



| MON | TUE | WED | THU | FRI | SAT | SUN |
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| <p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Oven Fried Chicken Book 1 pg 177 • (under variations, double or triple the recipe. You will need wheat germ, garlic salt, garlic powder and chicken on the bone of choice.) • Baked Potatoes • Fresh Broccoli • Peas | <p>ITALIAN</p> <ul style="list-style-type: none"> • Italian Picnic at Home Picnic #1 • (spread out a blanket in front of the fireplace to have this picnic) Book 2 pg 51 • Lime Slushies Book 2 pg 64 | <p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Quiche Lorraine Book 2 pg 87 | <p>MEXICAN</p> <ul style="list-style-type: none"> • Chicken Fajita Soup Book 1 pg 52 | <p>PIZZA</p> <ul style="list-style-type: none"> • Authentic Margherita Pizza Book 1 pg 144 | <p>GRILL</p> <ul style="list-style-type: none"> • Thin Steak with Bearnaise Sauce Book 2 pg 181 • Grilled Mushrooms (put mushrooms on skewers and brush with butter and garlic salt while grilling. Turn often.) • Fried Potato Rounds Book2 pg 219 • Fresh Green Beans • Corn | <p>TRADITIONS</p> <ul style="list-style-type: none"> • Tomato Basil Cream Soup Book 2 pg 21 • Open faced Grilled Cheese Sandwiches on Kamut French Baguettes • For the Love of Kamut pg 56 |

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| <p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Crunchy Parmesan Baked Chicken Book 1 pg 40 • Jasmine Rice Book 2 pg 218 (Add Quinoa, Page 218) • Green Vegetables, peas, asparagus, green beans, broccoli | <p>ITALIAN</p> <ul style="list-style-type: none"> • Gnocchi with Simple Sauce Book 2 pg 55 • Garden Salad with Olives Book 1 pg 190 • Kamut French Baguettes • For the Love of Kamut pg 56 • | <p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Classic French Toast Book 1 pg 100 • Kamut Italian Bread • For the Love of Kamut page 64 or • The Food Nanny Kamut Bread • For the Love of Kamut pg 22 | <p>MEXICAN</p> <ul style="list-style-type: none"> • Salsa with Corn Back-Eyed Peas, Tomatoes and Avocado Book 2 pg 119 • Chips of Choice • Carne Asada Taquitos Book 1 pg 112 • (go to your nearest Mexican market and get the Carne Asada meat already marinated if available, or marinate skirt steak yourself as explained in the note: on page 112 | <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"> • Grilled Balsamic Honey Glazed Salmon Book 2 pg 169 • Creamy Grilled Potatoes Book 2 pg 175 • Bruschetta Book 1 pg 52 • Green Beans | <p>TRADITIONS</p> <ul style="list-style-type: none"> • Macaroni Salad with Rotisserie Chicken Book 2 pg 222 • Kamut Cornbread • For the Love of Kamut pg 70 |