



Monday

Grilled Salmon with Rice & Spinach

- Salmon fillets
- Honey
- Soy Sauce
- Ground Pepper
- Olive Oil or Sesame Oil
- Brown Minute rice
- Fresh Baby Spinach
- Lemon wedges (optional)

DIRECTIONS

1. Cover the salmon in honey, soy sauce and ground pepper. Drizzle pan with oil.
2. Grill for 3-5 minutes on each side
3. Cook rice
4. Add torn pieces of spinach on top of rice after it's cooked. Cover for 5 minutes while spinach gets tender.
5. Mix spinach with rice, add salt and pepper for taste.
6. Garnish with lemon wedges



My fast rice option is Minute Rice Ready to Serve Brown Rice. I open several packs and cook in a microwave safe glass dish for 2-3 minutes.

Tuesday

Taco Salad

Recipe & Photo by Lolli from Better in Bulk

Brown together 1 lb ground beef and 1 small onion, chopped

Add:

- 6 oz can tomato paste
- 8 oz can tomato sauce
- 3 6-oz cans of water
- 2 Tbsp sugar
- 2 cloves garlic, crushed
- 1 tsp each: oregano, chili powder, and cumin

DIRECTIONS

1. Cover and simmer slowly for 40 minutes.
2. Add 1 cup cooked white rice and a can of black beans.

Serve on top of fritos corn chips and garnish with cheese, lettuce, tomatoes, ranch dressing, sour cream, avacado, or any combination of the above!



My Mom made this for us growing up, and it is one of those recipes that I have continued to make for my own family. I simply love it! The only thing I've added over the years is the can of black beans. It stretches the meat filling. Yum! - Lolli

Wednesday

Easy Chicken Stir-Fry

- 3 chicken breasts
- 2 tablespoons sesame oil or olive oil
- Bottled Stir-fry sauce or packet
- soy sauce
- sliced red, green and yellow bell peppers (or vegetable of your choice)
- rice

DIRECTIONS

1. cut chicken into bite size pieces
2. add oil to pan and cook until chicken is done
3. if you have a stir-fry packet - prepare as instructed
4. add vegetables to pan and stir-fry for 2 minutes
5. add sauce and cook a few more minutes until it thickens
6. serve over rice



I love this quick and easy meal.

Thursday

Turkey, Pesto & Mozzarella Panini

I like to use my George Forman Grill for these sandwiches.

- Your favorite thick sliced bread
- Sliced Mozzarella cheese
- Deli sliced turkey
- Pesto
- Sliced tomatoes

DIRECTIONS

Place everything together and grill. • Kid version: Grilled Cheese • Sides: Carrots, apple slices and organic tortilla chips.

Friday

Creamy Italian Crock-Pot Chicken

Recipe and photo by Angie at The Arthur Clan

- 4 boneless, skinless chicken breasts
- 1 envelope Italian salad dressing
- 1/4 cup water
- 1 pkg. (8 oz.) cream cheese
- 1 can condensed cream of chicken soup
- hot cooked noodles or rice

Directions

1. Cut the chicken into medium sized chunks and place in slow cooker.
2. Combine salad dressing mix and water – pour over chicken. Cover and cook on low for 3 hours.
3. In a small mixing bowl, beat cream cheese and soup until blended.
4. Pour mix over chicken.
5. Cook 1 hour longer or until juices run clear.
6. Serve over rice or noodles.



