

Monday, January 2

Beef Tacos
Shredded lettuce
Diced tomatoes
Sliced black olives
Shredded cheese
Guacamole/Salsa
Fresh fruit

Tuesday, January 3

Baked Salmon with Lemon-Dill Sauce

Brown rice
Roasted broccoli

Wednesday, January 4

Slow cooker Roast Pork with:
 carrots
 potatoes
 onions
Applesauce

Thursday, January 5

Whole grain spaghetti
Spaghetti sauce with meatballs
Lettuce salad with:
 sliced cucumbers
 grape tomatoes
 diced peppers

Friday, January 6

Panini sandwiches with:
 whole grain or sourdough bread
 sliced turkey or ham
 cheese slices
 sliced tomatoes/fresh spinach
 pesto
Fresh veggies: carrots, celery, pepper slices



Weekly Dinner Menu January 2 - 6, 2017

Meal Prep

**Read through all pre-prep notes before starting. Store prepped items in separate bags or containers in the refrigerator.

On Monday:

1. shred lettuce, dice tomatoes, slice black olives, shred cheese, cut fresh fruit (all for Monday)
2. Place salmon in fridge to thaw (for Tuesday) if frozen
3. Wash and cut broccoli (for Tuesday)
4. Place pork roast in fridge to thaw (for Wednesday) if frozen
5. Wash and cut carrots and onions. Clean potatoes. (for Wednesday)
6. Clean and prep (peel, slice or dice) lettuce, cucumbers, grape tomatoes, peppers (for Thursday)
7. Clean spinach (for Friday)
8. Clean and cut carrots, celery, and peppers (for Friday).