



summer theme meals

The best way to save money is to make a plan. Make life easy and fun this summer.

Plan some meals with a theme.

Mealtime will be like a party - relaxing and delicious!

Meatless Monday - serve tomato soup and grilled cheese sandwiches; bean burritos; eggplant parmesan; or grilled veggie tacos.

Fiesta Tuesday - serve tacos, enchiladas, fajitas, burritos, quesadillas, beans and rice, or Spanish rice.

Thursday Picnic - pack a meal and visit the beautiful parks, zoos and beaches in your community. Bring along a sandwich, wrap, salad or finger foods.

Saturday Cookout - grill marinated chicken, grilled chicken legs or pork chops, beef or shrimp kabobs. Try grilled fruits and veggies.

Sunday Salad - prepare the ingredients for a Grilled Chicken Salad. Let your family build their own salad - an easy meal for Sunday night.

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