



WEEK 239

YOUR WEEKLY MEAL PLAN

MONDAY

Summer Vegetable Pappardelle by itself or with Grilled Chicken

TUESDAY

Ground Beef Tacos served with Restaurant Style Red Mexican Rice

WEDNESDAY

Chicken & Asparagus served over pasta or rice.

THURSDAY

Tuscan Salmon Serve with rice or pasta.

FRIDAY

Pan Fried Steak served with Couscous Salad with Lemon Lime and Cilantro Dressing and roasted broccoli

SATURDAY

Pork Burgers served with Burger Onions

SUNDAY

Butter Chicken Curry Serve with rice and naan