

2023

# july

Out  
leftovers <sup>veg</sup>

sunday	monday	tuesday	wednesday	thursday	friday	saturday
June 2023	August 2023					
su m t w th f sa	su m t w th f sa					
1 2 3	1 2 3 4 5					
4 5 6 7 8 9 10	6 7 8 9 10 11 12					
11 12 13 14 15 16 17	13 14 15 16 17 18 19					
18 19 20 21 22 23 24	20 21 22 23 24 25 26					
25 26 27 28 29 30	27 28 29 30 31					
<u>Out</u> Pesto Pizza 2	<u>tofu red Curry</u> + shrimp spring rolls 3	Chicken pad thai 4 <small>independence day</small>	Pork Nam Klao 5	<u>Leftovers</u> Everything Thai 6	Spaghetti w/ Veggies 7	<u>leftovers</u> Indian 8 <small>canada day</small>
Pelmieni 9	<u>mushroom rigatoni</u> 10	tuna melts 11	<u>Out</u> Uncle Lou's 12	<u>Leftovers</u> Uncle Lou's 13	<u>Out</u> shake shack 14 <small>bastille day (france)</small>	lemon chicken + mushroom risotto 15
<u>TJ's ravioli</u> 16	<u>Out</u> Joe's 17	<u>teriyaki tofu</u> 18	Chicken Marsala 19	<u>Out</u> Xian Xiang Xiao Long Bao 20	<u>Out</u> Saravana Bhavan 21	<u>leftovers</u> <u>lasagna</u> 22
<u>ramen</u> 23	<u>Out</u> Soothr 24	<u>leftovers</u> <u>Soothr</u> 25	<u>Out</u> Chipotle 26	<u>Shakeshuka</u> 27 <small>ashura begins at sundown</small>	<u>Shakeshuka</u> 28	<u>Spaghetti</u> 29
chilli dog 30	<u>tuna melt</u> 31					

leftovers  
Out  
meatless

notes & such

DO SOMETHING CREATIVE EVERY DAY®