



MON	TUE	WED	THU	FRI	SAT	SUN
<p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>• Tomato Basil Cream Soup Book 2   pg 21</li> <li>• May add 2 Tablespoons orzo on top of soup to serve it</li> <li>• Kamut French Baguettes</li> <li>• For the Love of Kamut   pg 56</li> <li>• French Baguettes Book 2   pg 242</li> </ul>	<p><b>ITALIAN</b></p> <ul style="list-style-type: none"> <li>• Chicken Marsala with Mushrooms Book 1   pg 78</li> <li>• Green Beans</li> <li>• Broccoli</li> </ul>	<p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>• Granola Book 2   pg 103</li> <li>• Kamut Toast top with scrambled egg</li> <li>•</li> </ul>	<p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>• Taco Salad Book 1   pg 126</li> </ul>	<p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>• Choose a Flavor Pizza Book 2   pg 138</li> <li>• Pepperoni</li> <li>• Use one of 3 recipes for Pizza crust. Basic Pizza dough, Tuscan Sun Pizza Dough, or Kamut Pizza Dough</li> </ul>	<p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>• Grilled Salmon Book 1   pg 159</li> <li>• Grilled Vegetables in Chicken Broth Book 1. Page 159</li> <li>• Garlic Bread Book 1   pg 227</li> </ul>	<p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>• Slow Cooked Chicken Noodle Soup Book 1   pg 182</li> <li>• Kamut English Muffin Bread</li> <li>• For the Love of Kamut   pg 50</li> </ul>

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<p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>• Three Bean Chili with Sausage Book 1   pg 49</li> <li>• Northern Style Corn Bread Book 1   pg 241</li> <li>• Kamut Cornbread</li> <li>• For the Love of Kamut   pg 70</li> </ul>	<p><b>ITALIAN</b></p> <ul style="list-style-type: none"> <li>• Massimiliano's Quick and Easy Pasta Book 2   pg 61</li> </ul>	<p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>• Tilapia and Asparagus 'Gift' Wraps Book 2   pg 81</li> <li>• Quinoa Rice Book 2   pg 218</li> <li>• Roasted Beets Book 2   pg 229</li> <li>• Sliced Tomatoes</li> </ul>	<p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>• Quick and Easy Honey Lime Chicken Enchiladas Book 2   pg 117</li> </ul>	<p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>• Arugula Pizza &amp; Cherry Tomatoes Book 2   pg 143</li> </ul>	<p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>• Veggie Sandwiches Grilled or Not Grilled Book 2   pg 283</li> </ul>	<p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>• The Wedge with Homemade Blue Cheese Dressing Book 2   pg 264</li> <li>• Liz's Crescent Dinner Rolls Book 2   pg 249</li> </ul>