

Cook for Good Summer Menu

Recipes in capital letters are in a Cook for Good ebook, along with detailed cooking plans showing how to easily cook these delicious meals. Weeks start with Saturday dinner and go through the following Saturday lunch. This works well with shopping on Saturday and cooking some on Saturday and more on Sunday. Adjust this plan to fit your own schedule.

Week One

Saturday

- Dinner – Speedy Grilled Pizza (2 pieces), Grilled Summer Squash, Peach Ice Cream

Sunday

- Breakfast – Blueberry Pancakes with real maple syrup, 2 eggs, tea, pineapple-orange-banana juice
- Lunch – Speedy Grilled Pizza (1 piece), green-pepper slices
- Snack – cantaloupe
- Dinner – Bean Burgers with Good Burger Buns, Zlaw, Blueberry Pie with Sneaky-Wheat Crust

Monday

- Breakfast – Whisk Sandwich Bread toast with peanut butter, tea, pineapple-orange-banana juice
- Lunch – Black-Bean Salad, cantaloupe
- Snack – walnuts
- Dinner – Rotini with Tomato and Squash Sauce, green beans, Blueberry Pie with Sneaky-Wheat Crust

Tuesday

- Breakfast – Whisk Sandwich Bread toast with peanut butter, tea
- Lunch – Rotini with Tomato and Squash Sauce, green beans
- Snack – cantaloupe with Vanilla Yogurt
- Dinner – Chickpea Stew on Couscous, Blueberry Pie with Sneaky-Wheat Crust

Wednesday

- Breakfast – Whisk Sandwich Bread toast with peanut butter, tea, pineapple-orange-banana juice
- Lunch – Black-Bean Salad, cucumber salad with Spicy Yogurt Sauce
- Snack – Vanilla Yogurt
- Dinner – Noodles in Spicy Peanut Sauce with Summer Vegetables, watermelon, Peach Ice Cream

Thursday

- Breakfast – Oatmeal with Peanut Butter (cooked in saved pasta water), tea, Vanilla Yogurt
- Lunch – Chickpea Stew on Couscous, blueberries
- Snack – Cocoa Cookies
- Dinner – Huevos Rancheros, Refried Beans, Zlaw, watermelon

Friday

- Breakfast – Oatmeal with Tahini and Tomato (cooked in saved pasta water)
- Lunch – Noodles in Spicy Peanut Sauce with Summer Vegetables, blueberries
- Snack – Cocoa Cookies
- Dinner – Tortilla stacks, tomato and cucumber salad with Spicy Yogurt Sauce

Saturday

- Breakfast – Whisk Sandwich Bread toast with peanut butter, tea
- Lunch – Black bean Stoup, cucumber salad with Spicy Yogurt Sauce, Cocoa Cookies
- Snack – watermelon

Week Two

Saturday

- Dinner – Rotini with Tomato and Squash Sauce, peach, Chocolate Pudding

Sunday

- Breakfast – Blueberry Pancakes with real maple syrup, 1 egg, tea
- Lunch – Lentil Salad, cantaloupe
- Snack – Peanut-Butter Cookies
- Dinner – Pizza with Green Peppers and Onions (2 pieces), Peach Cobbler

Monday

- Breakfast – Good Wheat Bread toast with peanut butter, tea, Vanilla Yogurt
- Lunch – Greek Potato Salad, tomato
- Snack – walnuts, cantaloupe
- Dinner – Cuban Black Beans, rice, Zlaw, Peach Cobbler

Tuesday

- Breakfast – Good Wheat Bread toast with peanut butter, tea
- Lunch – Pizza with Green Peppers and Onions (1 piece), cantaloupe
- Snack – Peach
- Dinner – Soft Tacos with Refried Beans, Grilled Summer Squash with Spicy Yogurt Sauce, Peach Cobbler

Wednesday

- Breakfast – Good Wheat Bread toast with peanut butter, tea
- Lunch – Soft Tacos with Refried Beans and Spicy Yogurt Sauce, green pepper strips, watermelon
- Snack – Peanut-Butter Cookies
- Dinner – Pasta with Southern Summer Pesto, green beans, Chocolate Pudding

Thursday

- Breakfast – Oatmeal with Tahini and Tomato (cooked in saved pasta water), Vanilla Yogurt
- Lunch – Pasta with Southern Summer Pesto, green beans, blueberries
- Snack – Peanut-Butter Cookies
- Dinner – Hummus, Garlic Flat Bread, Spicy Yogurt Sauce, cucumber, tomatoes, watermelon

Friday

- Breakfast – Good Wheat Bread toast with peanut butter, tea
- Lunch – Hummus, Garlic Flat Bread, Spicy Yogurt Sauce, cucumber, tomatoes
- Snack – Vanilla Yogurt, walnut
- Dinner – Vichyssoise Encore, green-pepper strips, Hard-Boiled Egg, watermelon, Peanut-Butter Cookies

Saturday

- Breakfast – Good Wheat Bread toast with peanut butter, tea
- Lunch – Lentil Stoup, Good Wheat Garlic Toast, cantaloupe
- Snack – Peanut-Butter Cookies

For menus for weeks three and four and for three extra days, get the Cook for Good Summer ebook at:

CookforGood.com/ebooks.html

And make sure to [subscribe to the free weekly newsletter](#), which features a new recipe every week!