

SAMPLE MEAL PREP MENU



Monday

**Salmon with dill glaze, lemon couscous, and
Cajun seasoned green beans**

Tuesday

Southwestern Salad with Beef Fajita Strips

Wednesday

**Sun Dried Tomato and Feta Stuffed Chicken Breast, Rice
Pilaf, and Steamed Broccoli**

Thursday

**Apple and Spinach Pork Chop, Roasted Red
Potatoes, and Honey Glazed Carrots**

Friday

**Crawfish Monica with Garlic Roasted
Asparagus and Mixed Fresh Fruit**

