RAINBOW
eat the rainbow!
DELICIOUS

Delicious Summer Recipes

Creamy Caprese Quinoa Bake from Half Baked Harvest
Summer Peach and Balsamic Pizza from Love & Olive Oil
Crispy Herbed Goat Cheese Stuffed Zucchini Blossoms from Life's Ambrosia
BBQ Chicken Salad from Damn Delicious
Roasted Vegetable Tacos with Avocado Cream and Feta from Naturally Ella

Produce
- ☐grape tomatoes (1 C)
- ☐peaches (4)
- ☐zucchini blossoms (12)
- ☐romaine lettuce (6 C lettuce)
- ☐roma tomato (1)
- ☐corn kernels (3/4 C)
- ☐red onion (1/4 C) (1/2 C)
- ☐zucchini (1 small)
- ☐summer squash (1 small)
- ☐sweet corn (1 ear)
- ☐cherry tomatoes (1 C)
- ☐red pepper (1 medium)
- ☐garlic cloves (2)
- ☐avocado (1)
- ☐lime (1 T juice)
- ☐c

Herbs
- ☐basil (1 large bunch) (1/2 C)
- ☐cilantro (1/4 C +)

Spices
- ☐crushed red pepper (1/2 t)
- ☐cumin (2 t)

Dairy
- ☐heavy cream (1/3 C)
- ☐parmesan cheese (1/3 C)
- ☐mozzarella (1 C) (8 oz fresh)
- ☐soft goat cheese (2 oz)
- ☐herbed goat cheese (3 oz)
- ☐monterey jack cheese (1/4 C)
- ☐chedar cheese (1/2 C)
- ☐plain greek yogurt (1/3 C)
- ☐feta or goat cheese (garnish)

Meat
- ☐boneless skinless chicken breast (2)

Bread & Tortillas
- ☐pizza dough (1 batch)
- ☐corn tortillas (6)

Pantry Items
- ☐quinoa (2 C cooked)
- ☐pasta sauce (1 C)
- ☐tomato pasta (2 T)
- ☐balsamic vinegar (1 C)
- ☐oil (for frying)
- ☐all purpose flour (1 C)
- ☐olive oil (1 T) (2 T)
- ☐black beans (3/4 C)
- ☐ranch dressing (1/4 C)
- ☐bbq dressing (1/4 C)
- ☐tortilla strips (1/4 C)

Extras
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐