

# ANIMAL, VEGETABLE, MIRACLE

A Year of Food Life

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## **Tomato Season (Mid- to Late-summer) meal plan**

**Sunday**~ Grilled chicken with tomato salad and corn on the cob

**Monday**~ homemade gazpacho with fresh bread and cream cheese

**Tuesday**~ roasted tomato-eggplant ratatouille with rice (or bread) and grated  
parmesan

**Wednesday**~ grilled fish or lamb, served with crusty bread and green-bean pate

**Thursday**~ Asian vegetable stir fry with soba noodles (or rice) and sweet-and-  
sour sauce

**Friday**~ pizza with sliced tomatoes, fresh basil, mozzarella and a drizzle of olive  
oil

**Saturday**~ pasta with fresh homemade tomato sauce and meatballs