

MENU

Week of August 13th

SUNDAY-

[Super Easy Baked Salmon in Foil with Chimichurri Sauce](#)

Brown Rice

Steamed Broccoli

MONDAY-

[Spanish Quinoa Stuffed Peppers](#)

Green Salad

TUESDAY-

[Chicken Broccoli Stir-Fry](#)

Riced Cauliflower

Wednesday

[Lemon and Garlic Shrimp](#)

Zucchini Noodles

THURSDAY

[Hearty Chicken and Mushrooms](#)

Mashed Sweet Potatoes

Green beans

All recipes serve 4.