

Week 1 Spring/ Summer	Meal	Recipe Inspiration and Notes	Grocery List
Sunday	Stir fry	<ul style="list-style-type: none"> https://www.dinnerwithjulie.com/2012/05/31/sweet-spicy-szechuan-green-beans/ <p>Make extra rice for Thursday, if making yam burgers</p>	<ul style="list-style-type: none"> Tofu Eggplant Green or yellow beans Broccoli rice
Monday	<p>Warm Potato and Lentil salad</p> <p>And</p> <p>Meatloaf or turkey meatballs</p>	<ul style="list-style-type: none"> https://smittenkitchen.com/2014/01/warm-lentil-and-potato-salad/ https://www.foodnetwork.com/recipes/ina-garten/meat-loaf-recipe-1921718 https://www.marthastewart.com/875683/turkey-meat-balls 	<ul style="list-style-type: none"> fresh dill dill pickles capers potatoes egg dePuy lentils parsley ground turkey OR ground beef and pork
Tuesday	Perogies and Sausage		<ul style="list-style-type: none"> chicken or pork sausage sauerkraut perogies
Wednesday	<p>Leftovers</p> <p>Make Caesar salad dressing and burger patties for Thursday</p>		
Thursday	<p>Yamburgers or Salmon burgers or Hamburgers</p> <p>and</p> <p>Kale Caesar Salad</p>	<ul style="list-style-type: none"> http://allrecipes.com/recipe/239541/chef-johns-fresh-salmon-cakes/ https://peasandcrayons.com/2012/11/sweet-potato-chickpea-burgers.html https://www.bonappetit.com/recipe/classic-caesar-salad 	<ul style="list-style-type: none"> <i>Veggie burgers:</i> yams, navy beans, chickpeas <i>Salmon burgers:</i> fresh fish, panko, capers, celery, mayo

		Use some leftover rice from Sunday as a binder if making yam burgers; less yam than recipe and add an extra egg	<ul style="list-style-type: none"> • <i>Hamburgers:</i> Ground beef and pork • Gourmet buns from Cobbs • Kale • Anchovies • parmesan • egg
Friday	Kid's Choice	Bunny Pasta, veggies and take-out or charcuterie	<ul style="list-style-type: none"> • Cheese, crackers, crudites, olives,
Saturday	BBQ	Meat and/or fish, roasted potatoes and veg	<ul style="list-style-type: none"> • Chicken, pork chops or fish

Week 2 Spring/ Summer	Meal	Recipe Inspiration and Notes	Grocery List
Sunday	Soba Noodle Salad (Buddha Bowls)	Make <i>Rebar Cookbook</i> peanut sauce recipe. Bake all the tofu and set some aside for Monday, if using. Make double rice for Tuesday. Roast yam.	<ul style="list-style-type: none"> • Cilantro • Garlic • Ginger • Lime • Soba noodles • Bell peppers • Carrots • Tofu • Cucumber • Yam, if using
Monday	Greek	<ul style="list-style-type: none"> • https://www.allrecipes.com/recipe/239180/greek-style-lemon-roasted-potatoes/ 	<ul style="list-style-type: none"> • chicken, shrimp or leftover tofu

			<ul style="list-style-type: none"> potatoes chicken stock lemons tomatoes olives feta cucumber red onion oregano and basil (garden)
Tuesday	Burritos	<ul style="list-style-type: none"> https://www.wellplated.com/instant-pot-refried-beans/ (make double batch for Thursday and/or to freeze) 	<ul style="list-style-type: none"> Dry black beans Dry pinto beans Cilantro Jalapeno
Wednesday	Leftovers		
Thursday	Breakfast for dinner		<ul style="list-style-type: none"> Eggs Pancakes fruit
Friday	Kid's Choice	<ul style="list-style-type: none"> Make overnight pizza dough: https://www.serious-eats.com/jim-laheys-no-knead-pizza-dough-recipe 	<ul style="list-style-type: none">
Saturday	Homemade Pizza Night!		<ul style="list-style-type: none"> Traditional yeast Daiya cheese Mozzarella Canned pineapple

Week 3 Spring/ Summer	Meal	Recipe Inspiration and Notes	Grocery List
Sunday	Indian Feast	<ul style="list-style-type: none"> Make <i>Roni's Kitchen</i> biryani recipe Roasted cauliflower Naan 	<ul style="list-style-type: none"> Red lentils Ginger Cauliflower

		<ul style="list-style-type: none"> Masoor Daal: https://cooking.nytimes.com/recipes/7517-masoor-dal-spiced-red-lentils <p>Make black beans and black eyes peas in the Instant Pot if making Cowboy Caviar on Monday</p>	<ul style="list-style-type: none"> Canned tomatoes Store-bought naan Frozen peas Carrots Raisins cashews
Monday	Pasta Salad OR Cowboy Caviar (lentil salad) with tortilla chips	<ul style="list-style-type: none"> https://www.spendwithpennies.com/cowboy-caviar/ https://www.loveandlemons.com/pasta-salad/ 	<p>Pasta Salad:</p> <ul style="list-style-type: none"> Bowties or penne Chick peas Peas, peppers, tomatoes, cucumber, spinach or arugula Fresh herbs (garden) <p>Cowboy Caviar:</p> <ul style="list-style-type: none"> Black beans/pinto beans from Sunday Avocado Limes Red onion Tortilla chips
Tuesday	Thai Curry with coconut rice OR Stir fry	don't cook peppers; add as raw on top	<ul style="list-style-type: none"> coconut milk frozen shrimp or white fish lime leaves red curry paste veggie broth jasmine rice
Wednesday	Leftovers		
Thursday	Hot Dog Night with Leftover salad OR coleslaw		<p>Coleslaw:</p> <ul style="list-style-type: none"> red cabbage carrots apple apple cider vinegar

			<ul style="list-style-type: none"> • Dijon mustard
Friday	Kid's Choice		
Saturday	Tacos: Fish and/or chicken AND Yam fries	Bread fish and chicken or grill. Roast an extra yam for Thursday of Week 1, if making yam burgers	<ul style="list-style-type: none"> • Yam • Corn tortillas • White fish and/or chicken • Panko • Mayo • Chipotle in adobo sauce • limes