

## **Spring/Summer Dinner Meal Plan & Grocery List**

### **Monday ♥ Tacos, Fruit**

(Diced or shredded meat, tortillas, rice, beans, diced tomatoes, salsa, guacamole or diced avocado, diced or sliced grilled onion, chopped cilantro, fresh pineapple, grated cheese; cut up fruit)

### **Tuesday ♥ Pasta, Salad**

(Noodles or spiralized zucchini, ground beef/turkey/ shredded carrots/cooked wheat or meatballs, tomato sauce, shredded Parmesan cheese; lettuce, cucumbers, carrots, green peas, broccoli, bell peppers, sprouts, spinach, strawberries, dried cranberries, sliced mushrooms, olives, red grapes, slivered almonds, dressing.)

### **Wednesday ♥ Crockpot Chicken, Veggies**

(Chicken, spices, dressing/curry; brown/yellow/purple/new/sweet potatoes; green beans, corn/on cob, radishes, leeks, cauliflower, broccoli, peas, Brussel sprouts, jicama, carrots, celery sticks, cucumbers, tomatoes, zucchini, squash, grilled mushrooms/bell peppers/onions; rice.)

### **Thursday ♥ Red Meat, Salad**

(Steak, hamburgers, shredded pork sandwiches, hot dogs; buns/rolls/rice; lettuce, cucumbers, carrots, green peas, broccoli, bell peppers, sprouts, spinach, strawberries, dried cranberries, sliced mushrooms, olives, red grapes, slivered almonds, dressing.)

### **Friday ♥ Pizza/Breakfast/Eat Out**

(Dough, tomato sauce, basil/oregano/rosemary/, onions, mozzarella cheese, BBQ chicken/pepperoni/ Canadian bacon/Italian sausage, sliced olives, bell peppers, artichoke hearts, arugula, grape tomatoes, parsley, Roma tomatoes; lemon or limeade or fruit punch or Root/Ginger/Apple beer)

### **Saturday ♥ Yoyo (Leftovers)**

### **Sunday ♥**

### **FHE Dessert ♥**

## **Spring/Summer Dinner Meal Plan & Grocery List**

### **Monday ♥ Pork Tacos, Apples, Grapes**

(Shredded pork, WW tortillas, black beans, diced tomatoes, salsa, sliced grilled onion, chopped cilantro, grated cheddar cheese; cut up apples and grapes)

### **Tuesday ♥ Spaghetti, Spinach Salad**

(WW spaghetti noodles, ground turkey and shredded carrots, jar of tomato sauce, shredded Parmesan cheese; spinach, sliced green apple, dried cranberries, sliced slivered almonds, vinaigrette dressing.)

### **Wednesday ♥ Curry Chicken & Veggies, Rice**

(Chicken, spices: curry, salt, pepper; brown and sweet potatoes; cauliflower, broccoli, carrots, bell peppers, onions; celery sticks; jasmine rice)

### **Thursday ♥ Steak Salad and Hearty Rolls**

(Steak strips, 9-grain rolls; red leaf lettuce, sliced cucumbers and carrots, green peas, broccoli florets, sliced mushrooms, sliced black olives, Balsamic vinaigrette dressing.)

### **Friday ♥ Pizza/Pancakes**

(Frozen pizza; lemonade OR buckwheat pancake mix, eggs, buttermilk, pancake syrup, milk, OJ )

### **Saturday ♥ Yoyo (Leftovers)**

### **Sunday ♥ Roast, Mashed Potatoes, Cucumber Tomato Salad, Corn, Rolls**

(Beef roast, onions, garlic, red potatoes, rosemary, English cucumbers, tomatoes, dill, white vinegar, corn on the cob, dried sour cherries, butter, jam)

### **FHE Dessert ♥**