



---

## 16 MAY DINNER MENU

---

I like to start my menu for the week on Mondays and plan 5 days worth. That way as it comes to the weekend, I use up leftovers which also helps reduce the chance of eating out since we are typically busier. Experiment with what works for you and your family. For some families, cooking on Sunday works better that way they start off the week with more food prepped. Cooking up your proteins at once can be a big help also. Click on the link for a recipe!

**Day 1 :** Mexican Salad Bowls with Ground Beef - My version: Romaine, Cherry Tomatoes, Diced Peppers, Black Beans, Scallions, Brown Rice, Avocados, Shredded Carrots, Mexican Seasoned Ground Beef, Vinaigrette. Recipe Idea: <http://www.courtneynestor.com/mexican-salad-bowl/>

**Day 2 :** Fried Rice or Cauliflower Fried Rice - Make extra rice for Mexican bowls. Substitute a bag of frozen mixed vegetable to make it EASY! <http://www.serious-eats.com/recipes/2016/02/easy-vegetable-fried-rice-recipe.html>

**Day 3 :** Spinach Farro Salad with Grilled Chicken - Grill extra Chicken for two dinners. For gluten free, just omit the farro and replace with more spinach or quinoa. <http://www.nuttynutritionandfitness.com/strawberry-basil-farro-salad/>

**Day 4 :** Spring Vegetable Soup with leftover Grilled Chicken, baguette with cheese. <http://www.courtneynestor.com/5-simple-soups/>

**Day 5 :** Make your own Burritos - Take leftovers and make any type of burritos you like. Learn to love repurposing leftovers

### Day 6/7: Leftovers

Lunch Ideas:

- 1) Take leftovers from the night before
- 2) Make extra Mexican salad bowls for the week. Do not add dressing until day you eat.
- 3) Make another type of salad/sandwich for the week