

Summer Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
bbq pulled pork sourdough rolls sauerkraut in season fruit/veg	hamburger salad in season fruit	greek chicken wraps in season fruit	leftovers	cashew chicken bone broth rice broccoli or in season fruit/veg	sourdough pizzas on the grill in season fruit/veg	wild card
burgers and hot dogs on the grill sourdough buns sauerkraut in season fruit/veg	buffalo chicken salad in season fruit	ground beef tacos in season fruit	leftovers	breakfast for dinner waffles eggs sausage kefir smoothies	homemade hamburger helper sauerkraut in season fruit/veg	wild card
homemade fish sticks sauerkraut in season fruit/veg	rainbow salad	taco pizza in season fruit	leftovers	spinach & artichoke stuffed chicken pasta/spaghetti squash in season fruit/veg	crockpot asian pork stir-fried veggies kimchi in season fruit	wild card
chili sourdough cornbread in season fruit	greek pasta salad in season fruit	green chicken enchiladas in season fruit/veg	leftovers	meatball subs sourdough rolls side salads in season fruit	crockpot cuban mojo pork bone broth rice crudito in season fruit	wild card
sausages on the grill sauerkraut in season fruit/veg	grilled chicken caesar salad in season fruit	loaded sheet pan nachos crudito raw sour cream in season fruit	leftovers	maple-glazed salmon bone broth rice in season fruit/veg	cowboy casserole sauerkraut in season fruit/veg	wild card

