



MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Crunchy Parmesan Baked Chicken Book 1 pg 40 • Rice Pilaf Book 1 pg 213 • Broccoli or Green Beans or Both • Kamut French Baguettes For the love of Kamut pg 56 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Three Cheese Manicotti Book 1 pg 70 • Quick Caesar Salad Book 1 pg 195 • Garlic Bread (left over baguettes) Book 1 pg 227 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Italian Peasant Soup Book 1 pg 59 • Sour Dough Bread For The Love of Sourdough pg 44 • Strawberry Butter For The Love of Kamut pg 60 • Kamut Beer Bread For the love of Kamut Page 60 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Steak Nachos Thefoodnanny.com 	<p>PIZZA</p> <ul style="list-style-type: none"> • Something Green: • Arugula Pizza with Cherry Tomatoes Book 2 pg 143 	<p>GRILL</p> <ul style="list-style-type: none"> • Easy Grilled or Broiled Teriyaki Chicken Book 2 pg 159 • Jasmine Rice Book 2. Page 218 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • BLT Salad With Cheese and Almonds Book 1 pg 186 • Best Ever Kamut Bread Sticks For the love of Kamut pg 62

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<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Beef Stroganoff Book 1 pg 33 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Chicken Fajita Soup Book 1 pg 52 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Fish Tacos Book 1 pg 95 • Santa Fe Lime Rice Book 1 pg 123 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Scone (Navajo) Tacos with Chili Book 1 pg 113 	<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"> • BBQ Style Brisket Book 1 pg 153 • Baked Potatoes or • Potato Salad • Kamut Cornbread For The Love of Kamut pg 70 • Peas and carrots 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Leftovers