



Your Weekly Menu

MONDAY - Black Bean Chili with Butternut Squash

TUESDAY - Chicken Fajitas

WEDNESDAY - Cobb Burger

THURSDAY - Shrimp Pad Thai

FRIDAY - Portabella Mushroom Pita Pizza

Monday's chili can be made in a slow cooker if you want. Simply add all the ingredients and allow it to cook. Dinner will be ready when you are. This is a very flavorful chili. The squash adds some sweetness which contrasts beautifully with the spices.

Tuesday's fajitas require that you marinate the chicken overnight so you will have to prep it on Monday. This will flavor your chicken very nicely. It will also make it tenderer. While you're at it go ahead and slice your onion and peppers. Keep them in a separate sealed bag in the fridge. This way all you have to do is cook it all on Tuesday night and that will not take much time at all.

Wednesday's burgers are pretty simple to make. You can get ahead of yourself by making the patties in advance if you like. You could even make them and freeze them. Everything can be prepped before dinner. These are juicy burgers that are topped with avocados and bacon. Delish.

Thursday's shrimp pad Thai is a very easy meal to make. It does require some specific ingredients that you will be able to use in other Thai recipes or to make this again. They will last perfectly and for a long time in the fridge. This is truly an exquisite meal. Make sure to have everything ready before you start putting it together as you will not have time to do so once you start.

Friday's pita pizza requires that you marinate the Portabella mushroom from two hours to overnight. It would be perfect if you go ahead and whip it up on Thursday evening. By the time you are ready to assemble your pizza the mushroom will be absolutely perfect. This is a win-win recipe that I know you will love.