetable Couscous from Southern Living</u>	<u>Spinach Tomato Quesadillas from Budget Bytes</u>	<u>Caramelized Yellow Squash with Parmesan from \$5 Dinners</u>	<u>Confetti Chickpea Salad from Budget Bytes</u>	<u>Eggplant Carbonata Pasta from Budget Bytes</u>
<u>Green Chile Chicken Soup from The Barefoot Cook</u>	<u>Moroccan Spiced Chicken with Summer Squash and Olives</u>	<u>Stuffed Pepper Soup from Lydia's Flexitarian Kitchen</u>	<u>Tropical Chicken with Coconut Mango Rice from Lydia's Flexitarian Kitchen</u>	<u>Ella Bella's Healthy Summer Squash Bread Recipe</u>	<u>Overnight, No-Cook Refrigerator Oatmeal from The Yummy Life</u>	