



FOURTH OF JULY COOKOUT MENU

MAIN GRILL ITEMS

- ★ Grass-Fed Burger Patties
 - Serve with lettuce wraps or grilled portobello mushroom "buns"
 - Toppings: avocado, grilled onions, tomato slices, paleo ketchup, mustard
- ★ Marinated Chicken Thighs or Breasts
 - Garlic, lemon, rosemary, olive oil marinade
 - Grill until crispy outside, juicy inside
- ★ Wild-Caught Salmon Fillets (Optional Upgrade)
 - With a chili-lime rub or maple-mustard glaze (use coconut aminos and clean mustard)

SIDES & SALADS

- ★ Grilled Veggie Platter
 - Zucchini, bell peppers, mushrooms, onions, asparagus
 - Drizzled with olive oil and sprinkled with sea salt & herbs
- ★ Sweet Potato Wedges
 - Tossed in avocado oil, cinnamon, and smoked paprika, then grilled or roasted
- ★ Watermelon Cucumber Mint Salad
 - Light and hydrating, with a lime juice drizzle
- Coleslaw with Apple Cider Vinaigrette
 - Shredded cabbage, carrots, and scallions in a paleo-friendly tangy dressing (no mayo)

DESSERTS

- ★ Patriotic Berry Bowl
 - Strawberries, blueberries, and raspberries with a sprinkle of unsweetened shredded coconut or chopped mint
- ★ Frozen Banana Bites
 - Dipped in melted dark chocolate (dairy-free) and frozen for a cool, kid-friendly dessert

DRINKS

- ★ Infused Sparkling Waters
 - Cucumber-mint, lemon-ginger, or berry-lime combos
- ★ Mocktail Station
 - Offer sparkling water + muddled fruit + herbs (like strawberry-basil or pineapple-mint)