

Beat the Heat

Menu Planning Calendar for August
plus Grocery List

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|---|---|---|--|---|---|
| | | | | | 1 South West Spaghetti | 2 Chocolate Covered Strawberries |
| 3 BBQ Grilled Chicken Breast | 4 Pork Chops With Balsamic Strawberry Sauce | 5 Burrito Pie Casserole Use leftover chicken <i>Use leftover chicken</i> | 6 Quinoa With Black Beans | 7 Baked Tilapia With Spicy Tropical Salsa | 8 Chicken Fingers With A Honey Dijon Dipping Sauce | 9 No Bake Lemon Berry Cups |
| 10 Ground Turkey Meatballs | 11 Thai Turkey Lettuce Wraps <i>Use leftover turkey</i> | 12 Zucchini Noodles Aglio et Olio | 13 Grilled Scallops With Lemon Chickpea Salad | 14 Chickpea Cakes With Cabbage Salad <i>Use leftover chickpeas</i> | 15 BBQ Chicken Pizza | 16 Chocolate Chia Seed Pudding |
| 17 Three Cheese Ziti With Turkey <i>*Make without turkey for a meatless option</i> | 18 Sizzling Chicken Fajitas | 19 Stir Fry Shredded Chicken And Mushrooms <i>Use leftover chicken</i> | 20 Mediterranean Penne With Sun Dried Tomatoes | 21 Baked Kale and Quinoa Patties | 22 Italian Turkey Burgers | 23 No Bake Chocolate Coconut Macaroons |
| 24 Cilantro Lime Shrimp With Green Beans | 25 Soft Shrimp Tacos <i>Use leftover shrimp</i> | 26 Chopped South West Chicken Salad | 27 Whole Grain Penne Pasta With Greens And Beans | 28 Sweet Potato And Goat Cheese Quesadillas | 29 Grilled Chicken And Blueberry Salad | 30 Skinny Mini Blueberry Cheesecake |
| 31 Apricot And Almond Chicken Salad <i>Use leftover chicken</i> | <p>Notes: Freeze or refrigerate any leftovers you may have. This way you can have it later on during the week. Try and eat any</p> | | | | | |

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Grocery List

for August 1- August 8

Baking

- Olive Oil (3tbsp)
- Coconut Oil (1 tbsp)
- Dark Chocolate Chips (1 cup)
- Unsweetened Honey (4tbsp)
- Shredded Unsweetened Coconut (1/2 cup)
- Avocado Oil (2-3 tbsp)
- Almond Flour (1 cup)
- Tapioca Flour (1 1/4 cup)

Produce

- Carrots 1 large
- Zucchini 2 small
- Asparagus (10-12 stalks)
- Red and Yellow Bell Peppers 2
- Grape Tomatoes (1 cup)
- Tomato 1 medium
- Strawberries (20/1 lb)
- Sweet or Yellow Onion (1 medium)
- Red Onion 1 small
- Ripe Mangos 2
- Lime 1
- Garlic Cloves 6

Canned Goods

- Non Fat Refried Beans 1 (15oz) can or 1 can Black Beans
- Barbecue Sauce (2 cups)
- Diced Tomatoes 1 (10 oz) can
- Low Sodium Vegetable Broth (1 3/4 cup)
- Diced Green Chiles 1 (4.5 oz) can
- Salsa of Choice (1 1/2 cups)

Meat/Poultry

- Boneless Center Cut Pork Loin Chops 6 (4oz)
- Skinless Boneless Chicken Breast 12 (6-8oz)
- Tilapia Filets 4

Dry Goods

- Brown Rice (8 oz)
- Quinoa (3/4 cup)
- Black Sesame Seeds (2 tbsp)
- Dried Mustard (1 tsp)

Dairy

- Shredded Parmesan Cheese (1/4 cup)
- Non Fat Greek Yogurt (2 cup)
- Shredded Reduced Fat Cheddar Cheese (1 1/2 cups)
- Whole Eggs 2

Spices

- Basil (1/4 cup)
- Garlic Powder (2 tsp)
- Salt and Pepper (to taste)
- Herbs de Provence (1 tsp)
- Rosemary (1 tsp)
- Cilantro (1/2 cup)
- Paprika (2 tsp)
- Red Pepper Flakes (1/4 tsp)
- Cumin (1 tsp)
- Chili Powder (1 tsp)
- Cayenne Pepper (1 1/2 tsp)

Frozen

- Frozen Peas (1 cup)

Misc

- Whole Wheat Flour Tortillas 10
- Dijon Mustard (2 tbsp)
- Balsamic Vinegar (1/4 cup)