

Simple Summer Meal Ideas



MEATS & PROTEINS

(choose one)

HAMBURGER
HOT DOGS
CHICKEN

STEAK
PORK CHOP
FISH

SHELLFISH
RIBS
BRAUTS

TOFU
BEANS
EGGS



MARINADES & DRY RUBS

(choose one)

BBQ
CITRUS
SOY SAUCE

GARLIC
RANCH
JERK

BUFFALO
MEXICAN SPICES
ITALIAN SPICES

COCONUT LIME
SWEET & SOUR
TERIYAKI



BREADS & STARCHES

(up to two)

BURGER BUNS
HOT DOG BUNS
TORTILLAS

ROLLS
TEXAS TOAST
FRIES

BAKED POTATO
SWEET POTATO
CHIPS

RICE
FRENCH BREAD
ITALIAN BREAD



RAW VEGGIES

(go crazy)

LETTUCE
TOMATO
ONION

CUCUMBER
ARUGULA
PEPPERS

CELERY
SNAP PEAS
RADISHES

MUSHROOMS
CARROTS
AVOCADO



FRESH FRUITS

(go crazy)

STRAWBERRIES
BLUEBERRIES
BLACKBERRIES

RASPBERRIES
CHERRIES
GRAPES

APPLES
PEACHES
WATERMELON

APRICOTS
PLUMS
PASSION FRUIT