

WEEKLY MEALS

SAMPLE MENU

MEAL #1

Sauteed Chicken

carrots, zucchini, asparagus, jasmine rice

MEAL #2

Seared Salmon

cauliflower rice, sugar snap peas & carrots

MEAL #3

Beef Stir Fry

*singer, sesame, garlic,
vegetables, roasted potatoes*

MEAL #4

Caribbean Pineapple Shrimp

sauteed green beans, onions, mushrooms

MEAL #5

Seared Pork Chop

*brown-butter mushroom sauce,
mashed potatoes, broccoli*