

## SAMPLE SUMMER MEAL PLAN

*This plan only includes breakfast and dinner because it's always easier to just make extra for dinner and eat leftovers for lunch.*

*Some of these recipes are straight-forward and easy to wing on your own, others you can find on [KaterinaBaratta.com](http://KaterinaBaratta.com). But (apologies) I haven't had time to test and post all of them just yet.*

*However, if the description isn't enough for you then you can always look at the healthiest foods for summer list, look up other recipes with those ingredients, or just get creative if you'd prefer!*

	BREAKFAST	DINNER
MONDAY	Kale and Shiitake Scrambled Eggs	Falafel + Tzatziki + Whole Wheat Pita
TUESDAY	Avocado Bavarian-Bread Toast	Socca Topped with Pesto and Fennel + Pan-Seared Salmon
WEDNESDAY	Breakfast Tacos with Scrambled Eggs, Spinach, Salsa, and Cilantro	Cucumber and Avocado White Basmati Sushi and Stir-Fried Tofu
THURSDAY	Avocado Bavarian-Bread Toast	Warm Barley, Carrot, Celery, and Mint Salad with Sardines
FRIDAY	7-Minute Boiled Eggs on Fresh Salad	White-Bean Tofu Spinach Chili with Carrot Cilantro Quinoa and Avocado
SATURDAY	Refried Beans, Kale, and Eggs	White Fish with Chimichurri, Brown Basmati Rice, and Steamed Chard with Olive Oil
SUNDAY	Whole Wheat Pancakes + Berries	Tofu Veggie Quinoa Stir-Fry with Broccoli, Sweet Onion, Kale, and Carrots

## SAMPLE SUMMER SHOPPING LIST

*I'm not including amounts here because it really depends on the size of your family and how hungry you get!*

*But I do include how many recipes you need to calculate for, so any time an ingredient is followed by x# make sure you look at the meal-plan and figure out how much of that ingredient you'll need for each of those meals.*

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Salmon                                 | <input type="checkbox"/> Seaweed nori        | <input type="checkbox"/> Limes  |
| <input type="checkbox"/> White fish                             |  |   |
| <input type="checkbox"/> Canned sardines                        | <input type="checkbox"/> Barley              | <input type="checkbox"/> Green onion  |
|   | <input type="checkbox"/> Quinoa              | <input type="checkbox"/> Sweet onion  |
| <input type="checkbox"/> Bavarian bread (aka<br>"Vollkornbrot") | <input type="checkbox"/> White basmati rice  |   |
| <input type="checkbox"/> Whole wheat pita                       | <input type="checkbox"/> Brown basmati rice  | <input type="checkbox"/> Large fennel bulb  |
|   | <input type="checkbox"/> Firm tofu x3        | <input type="checkbox"/> Fresh mint x2  |
| <input type="checkbox"/> Pesto (or pesto<br>ingredients)        | <input type="checkbox"/> Taco tortillas      | <input type="checkbox"/> Fresh parsley  |
| <input type="checkbox"/> Olive oil                              | <input type="checkbox"/> Salsa               | <input type="checkbox"/> Fresh cilantro x2  |
| <input type="checkbox"/> Red wine vinegar                       |  | <input type="checkbox"/> Fresh oregano  |
| <input type="checkbox"/> Mustard (for dressing)                 | <input type="checkbox"/> Greek yogurt        |   |
| <input type="checkbox"/> Chickpea flour                         | <input type="checkbox"/> Eggs x5             | <input type="checkbox"/> Salad mix of choice  |
|   | <input type="checkbox"/> Bunch of carrots x2 | <input type="checkbox"/> Coriander  |
| <input type="checkbox"/> Whole wheat flour                      | <input type="checkbox"/> Bunch of celery     | <input type="checkbox"/> Cumin  |
| <input type="checkbox"/> Baking powder                          | <input type="checkbox"/> Broccoli            | <input type="checkbox"/> Chili flakes   |
|   |  |   |
| <input type="checkbox"/> Nut-milk                               | <input type="checkbox"/> Spinach x2          | <input type="checkbox"/> Berries  |
|   | <input type="checkbox"/> Chard               | <input type="checkbox"/> Other seasonal fruits<br>for snacking                                  |
| <input type="checkbox"/> Dried chickpeas                        | <input type="checkbox"/> Kale                | <input type="checkbox"/> Other healthy snack<br>items like nuts and<br>seeds, nut butters, etc. |
| <input type="checkbox"/> Dried or canned white<br>beans         | <input type="checkbox"/> Cucumber x2         |   |
| <input type="checkbox"/> Re-fried beans                         | <input type="checkbox"/> Shiitake mushrooms  |   |
|   | <input type="checkbox"/> Avocado x4          |   |

*Hey There!*

I hope you've enjoyed learning about the healthiest foods to eat in summer.

This meal-plan and shopping list is just an example of the kinds of meals that will help you thrive when the weather is hot.

**WANT TO LEARN MORE ABOUT HOW TO USE FOOD TO FEEL HEALTHIER?**



**Then I recommend checking out my Eat Healthy + Feel Better Quick Guide E-Book.**

The Eat Healthy + Feel Better Quick Guide E-Book is divided into three sections.

The first section will teach you how different flavors affect your health (you had no idea, did you? But they really do!)

The second section will help you figure out what uncomfortable signs and symptoms mean, and how to use diet and lifestyle to heal yourself naturally.

And the third section will teach you how to keep yourself balanced with food and lifestyle depending on the season and the kind of weather you're experiencing outside.

[Click here to buy the Eat Healthy + Feel Better Quick Guide now.](#)

And if you have any questions, feel free to email me anytime!

XO *Katerina*