

Summer Meal Planning **IDEAS**

Using seasonal produce to guide you!



Grilled

Got squash? Asparagus? Tomatoes? Corn? Throw them on the grill and add your favorite protein. Dinner is cooked fast and the heat and mess stay out of the house. An optimal flavor with little effort is achieved!



Chilled

Got fresh vegetables? Chop them into a big salad and add a little protein like beans, tofu, fish, chicken, eggs, or meat. It is a great way to use leftover protein, too.



Steamed

Steaming cooks veggies quickly with little mess. You can easily add spices and herbs when items are finished. Broccoli, potato slices, asparagus, corn, carrots, peas, Brussels sprouts, and more are all fantastic choices. Top with your favorite protein that is pan steamed, too.