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| Meal | Recipe | Cook book and page or web site |
| 1 | Korean Beef | Nourishing Traditions |
|  | Fresh carrot salad | Nourishing Traditions |
|  | Chocolate caramel candy bars | VegNews Magazine, February 2013 |
| 2 | Burritos |  |
|  | Shitake-Sesame Dressing | My Recipe |
|  | Hummus | The Part-time Vegan |
|  | Kombucha |  |
|  | Rhubarb pie – use nut crust |  |
| 3 | Curry Veggies and butter chicken |  |
| 4A | Marinated portabello mushrooms |  |
| 4B | Marinated steak |  |
| 5A | Green salad |  |
| 5B | Teriyaki Chicken – teriyaki sauce | Nourishing Traditions |
| 6 | Pasta |  |
|  | Homemade mayonnaise | Nourishing Traditions |
|  | Homemade ketchup | Nourishing Traditions |
|  | Pesto for pasta | Nourishing Traditions |
| 7A | Grilled fish |  |
| 7B | Jambalaya | Cajun-Creole |
|  | Potato salad | Nourishing Traditions |
|  | Oriental celery root salad | Nourishing Traditions |
|  | Beef broth | Nourishing Traditions |
|  | Chicken broth | Nourishing Traditions |
|  | Quinoa Salad w/arugula(spinach) and tomatoes | Oprah Magazine, July 2013 |
|  | Red Cabbage w/orange | Nourishing Traditions |
| 8 | Beef Bourgignon | Nourishing Traditions |
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