



MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> Spinach And Ricotta Calzone For The Love Of Kamut pg 129 	<p>ITALIAN</p> <ul style="list-style-type: none"> Spaghetti Carbonara Book 1 pg 60 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> Kamut Buttermilk Pancakes For The Love Of Kamut pg 118 	<p>MEXICAN</p> <ul style="list-style-type: none"> JALAPANO BURGERS.....a take on Mexican food!!!! Thefoodnanny.com 	<p>PIZZA</p> <ul style="list-style-type: none"> Arugula Pizza and Cherry Tomatoes Book 2 pg 143 	<p>GRILL</p> <ul style="list-style-type: none"> Cream Of Zucchini Soup Book 2 pg 204 	<p>TRADITIONS</p> <ul style="list-style-type: none"> Athens Greek Salad Book 2 pg 257 Yamista Book 2 pg 194

MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> Tomato Basil Cream Soup Book 2 pg 21 Grilled Cheese Sandwich 	<p>ITALIAN</p> <ul style="list-style-type: none"> Fettuccini Alfredo with Grilled Chicken Book 2 pg 65 Or baked small chicken breasts sprinkle with olive oil, French salt, and pepper. Bake at 350 for 35 minutes or until juices run clear. 	<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"> Mexican Chicken and Black Bean Soup Book 1 pg 121 	<p>PIZZA</p> <ul style="list-style-type: none"> BBQ Chicken Pizza Book 1 pg 143 	<p>GRILL</p> <ul style="list-style-type: none"> Grilled Salmon or Baked Book 1 pg 159 	<p>TRADITIONS</p> <ul style="list-style-type: none"> Grilled Salmon or Baked Book 1 pg 159