

MON (MEXICAN)



Taco Bowls



Watermelon

TUES (ITALIAN)



Healthy Chicken Piccata

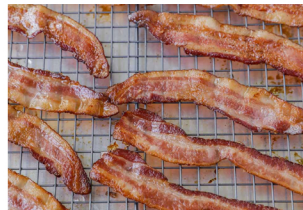


Roasted Carrots

WED (BRINNER)



Chocolate Chip Pancakes



Bacon in the Oven

THUR (OTHER CUISINE)



Strawberry Harvest Salad



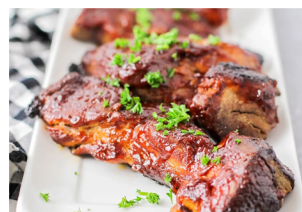
Yeast Dinner Rolls

FRI (DATE NIGHT)



ENJOY A NIGHT OUT
OR EAT LEFTOVERS!

WEEKEND



Country Style Pork Ribs



Summer Corn Salad

DESSERT



Chocolate Zucchini Cake

TIP OF THE WEEK:

We're enjoying some delicious watermelon this week, but we all know picking the perfect one can be so tricky! Here are a few of our top tips to pick a great melon:

1. A uniform shape
2. A large yellow sunspot
3. A hollow sound when thumped
4. Bee stings for sweetness

Then, it's time to cut. Don't forget that a quality, long knife is key when cutting a watermelon! Decide if you want cubes, triangles or sticks. Our personal favorite (and super easy way) is to cut into cubes. For all our tips on how to cut cubes, click on the picture in the meal plan!

Click on the photos for recipes or search on lilluna.com

