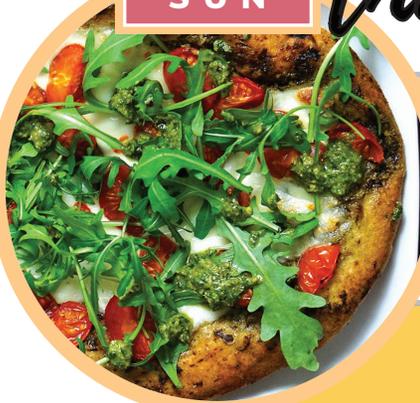


# Dinner Options for the Week Ahead

SUN



## Pizza and Side Salad

- Pizza Base (Flatbread or Pizza Base/Dough)
- Sauce (Tomato-Based or Pesto)
- Toppings of Your Choice (ideas and recipe included)
- Side Salad (recipe included)

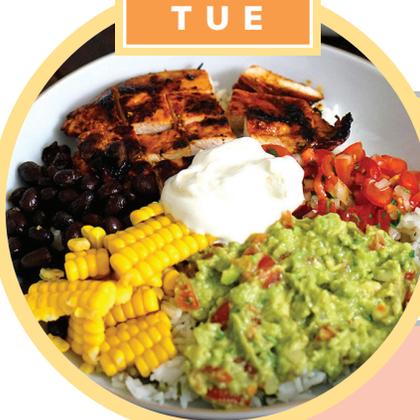
MON



## Chicken Marsala Pasta

- Chicken
- Flour
- Marsala Wine (Dry)
- Mushrooms
- Heavy Cream
- Shallots
- Garlic
- Chicken Broth
- Salt
- Pepper
- Parsley
- Fettuccine or Linguine

TUE



## Chicken Rice Bowl

- Chicken
- Marinade (Recipe Included)
- Cilantro
- Lime Rice
- Guacamole
- Pico de Gallo
- Sour Cream
- Corn
- Black Beans
- Lime

WED



## Smoked Salmon Avocado Salad

- Smoked Salmon
- Arugula
- Avocado
- Goat Cheese
- Walnuts
- Lemon
- Extra-Virgin Olive Oil
- Mustard
- Garlic
- Salt
- Pepper

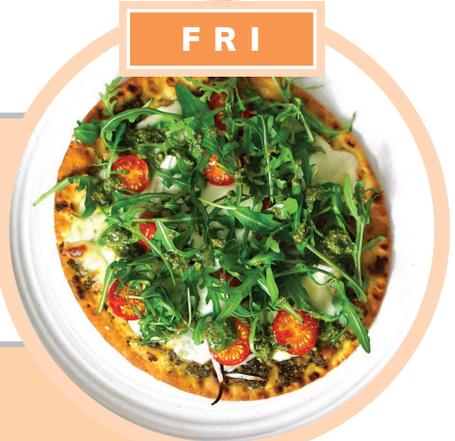
THU



## Baked Salmon with Veggies

- Salmon
- Zucchini
- Eggplant
- Peppers
- Tomatoes
- Lemon
- Garlic
- Olive Oil
- Salt
- Pepper
- Fresh Parsley

FRI



## Flatbread Pizza and Side Salad

- Plain Naan (or Flatbread)
- Pesto (recipe included)
- Cherry Tomatoes
- Mozzarella (Low-Moisture)
- Olive Oil
- Arugula
- Side Salad (recipe included)

SAT



## Steak & Veggies (Serve with Mashed Potato)

- Steak (Sirloin)
- Salt
- Pepper
- Olive Oil
- Butter
- Garlic
- Fresh Thyme (optional)
- Broccoli
- Cherry Tomatoes
- Mushrooms
- Mashed Potatoes, optional (recipe included)