



August 2022 Weekly Meal Ideas

Dinners

Vegans and Vegetarians – There is a section for you, but look at all sections.
There is most likely a substitute I can use to make you a similar meal.
Paleo and Low Carb Substitutions available

Poultry

- Panko and Cornmeal Coated Chicken and Green Goddess Potato Salad
- Shredded BBQ Chicken with Buns and Cucumber Tomato Salad
- Lemon, Tarragon and Almond Chicken Salad over Baby Mixed Greens
- Lemon Thyme Roasted Chicken with Carrots, Celery and Baby Potatoes
- Chicken Enchiladas in Green Tomatillo Sauce topped with Mexican Cheese
- Chicken Tikka Masala over Basmati Rice with Naan
- Creamy Tuscan Chicken with Spinach and Sun Dried Tomatoes over Penne
- Grilled Chicken, Zucchini, Red Onion, Peppers Pasta Salad With Balsamic Dressing
- Green Chicken Chili with Tomatillos, Pablanos and Zucchini
- Pan Seared Chicken over Cheesy Polenta with Broccoli
- Chicken Piccata with Asparagus over Linguini
- Chicken Cacciatore with Peppers and Onions over Penne
- Shrimp and Chicken Andouille Sausage Gumbo with Okra
- Italian Chicken Meatballs in Sauce and Cheesy Garlic Bread
- Orange Garlic Ginger Chicken and Broccoli

Beef

- Garlicky Steak and Peppers over Roasted Garlic Mashed Potatoes
- Bloody Mary Burgers Stuffed with a Cheddar and Horseradish mixture with Spicy Ketchup and Potato Wedges
- Chili and Cheddar Stuffed Baked Potatoes
- BBQ Shredded Beef Sandwiches and Broccoli Cheddar Potato Salad
- Beef Tacos Soft Tortillas and/or Hard Shells and Pico de Gallo with Spanish Rice
- Smash Burgers with Cheddar and Roasted Green Beans with Buns
- Low Carb Cheesesteak Stuffed Peppers Topped with Provolone in Tomato Sauce
- Orange Garlic Ginger Beef and Broccoli
- Ricotta Stuffed Shells in Meat Sauce



Pork

- Stewed Pork in Tomatillo Sauce with Cannellini Beans, Zucchini, Pablanos and Onions
- Grilled Pork Chops with Peach Salsa and Roasted Sweet Potatoes and Green Beans
- Quiche Lorraine and Side Salad with Lemon Vinaigrette
- Pan Seared Pork Tenderloin over Southern Greens with Mustard Sauce and Mashed Sweet Potatoes
- Pork Enchiladas with Green Tomatillo Sauce

Lamb

- Grilled Lamb Chops with Balsamic Grilled Summer Squash, Peppers and Portobello Orzo Salad
- Ground Lamb, Tomato and Zucchini Gratin
- Curry Yogurt Marinated Lamb Chops with Curry Spiced Cauliflower, Baby Potatoes and Green Beans
- Lamb Meatballs, Pita, Tzatziki and Tomato and Cucumber Salad
- Lamb Shepherd's Pie

Seafood*

- Pan Seared Fish with Asparagus, Shallot, and Grape Tomato Sautee
- Yellow Rice Stuffed Summer Tomatoes with Steamed Old Bay Shrimp
- Grilled Fish Tacos with Peach Salsa and Creamy Slaw
- Sautéed Fish in Lemon Pinot Grigio Sauce with Mediterranean Quinoa Salad
- Snapper Vera Cruz with Zucchini, Eggplant, Peppers, Capers and Olives over Yellow Rice
- Shrimp Green Curry with Zucchini, Peppers, and Spinach
- Shrimp and Chicken Andouille Sausage Gumbo with Okra
- Shrimp in Fresh Tomato Basil Sauce over Linguini
- Pan Seared Scallops over Corn, Bacon, Shallot and Tomato Sautee

*When I just write fish, I want to leave it open to let me pick what looks the best available or one of your favorites.

Vegetarian

- Southern Tomato and Cheddar Pie with Cornbread Topping
- Zucchini, Eggplant and Pepper Lasagna



- Black Bean and Corn Stuffed Tomatoes Topped with Cojito Cheese
- Mediterranean Quinoa Salad with Black Olives, Feta, Tomatoes and Cucumbers
- Black Bean, Mango, Peppers, Shallots and Avocado in Cumin Honey Lime Vinaigrette

- Italian Garbanzo Bean Salad with Peppers, Shallots, and Cucumbers in Red Wine Vinaigrette

- Strawberry, Almond and Goat Cheese salad with White Balsamic Vinaigrette
- Balsamic Grilled Summer Squash, Peppers and Portobello Orzo Salad
- Grilled Cauliflower Steaks with Corn, Tomato and Shallot Sautee
- Watermelon, Feta and Basil Salad over Arugula
- Spinach and Ricotta Stuffed Shells in Sauce

Side Salads

Seasonal Salads –

- **Most dressings can be made oil free if requested**
- **If you ever want a large batch of a summer salad for a picnic just add \$50 to your order**
- **One Salad is included in all orders. Extra salads at \$50 each**
- **Feel free to add a protein to a salad to make it a full meal choice**

- Jicama, Mango, and Red Pepper salad in Avocado Cilantro Lime Dressing
- Caprese - Local Tomatoes, Sliced Fresh Mozzarella, Basil and Reduced Balsamic

- Summer Peach, Arugula, Shallots and Candied Pecans with Orange Champagne Vinaigrette

- Southwestern Chopped Salad with Romaine, Corn, Peppers, Jicama and Local Grape Tomatoes in Creamy Cilantro Dressing
- 40 Shades of Green Salad with Bibb lettuce, Avocado, Parsley, Endive with Lime Honey Vinaigrette(Avocado will be sliced by you at service)
- Berry, Candied Pecan and Blue Cheese Crumbles over Greens with Lemon Vinaigrette

Always Available Salads



- Greek Salad with Tomatoes, Olives, and Feta over Romaine with Red Wine Vinaigrette
- Cesar salad
- Grape Tomatoes, Shredded Carrots, Cucumber Slices over Romaine with your favorite dressing