

# Meal Plan

# for SUMMER time

Recommendations from an **ENFJ**

## "Bacon in Every Bite" Woven BLTs

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- 12 slices of thick cut bacon
- 2 ripe tomatoes (we love heirlooms)
- iceberg lettuce
- 1 loaf white bread
- mayonnaise
- avocado (optional)

## Salad w/ Goat Cheese, Pears, Candied Pecans and Maple-Balsamic Dressing

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- 5 ounces of mixed spring greens
- 2 pears (such as d'Anjou)
- 1 cup candied pecans (homemade: brown sugar, vanilla, raw pecan halves)
- ⅓ cup dried cherries (Craisins)
- 4 ounces crumbled goat cheese
- 2 tablespoons balsamic vinegar
- 1½ tablespoons pure maple syrup
- 1 tablespoon olive oil
- ½ teaspoon smooth Dijon mustard
- optional: add 2 grilled chicken breasts

## Healing Roasted Tomato and Red Pepper Soup

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- 6 cups fresh summer tomatoes (we use a combo of Grape and Vine-ripened from the local farmer's market)
- 1 white onion
- 3 tablespoons olive oil
- 7 garlic cloves
- 2 red bell peppers
- red pepper flakes
- 2 teaspoons red wine vinegar
- croutons + parmesan for topping
- optional: serve with grilled cheese sandwiches

## Mexican Street Corn Pasta Salad

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- 2 cups farfalle/bowtie pasta
- 3 cups frozen corn (or 2 15-ounce cans or 3-4 cobs on the cob)
- 3 green onions
- ½ bunch cilantro
- 1 jalapeño
- 6-8 strips hardwood smoked bacon
- ½ cup full-fat regular mayo
- 2-3 limes
- pinch ground cumin
- ¼ teaspoon paprika
- ½ teaspoon chili powder
- 1 teaspoon Sriracha or hot sauce
- optional: serve with brats

## Jamaican Jerk Chicken Tacos

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- Jamaican jerk seasoning (store bought OR homemade: garlic powder, cayenne pepper, onion powder, dried parsley, sugar, salt, paprika, allspice, black pepper, red pepper flakes, nutmeg, cinnamon)
- ⅓ cup mayo
- 3 chicken breasts
- 2 cups cabbage (or shredded lettuce)
- 2 tablespoons fresh cilantro
- 8 taco sized soft tortillas
- 2 limes

## Chicken Satay With Spicy Peanut Sauce & Cucumber Relish

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- 1 can coconut milk
- 1 tablespoon fish sauce
- 3 tablespoons red curry paste
- 1 tablespoon fresh cilantro
- ground turmeric
- 1 pound chicken breast (substitute: pork tenderloin)
- ½ cup peanut butter
- ½ cup chicken stock
- ⅓ cup brown sugar
- 2-3 limes
- 1 large cucumber
- 1 shallot
- ⅓ cup white vinegar
- 1 thai chile or serrano pepper (optional)