

## June Meal Plan

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1) Mixed greens salad with pea shoots

Grilled: Tempeh and Turnip skewers

(tempeh not local)

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2) Out to dinner:

Local Food restaurant:

"Eat and Meet Grill" Saranac Lake, NY

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3) Veggie Wraps:

Sauté sun-chokes artichokes, chard, and shallots

in a homemade burrito wrap with local goat cheese

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4) Stir Fry:

Pak choi, Scallions, ginger, sprouted tofu, oyster mushrooms

(ginger and tofu not local)

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5) Quiche:

Oyster mushroom, arugula, goat cheese

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6) Black bean salad with cilantro pesto, frozen corn,  
and cheddar cheese

(either on bed of mixed greens or in leftover wrap)

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7) Potluck dinner

Bring: rhubarb crisp

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### Snacks

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Yogurt with rhubarb sauce

Strawberries

Rhubarb coffee cake

Sliced radishes with salt and pepper

Kale chips

## August Meal Plan

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1) Homemade veggie burgers

Spinach Salad with hard boiled eggs

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2) Grilled: Corn on the cob, zucchini, plum tomatoes,  
sprouted tofu (tofu not local)

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3) Pesto pasta with beans, goat cheese, broccoli

(Pasta not local)

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4) Breakfast for dinner:

Veggie scrambled eggs with cheese

Toasted homemade sourdough bread

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5) Tempeh Rubens: Grilled tempeh, sauerkraut, local alpine  
cheese, wilted spinach, on homemade sourdough bread  
(tempeh not local)

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6) Stir fry:

Red Cabbage, garlic, shitake mushrooms, green beans

Served with rice (not local)

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7) Potluck dinner

Make potato salad (potatoes, bell pepper,  
homemade pickles, hard boiled eggs)

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### Snacks

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Carrot sticks and yogurt dip

Blueberries

Peach cobbler

Fresh mozzarella & tomatoes on cucumber slices

Homemade pickles