THE FRUGAL CHEF
Video FOOD RECIPES

Your Weekly Menu

Monday – Oven Steamed Fish
Tuesday – Red Beans and Rice
Wednesday – Beef & Sausage Burgers
Thursday – Stuffed Chicken Breast
Friday – Potato Tacos

Eating oven steamed fish on Monday is a great way to start the week. This meal is super easy to make and will render you moist and flavorful fish that is low in calories and fat. Go ahead and use any white fleshy fish for this such as tilapia or basa.

Tuesday's red beans can be made in advance and frozen. Don't freeze them with the rice though because it will get all soggy on you. Make the rice separately and mix it with the beans when you are ready to eat. I love this meal with some chopped tomatoes with salt, lime and cilantro on top.

Wednesday's patties can also be made in advance and frozen. Thaw them in the fridge the night before. These are an amazing burger. Sometimes I make them into a sandwich with all the fixings but if I want to take it easy with those calories I will serve this with a large salad.

Thursday's chicken breast takes a little time to prep but are absolutely outstanding. The flavors are very Italian. Please make sure you do not over bake the chicken and dry it up. Check it after the instructed time by pulling one out and cutting it in the middle. If it is not ready cook it in 5-minute intervals until it is fully cooked. It is very important that you do not consume raw chicken. It can make you very sick.

Finally, you can prep the potato filling for Friday's tacos the day before. These tacos are very special and are vegetarian. They are also quite easy to make. Enjoy them as is or with salsa and Mexican rice if you like.

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