

JULY



A BOOM-ing Plate For You! ★

Appetizers -

Grilled Shrimp, Bacon Wrapped Smoked Salmon Stuffed Sweet Peppers, Deviled Eggs, Zucchini Pesto Roll- Ups

Main Dish-

Grilled meat & vegetables!
Artichoke Lemon Pesto Chicken 'Pasta', Kebabs, Beef/ Turkey burgers with Avocado

Side Dish-

Summer Cobb Salad, Warm Broccoli & Carrot Slaw, Roasted Veggie Salad with Avocado Dressing

Dessert-

- Use coconut, lemon, or lime
- Fruit (if on your plan) try blueberries, strawberries & raspberries for a colorful display!
- Refreshing fruit popsicles

Chunky Fruit Popsicles (AIP)

<http://paleoleap.com/chunky-fruit-popsicles/>



Lemon Bars (not AIP)

<http://fedandfit.com/2013/05/13/paleo-lemon-bars/>



Tips to Stick to YOUR Nutrition Plan Over the Fourth of July Holiday.

- BYOM- *Bring Your Own Meat* that you can pre-marinate, or Kebabs filled with whatever you like! i.e. chicken, shrimp, peppers, onions, zucchini etc.
- Bring a side dish! Share the wealth with your friends & family. Write out the ingredients on cardstock and create a fun name to get people excited.
 - i.e. Firecracker Kebabs
- Take a to-go cup with a Mocktail or Infused Water to sip on. There are many ways to make this creation!
 - Base: Sparkling water/ water, green tea, coconut milk
 - Add ins: basil, lemon, lime, mint, cucumber, lavender, rosemary, cinnamon, vanilla, ginger and MANY more!

Check out more ideas for Mocktails at Mark's Daily Apple

- Look at the two recipe options below!



Lemon, Ginger and
Basil Iced Tea

Resource:<http://paleogrubs.com/lemon-ginger-basil-iced-tea-recipe>



Frozen Coconut
Lemonade

Resource:
<http://holisticallyengineered.com/2013/08/paleo-frozen-coconut-lemonade.html>



Appetizer Ideas

Bacon Wrapped Smoked Salmon Stuffed Sweet Peppers

Resource:

<http://paleomg.com/bacon-wrapped-smoked-salmon-stuffed-sweet-peppers/>
(omit bell peppers for AIP and use sweet potatoes or asparagus)



Zucchini Pesto Roll-Ups

Resource:

<http://paleomg.com/zucchini-pesto-roll-ups/>



Main Dish Ideas

Spicy Chicken and Zucchini Kebabs

Resource: <http://www.theironyou.com/2013/12/spicy-chicken-and-zucchini-kebabs.html>

- Change it up with a variety of vegetables!
 - Onions, bell peppers, summer squash, mushrooms etc.
- Change up the protein source
 - Sirloin Steak, Beef, Pork bacon, Shrimp, Swordfish etc.



Pictured on the right: Easy Beef Kebabs

Resource: <http://civilizedcavemancooking.com/recipes/beef/kabobs/>



Artichoke Lemon Pesto Chicken Pasta

Resource: <http://paleomg.com/artichoke-lemon-pesto-chicken-pasta/>

(Omit walnuts
for AIP)



Summer Cobb Salad

(includes peaches, omit eggs
& mustard for AIP- substitute with
avocado, and use gluten free vinegar)

Resource:

<http://paleomg.com/summer-cobb-salad/>



Side Dish Ideas

Warm Broccoli & Carrot Slaw

Resource: <http://paleoleap.com/warm-broccoli-and-carrot-slaw/>



Roasted Veggie Salad with Avocado Dressing

Resource: www.justapinch.com/recipes/roasted-veggie-salad-with-avocado-dressing.html



(Omit bell
pepper for
AIP)