



| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|---|---|---|--|--|
| <p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Shepard's Pie with Chicken Book 2 pg 29 | <p>ITALIAN</p> <ul style="list-style-type: none"> • CPK Green Pasta Copycat Thefoodnanny.com • Kamut Italian Bread For The Love of Kamut pg 64) • | <p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Classic Tuna Melt Book 1 pg 88 (or variation) • Chips of choice • Fresh Fruit | <p>MEXICAN</p> <ul style="list-style-type: none"> • Beef and Bean Taco Soup Book 1 pg 120 | <p>PIZZA</p> <ul style="list-style-type: none"> • Arugula Pizza and Cherry Tomatoes Book 1 pg 143 | <p>GRILL</p> <ul style="list-style-type: none"> • BBQ Chicken Salad Book 2 pg 177 • (if it's too cold to BBQ, turn your oven to 350 and place boneless skinless chicken breasts on a baking sheet. Drizzle with extra virgin olive oil and sprinkle with French Gray Coarse salt and Fresh Ground Black Pepper. Bake uncovered for 35 minutes or until done. Dice or shred for salad.) • Grilled Garlic Parmesan Bread (or broiled) Book 2. Page 173 | <p>TRADITIONS</p> <ul style="list-style-type: none"> • Super Bowl Sunday • Chicken Philly Sandwiches • Book 2 pg 280 • Athens Greek Salad • Book 2 pg 255 • Clam Dip • Book 2 pg 214 • Pizza Pretzel Bites dipped in Alfredo • Thefoodnanny.com • Coconut Cereal Treats • Book 1 pg 267 • Blondie's Caramel Cookie Bar • For The Love Of Kamut 233 |

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| <p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Danish Frikadeller (Danish Meatballs) Book 2 pg 195 • Mashed Potatoes with Corn Book 2. pg 199 • Peas and Carrots | <p>ITALIAN</p> <ul style="list-style-type: none"> • Raffaella's Pasta Book 2 pg 45 • Two Basic Salads Book 2 pg 258 #2 • Roasted Zucchini (peel and chop zucchini, spray baking sheet with cooking spray, lay chopped zucchini on pan. Drizzle with olive oil and dust with Fleur de Sel and Fresh ground black pepper. • Roast at 375 for 25 minutes or until tender) | <p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Favorite Kamut Pancakes • For The Love of Kamut Page 113 • Bacon/sausage/eggs | <p>MEXICAN</p> <ul style="list-style-type: none"> • Chicken Tacos Book 1 pg 110 • Mexican Rice Book 1 pg 123 | <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"> • Sloppy Joes Book 1 pg 152 • Chips • Carrot Sticks | <p>TRADITIONS</p> <ul style="list-style-type: none"> • Valentine's Day • FN Authentic Swiss Cheese Fondue thefoodnanny.com • FN Chocolate Fondue thefoodnanny.com |