

WEEKLY MENU PLAN

WEEK OF: _____

Sunday

Mongolian Beef
Meatballs (p.108)
over Rice (p. 117)
Garlic-Ginger Green
Beans (p. 159)

Monday

Tuscan Pork (p.58)
and a garden salad

Tuesday

Cajun Chicken and
Pasta (p.43) and a
garden salad

Wednesday

Honey Lemon Pork
and Broccoli (p.53)
over Rice (p.117)

Thursday

Pasta e Fagioli with
Tortellini and Kale
(p.128) and a garden
salad

Friday

Black Bean and
Sweet Potato Burritos
(p.132)
Mexican Rice (p.138)

Saturday

Apple, Cranberry, and
Chicken Salad with
Cranberry Vinaigrette
(p.41)

Shopping List

Milk, cheese, and yogurt
Salad greens and fruit