

What's Cooking for Dinner?

PREP *and*
PLATE

| Menu | Main Dish | Side |
|-------|--------------------------------------------|--------------------------------------------|
| Day 1 | Honey Glazed Chicken with Mano Salad | Whole Wheat Dinner Roll |
| Day 2 | Shrimp Quesadilla with Mango Salsa | Green Salad |
| Day 3 | Crock Pot Skinny Pork BBQ | Steamed Broccoli and Couscous |
| Day 4 | Qulona, Veggie, and Chicken Bowl | Melon or Favorite Fruit topped with yogurt |
| Day 5 | Grilled Cilantro-Garlic Sirloin and Onions | Green Salad and Baked Potato |

