

2022

# july

sunday

monday

tuesday

wednesday

thursday

friday

saturday

june 2022

su	m	t	w	th	f	sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

august 2022

su	m	t	w	th	f	sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Out

BBQ  
Bacon  
Burger

3

Japanese  
Pancakes

independence day

4

Out

McDonalds

5

Khao  
Kloog

6

Pork  
Chops

7

Meatballs

1

canada day

Stir  
Fry

8

Pelmeni

2

Alex's  
BBQ

9

Out  
Veg

Out  
Left over  
veg

Ideas:  
• cold noodle  
• spring rolls  
• carbonara

Shrimp  
Platter

eid al-adha begins

10

Chicken  
Alfredo

11

Kimchi  
Fried  
Rice

12

Cauliflower  
Wings

13

Ribs +  
Mac & Cheese

bastille day (france)

14

Chicken  
Nachos

15

Out

food  
carts

16

Pizza

17

chicken  
green  
curry

18

Out

Miso  
Sushi

19

Mushroom  
Rigatoni

20

chicken  
burritos

21

Out

Backyard  
Brewing

22

Out

Ramen  
Ryoma

23

Kimchi  
fried rice

24

Veggie  
lasagna

25

Pelmeni

26

P. Thai  
Pizza  
@  
Parents

27

Leftovers

Lasagna

28

Scallops

29

Honey  
Mustard  
Pork chops

30

Spaghetti +  
Tuna

31

notes & such

DO SOMETHING CREATIVE EVERY DAY