



## Your Weekly Menu

**Monday** – Ham, Mushroom and Spinach Quiche

**Tuesday** – Orzo Salad

**Wednesday** – Marinated Beef Strips with Garden Salad

**Thursday** – Chipotle Chicken Stew with Turmeric Rice

**Friday** – Baked Fish with Blue Cheese Sauce

Monday's quiche is quite easy to make. You can go ahead and use store bought pie dough if you would like to expedite things. Once you have that making the filling is really not all that complicated. We are going to use ham, mushrooms and spinach in our eggs but you can pretty much use any other vegetable that you prefer such as zucchini, broccoli, cauliflower or asparagus.

Tuesday's orzo salad can be made with any type of small pasta that you like. You can also add some chicken or beef pieces to this if you do not want it to be vegetarian. Go ahead and chop your veggies while the pasta cooks. If you have any left overs this packs beautifully in lunch boxes for school or work. You might have to doctor it with a little more dressing.

Wednesday's meal requires some planning ahead as you will have to marinate the beef. This can be done in as little as 30 minutes but can also be done overnight. If you do it overnight your beef will be more tender and flavorful. It will also make prepping dinner a snap as all you will have to do is cook it and make your salad. This is a delicious low carb and low calorie meal that will satisfy everyone.

Thursday's stew can be frozen so you can make it a few days ahead and simply thaw it. The rice is pretty simple to make as well. You can definitely make it the day before.

Friday's fish will be ready within 30 minutes. It is a classic dish that delivers tons of flavor. The fish will be baked in the oven and the sauce made in a small pot. All you need to do is pour it over the fish and serve. You can use trout or salmon for this.