



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 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Easy White Wine Sunday Chicken Book 2 pg 191 • Jasmine Rice Book 2. Page 218 • Broccoli and Carrots 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Food Nanny Eggs Benedict Book 2 pg 91 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Pepper Jack Potato Soup (reminds me of Mexican) (use cream or half n half) Book 1 pg 53 	<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"> • Grilled Steak Book 1 pg 154 • Baked Potato • Corn on Cob • Peas 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Chinese Stir Fry Book 1 pg 180

MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Chicken Rice Casserole with Almonds Book 1 pg 27 • Green Beans or Broccoli or both 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Penne With Sausage Red Potatoes and Green Beans Book 1 pg 69 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Easy Skillet Salmon Book 1 pg 96 • Garlic Mashed Potatoes Book 1 pg 211 • Asparagus 	<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"> • Kale and Potato Kamut Pizza • For The Love of Kamut pg 125 	<p>GRILL</p> <ul style="list-style-type: none"> • Jalapeno Pepperoncini Salt Crusted Tri-Tip Book 2 pg 158 • Grilled Garlic Parmesan Bread Book 2 pg 173 • Grilled Red and Green Bell Peppers Book 2 pg 159 • Baked Potatoes 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Brilliant Oven BBQ Chicken Book 2 pg 203 • Kamut Orange Muffin Rolls • For The Love of Kamut pg 36 • Mashed Potatoes with Corn Book 2 pg 199