

## **Your Weekly Menu**

**Monday - Shrimp in Tomato Sauce**

**Tuesday - Lentil Stew with Turmeric**

**Wednesday - Beef Broccoli Stir Fry**

**Thursday - Chili Colorado Chicken Stew**

**Friday - Cream of Asparagus**

Monday's meal is super healthy and very easy to make. I served it with polenta but you can serve it with whatever you like -- couscous, rice, baby red potatoes, whatever makes you happy! If your shrimp is still frozen when you are ready to start dinner, simply place it in a bowl of cold water and let them sit for a few minutes. This will thaw them quickly. Never thaw them in the microwave.

You can make Tuesday's lentil stew in advance and freeze it. This stew delivers a nutritional punch as well as intense and delicious flavor. You can easily substitute the squash for sweet potato and add other vegetables if you like. I love it with eggplant.

Wednesday's meal is also a quickie. You will spend most of your time prepping the ingredients. Once they are ready this will cook in a flash. You can go ahead and prep some things in advance, like the beef. This will expedite your dinner!

Thursday's chicken stew requires Mexican dried chilies. If you can't get them or do not want to get them go ahead and substitute it with another meal. I would recommend a Chicken Chipotle Stew. Both can be made in advance and frozen.

Friday's cream of asparagus is super easy to make. It is a delicate cream that is a pleasure to eat. Make sure to leave some tips so you can add them on top of the soup. This is one of my favorite soups.