



MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • SAVORY MEATLOAF Book 1 pg 45 • CHEESY SCALLOPED POTATOES Book 1 pg 43 • Peas 	<p>ITALIAN</p> <ul style="list-style-type: none"> • MINISTRONE LOVERS SOUP Book 2 pg 80 • BEST EVER KAMUT BREAD STICKS • For the Love of Kamut pg 62 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • CHRISTMAS MORNING CASSEROLE Book 2 pg 85 	<p>MEXICAN</p> <ul style="list-style-type: none"> • CHICKEN TACOS Book 1 pg 110 • MEXICAN RICE WITH FRESH TOMATOES Book 1 pg 123 • Refried Beans (canned) add a little milk or water to the beans when you heat them up. Sprinkle a little cheese on top if desired. 	<p>PIZZA</p> <ul style="list-style-type: none"> • Little Italy Pizza Book 2 pg 147 	<p>GRILL</p> <ul style="list-style-type: none"> • BBQ DOGS YOUR WAY Book 1 pg 151 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • EASY WHITE WINE SUNDAY CHICKEN Book 1 pg 191

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<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • OLD SCHOOL HAMBURGER STEW Book 1 pg 31 • AARONS MOUNTAIN RASPBERRY MUFFINS (do blueberry) For the Love of Kamut pg 109 	<p>ITALIAN</p> <ul style="list-style-type: none"> • RAVIOLI WITH SAGE IN BUTTER SAUCE Book 2 pg 43 • SAUTÉED SPINACH WITH PARMESAN Book 2 pg 211 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • GRANDMA ELLENS SWEDISH PANCAKES Book 2 pg 97 • Sausage or Bacon 	<p>MEXICAN</p> <ul style="list-style-type: none"> • THREE CHEESE CHICKEN QUESADILLAS Book 1 pg 114 	<p>PIZZA</p> <ul style="list-style-type: none"> • POPULAR ITALIAN PIZZAS (QUATTRO FROMAGGI) FOUR CHEESES: MOZZARELLA, PROVOLONE, PECORINO, ROMANO, CHEDDAR (FOR THE U.S.) • Dough of choice Basic, Book 1 • Tuscan Sun Pizza Dough, Book 2 • White Kamut Pizza Dough • For the Love of Kamut 	<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 2 pg 52 • FRESH GREEN BEANS Book 2 pg 213 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • LOUISIANA STYLE PORK LOIN WITH GRAVY Book 1 pg 169 • CLASSIC MASHED POTATOES Book 1 pg 211 • KAMUT CORNBREAD For the Love of Kamut pg 70