* month view. scroll up to view last week. grow if needed
* "Plan next few meals"
* plan meals - "Search **Casserole**" casserole (10) high score not recent, view website, schedule it
* search **zucchini** and **Mediterranean** nothing,

https://www.allrecipes.com/recipe/280324/mediterranean-zoodles-with-shrimp/

* close
* import it, finish items, view, close, schedule it
* **vegan** - roasted pot and sausage, schedule it
* ordering out tonight.. move all 3 forward one day

find a highly rated vegetarian dish recipe that complements roasted potatoes and is easy to make.

* import it, finish items, view, close, schedule it
* add to GL. remove spices,
* add eggs, milk, coffee, then email it, close entire app
* open email and show it.
* restart app..
* view first recipe to cook it