



16 MAY DINNER MENU

Day 1 : Greek Burgers with Greek Salad : [Spinach Feta Burgers](#) by Rachael Ray
Greek Salad, [Greek Salad](#) by Once Upon a Chef: [Tzatziki](#) by Once Upon a Chef:

Day 2 : Pan Seared Turkey with Roasted Asparagus, Sautéed Mushrooms [Pan Seared Turkey](#) by Martha Stewart, [Roasted Asparagus](#) by NY Times, [Sautéed Mushrooms](#) by Food Network

Day 3 : Leftover Greek Burgers with Couscous/or millet (GF), Tzatziki dip, and Carrot Salad. Feel free to add feta to this salad! My kids love this [Carrot Salad](#) from Once Upon a Chef

Day 4 : Spaghetti Carbonara and side of Peas. Need Gluten Free: Use Quinoa Pasta Here are two options(my kids don't like veggies added to I keep ours traditional with peas on the side) Spaghetti Carbonara by NY Times , [Springtime Spaghetti Carbonara](#) by NY Times

Day 5 : [Apple Cheddar Turkey Sandwiches](#) by Martha Stewart

Day 6/7: Leftovers

Lunch Ideas:

- 1)Take leftovers from the night before
- 2) Make enough greek salad for the week. Add chickpeas and grilled chicken to stretch. Crush pita chips added makes a nice crunch addition.
- 3) Make another type of salad/sandwich for the week



Tips for easier cooking :

Day 1: Make enough meatballs for another meal. For the tzatziki feel free to substitute dried dill for the mint. I prefer it with dill anyways.

Day 2: This is really a quick recipe if you are organized. Make sure you have your ingredients prepped, mushrooms cut, asparagus on a tray. While you are cooking the turkey, you can be sautéing mushrooms. Use the mushroom pan once cooked to make the sauce. Mushrooms as a fantastic base to the sauce. For the turkey, I like to leave them thick, then sear each side and pop in a 350 degree oven to finish. To be honest, my kids will not eat asparagus or mushrooms. So I always cook a side of green beans or broccoli.

Day 3 Couscous or Millet(GF) are a wonderful way to change up this dish. However if you are looking to keep your carbohydrates low, feel free to omit or substitute cauliflower.

Day 4: Make sure you read through the recipe. Carbonara is a quick recipe and you need to have the ingredients on hand. My kids do not like peas or other vegetables mixed in so I just serve them on the side.

Day 5: If you need gluten free just use GF bread. If you are looking for lower carbohydrate and gluten free feel free to serve in a butter lettuce wrap!