



Your Weekly Menu

Monday – Albondigas with Rice

Tuesday – Cheese and Sun Dried Tomato Stuffed Chicken Breast

Wednesday – Thai Noodles with Shrimp

Thursday – Vegetarian Garbanzo Stew

Friday – Penne with Roasted Tomato and Garlic

Monday's albondigas are Latin American meatballs that are very easy to make and can be made in advance and frozen. As a matter of fact, why not make two batches and freeze some for future use? These meatballs cook in a tomato base sauce that goes wonderfully with rice.

Tuesday's stuffed chicken breasts are very easy to make and are truly very tasty. You can prep them a day before and keep them in the fridge. All you have to do the next day is cook them. These go great with sweet potato fries or steamed veggies or a salad if you want to keep the calories at bay.

Wednesday's Thai noodles are very easy to make. You will need some specific ingredients for this but not to worry. If you decide to purchase them they will last you in the fridge for a long time. The longest you will take is prepping your ingredients. Once they are ready this meal moves pretty fast.

Thursday's dinner can be made in advance and frozen. Simply thaw it in the morning and heat it when you are ready to eat. This is a very clean and delicious meal that goes great as is or with some rice. You could go ahead and make extra rice on Monday and keep it in the fridge in a closed container for this night.

Friday's pasta is pretty fantastic. You can make this a couple of days ahead of time and keep it in the fridge. This is one of those meals that taste better the day after. This is also a very clean dish.