

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.67)
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