



## 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.



