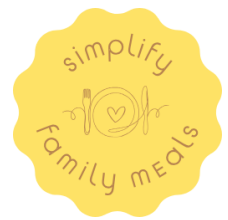


# Summer

## MEAL PLAN WEEK 1



	BREAKFAST	LUNCH	DINNER
MON	Cottage cheese & fruits	Leftovers	<b>Meatless Monday</b> <u>Thai Red Curry with Vegetables</u> (recipe from Cookie + Kate) Rice
TUE	Ham & cheese egg omelet Toast Fruits	Leftovers	Chicken strips Roasted zucchini & potatoes
WED	Greek yogurt & fruits	Leftovers	<b>Break from cooking</b> Serve a favorite store prepared meal or get take-out/delivery (e.g., pizza, lasagna, etc.)
THU	Avocado & tomatoes toast Fruits	Leftovers	<u>Pan-Grilled Teriyaki Salmon</u> (recipe from Just One Cookbook) Pan-grilled Asparagus Rice
FRI	Cottage cheese & berries on toast	Leftovers	<b>Stir Fry Friday</b> <u>Shrimp Stir Fry</u> (recipe from Spend with Pennies) Rice
SAT	Ricotta, tomato & spinach frittata	Lentil & carrot soup Toasted garlic bread	<b>Eat at restaurant or friends'/family's home</b>
SUN	Avocado & egg on toast Fruits	Leftovers or Ham & cheese sandwich Salad	<u>Flank Steak with Chimichurri Sauce</u> (recipe from Creme de la Crumb) Roasted potatoes, mushrooms & green beans (You can cook everything or BBQ if you have one)

# Snacks

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

