

MENU

Week of August 6th

SUNDAY

[Sesame Lemon Shrimp Stir Fry served over Brown Rice](#)

MONDAY

[Portobello Sandwiches with Roasted Red Peppers](#)

Oven Roasted Zucchini

TUESDAY

[Tomato Basil Turkey Loaf](#)

Roasted Cauliflower and sweet potatoes- Cut cauliflower and 1 sweet potato in to small pieces, coat with 1 TBSP of olive oil, sprinkle with salt and pepper and roast at 400 degrees until cauliflower is slightly browned and sweet potato is cooked through.

WEDNESDAY

[Mexican Casserole](#)

Salad

THURSDAY

[Baked Balsamic Chicken](#) with

Steamed Broccoli