



MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Meat Loaf Book 1 pg 45 (look at the variations we offer on this same page) try baking your meatloaf in a shallow baking pan. Meatloaf baked this way will have a crustier outside. • Twice Baked Potatoes Book 1 pg 209 • or Cheesy Scalloped Potatoes Book 1 pg 43 • Peas • Carrots • Chewy Granola Cookies Book 2 pg 304 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Italian Peasant Soup Book 2 pg 59 • FN Bread Sticks @thefoodnanny.com under recipes or • French Baguettes Book 2 pg 242 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • German Pancake with Strawberries Book 1 pg 103 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Tamale Casserole Book 2 pg 115 (check thefoodnanny.com for the new recipe) • Chips and Salsa or Guacamole 	<p>PIZZA</p> <ul style="list-style-type: none"> • Choose a Flavor Pizza Book 1 pg 138 	<p>GRILL</p> <ul style="list-style-type: none"> • Teriyaki Burgers Book 1 pg 150 • Fried Potato Rounds Book2 pg 219 • Corn • Fruit 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Crunchy Fried Chicken With Gravy Book 1 pg 176 • Buttermilk Biscuits Book 1 pg 240 • (those using All Purpose White Kamut, use as much as ¼ cup less flour per cup)

MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Fired Up Macaroni and Cheese Book 1 pg 36 • Green Beans • Corn • Garden Salad With Olives Book 1 pg 190 • Chocolate Sour Cream Sheet Cake with Half and Half frosting Book 1 pg 252 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Lasagna Soup Book 2 pg 47 • French Baguettes Book 2 pg 242 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Grilled (or Broiled) Balsamic Honey Glazed Salmon • Creamy Grilled Potatoes Book 2 pg 175 • (If you broil the Salmon, prepare JASMINE RICE AND QUINOA) Book 2 pg 218 • Fresh Green Beans Book 2 pg 215 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Pepper Jack Enchiladas with Green Chile-Sour Cream Sauce Book 1 Pg 116 • (add Chicken like in the Variation, if desired. Don't forget we are going for at least 2 nights a week having no meat at all. We call it eating meatless. Creates a healthy lifestyle.) • Chips and Fresh Salsa 	<p>PIZZA</p> <ul style="list-style-type: none"> • Pizza with Ham Book 2 pg 145 	<p>GRILL</p> <ul style="list-style-type: none"> • Romano Crusted Grilled Cheese Book 1 pg 276 • Fruit • Chips 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Sweet and Sour Meatballs Book 2 pg 221 • Serve Over Jasmine Rice Book 2 pg 218 • Fresh Roasted Asparagus Book 2 pg 215