

Weekly Dinner Menu

SUNDAY: Chicken Nachos

MONDAY: Fiesta Chicken Salad w/cucumber slices

*use grilled chicken prepped on Sunday

TUESDAY: Spaghetti and Meatballs

WEDNESDAY: Spinach, chicken, and feta salad

*use grilled chicken prepped on Sunday

THURSDAY: Taco Soup

FRIDAY: Spinach Feta Meatloaf

SATURDAY: Omelette

Protein:

Chicken Breast (2lb)
Turkey pepperoni
Turkey sausage- ½ lb
Ground beef- 2 ½ lb
Eggs- 1dz
Turkey bacon

Produce:

Avocado- 2
Pico de gallo
Cucumber- 1
Tomato- 2-3
Green onion- 1 bunch

Fresh Spinach- 1 head

Bell pepper- 2

Red onion- 2

Garlic- 1

Fresh Parsley

Zucchini- 2

Fresh Cilantro

White onion- 1

Dairy:

Plain Greek Yogurt
2% shredded cheddar cheese
Feta cheese crumbles
Parmesan cheese

Canned/Frozen:

Black beans- 2 cans
Pinto beans- 1 can
Taco seasoning packet
Sun-dried Tomatoes
Raspberry Vinaigrette Dressing
Italian Seasoning
Prego Marinara – 1 jar
Olive Oil
Green chilies
Black Pepper
Worcestershire sauce