

WEEKLY MENU PLAN

WEEK OF: _____

Sunday

Mediterranean Beans and Rice (page 124) serve over a bed of greens.

Monday

Asian Chicken Pasta Salad (page 19)

Tuesday

Honey Mustard Chicken Salad Wraps (page 33) and a fruit salad

Wednesday

Tuscan White Bean and Acorn Squash Soup (page 123) and a garden salad

Thursday

Mango Glazed Chicken and Vegetables (page 36) served over cooked rice

Friday

Chicken Marsala Pizza on a Yeast-Free Crust (page 16) and a salad with Italian Artichoke Hearts (page 157)

Saturday

Asian Chicken and Rice Soup (page 23) and a garden salad

Shopping List

Milk
Strawberries
Raspberries
Black berries