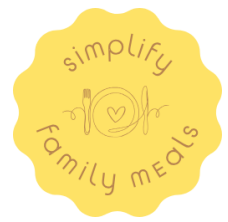


Summer

MEAL PLAN WEEK 2



	BREAKFAST	LUNCH	DINNER
MON	Cottage cheese & fruits	Leftovers	Meatless Monday <u>Quick and Easy Braised Tofu</u> (recipe from the Woks of Life) Rice
TUE	Spinach, ham & cheese omelet Toast Fruits	Leftovers	<u>Vietnamese Shaking Beef, Bò Lúc Lắc</u> (recipe from Hungry Huy) Rice or Bread
WED	Greek yogurt parfait	Leftovers	Break from cooking Serve a favorite store prepared meal or get take-out/delivery (e.g., pizza, lasagna, etc.)
THU	Avocado & egg on toast Fruits	Leftovers	<u>Spaghetti & Meatballs</u> (recipe from Once Upon a Chef) Green salad
FRI	Cottage cheese & berries on toast	Leftovers	Stir Fry Friday <u>Fish Stir Fry</u> recipe from the Woks of Life) Rice
SAT	Ricotta, tomato & spinach frittata	Burger Fries Salad	Eat at restaurant or friends'/family's home
SUN	Avocado & smoked salmon on toast Fruits	<u>Vietnamese Rice Paper Rolls, Gỏi Cuốn</u> (recipe from Hungry Huy)	<u>Grilled Chicken Kebabs</u> <u>Grilled Corn Salad</u> (recipes from the Mediterranean Dish)

Snacks

Seasonal fruits (mango, papaya, pineapple, plum, peach, watermelon, berries, etc.), Crackers and cheese

