

Omnivorous Family of Four Living in the Midwest	
Meal Plan (August)	Meal Plan (June)
1) Grilled zucchini and eggplant	1) Singing Prairie Farm ground pork patties with garden sage & spring onions
Purslane, tomato and feta salad	Local Kohlrabi, Garden Salad
Potatoes baked on grill in foil	Missouri white rice
2) Singing Prairie Farm burgers with buns	2) Amish non-GMO chicken roast
Corn on the cob	Steamed fava beans
Tomato Basil salad	Garden Salad
3) Zucchini egg fritters (pancakes)	3) Beef stew with Mollner's beef, new potatoes, carrots, last of the last year's sweet potatoes
Cucumber feta salad	
Tomato salsa	
4) Local freshwater fish	4) Singing Prairie Farm pork chops
Peach Basil Salsa	Garden broccoli
Cabbage slaw	Rice or other grain
5) Slow braised Singing Prairie Farm pork ribs	5) Farm egg frittata with lambs quarters, kale, garlic scapes, & chives
Wheat berry tabouli with tomato, cucumber and feta	Baby beet salad with feta or chevre from Our Maker's Acres
6) Veggie bake - eggplant, potato, zucchini, beets	6) Singing Prairie Farm burgers with Iowa cheddar
Local cheddar	Raw kale salad with carrots and beets
Gazpacho soup with tomatoes and cukes	Roasted new potatoes
7) Grilled chicken breast	7) Garden stir-fry with kale, peas, broccoli, garlic scapes, spring onions
Green beans sauteed in garlic and butter	Cheesey popovers with Amish cheddar and MO flour
	Strawberry Shortcake with homemade whipped cream!
Snacks	Snacks
Fresh fruit - peaches, berries, early apples	Carrot sticks
Homemade yogurt	Homemade yogurt
Cut up carrots, cucumbers and tomatoes	Hard boiled eggs
Cheese slices	Fruit smoothies made with frozen fruit
Zucchini muffins	Strawberries
Grocery items for next week	Grocery items for next week