



DIETITIAN-APPROVED DINNER MEAL PLAN



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	Sun-Dried Tomatoes and Chicken Penne Pasta Melon	Veggie Burrito Bowl	Asian Lettuce Wraps Blue Cheese Peaches	Pork Loins and Beans Fresh Apples	Twisted Buffalo Strips	Better Than Take Out: Shrimp Fried Rice Mango Slices	Spicy Primavera Grapes & Toasted Coconut Vanilla Yogurt
WEEK 2	Quick & Easy Peanutty Pork Lo Mein	BBQ Chicken & Biscuits with California Blend Veggies Bananas & Yogurt	Stretch the Food Dollar "Crab Cake" Salad	Classic American Goulash	Quick Brunswick Stew with Cornbread	Make a MyPlate of Nachos	Spiced Salmon and Basmati Rice Dark Chocolate & Almonds
WEEK 3	Sweet Potato & Apple Pork Chops Fresh Fruit & Yogurt	Cajun Shrimp with Fettuccine	Enchilada Chicken Casserole Berries	Mushroom Turkey Burger Corn on the Cob Watermelon	Harvest Stew with a Touch of Moroccan Flavor	Grilled Fish Burgers with Cucumber Dill Sauce Melon	Easy Protein Packed BBQ Chicken/Turkey Pizza
WEEK 4	Pumpkin Waffles & Chicken Pumpkin & Peaches with Vanilla Yogurt	Swedish Meatballs with a Surprising Twist Fresh Salad	Shrimp Quesadilla	Vegan Roasted Roots Power Bowls Clementines	Kale Spaghetti Fruit	Heart Healthy Salmon Veggie Kabobs	Honey Mustard Glazed Grilled Chicken