

Week 6 - Menu

Monday: [Quick and Easy Beef Burritos](#) with [Oven Roasted Corn](#)

Burritos:

- 1 tbsp. olive oil
- 1 onion, peeled and diced
- 1 whole bell pepper, seeded and diced
- 1 pound lean ground beef
- 1 pinch salt
- 1 pinch pepper
- 1 tsp. cumin
- 1/2 tsp. onion powder
- 2 tsp. chili powder
- 1 cup salsa
- 2 cups shredded cheese (eliminate or try Daiya if you're dairy free)
- 8 whole flour tortillas (brown rice tortillas if gluten free)

- 4 ears fresh corn

Tuesday: [Pasta with Sausage and Tomatoes](#) with steamed cauliflower

- Two 28-oz. cans whole peeled tomatoes
- 2 cloves garlic, peeled and smashed
- 2 tbsp. olive oil
- Kosher salt and pepper
- 3/4 pound sweet or hot Italian sausage links
- 12 oz. cavatappi or some other short pasta (or gluten free pasta)
- 3 cups baby spinach
- Grated parmesan (eliminate if you're dairy free)

- Cauliflower, steamed

Wednesday: [Grilled Chicken Breast with Mango Peach Salsa](#) and a side salad

Chicken:

- 2 pounds chicken breast, pounded thin
- Olive oil
- Salt
- Ground pepper
- Juice of 1/2 lime

Mango or Peach Salsa:

- 1/2 red onion, minced
- 2 cups diced fresh peaches or mango
- 1/2 cup cherry tomatoes, quartered
- 2 tbsp. olive oil
- Juice of 1 lime
- 1/4 cup chopped fresh cilantro
- 1 chili pepper or 1/4 red bell pepper

Side Salad:

- 1 bag spinach or romaine salad mix
- 2 small tomatoes, chopped
- 1 cucumber, chopped
- Baby carrots, chopped
- Dressing of your choice (we use oil and vinegar)

Thursday: [Slow-Cooker Beef Stew](#) with steamed broccoli

- 1 1/2 pounds potatoes, peeled and cubed
- 6 medium carrots, cut into 1 inch slices
- 1 medium onion, coarsely chopped
- 3 celery ribs, coarsely chopped
- 3 tbsp. all-purpose flour
- 1 1/2 pounds beef stew meat, cut into 1 inch cubes
- 3 tbsp. canola oil
- 1 can (14 1/2 ounces) diced tomatoes, undrained
- 1 cup beef broth
- 1 tsp. ground mustard
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. dried thyme
- 1/2 tsp. browning sauce

- Broccoli, steamed

Friday: [Heavenly Halibut](#) with Sweet Potato Fries and Steamed Carrots

- 1/2 cup grated parmesan cheese (eliminate if you're dairy free)
- 1/4 cup butter, softened (Earth Balance if you're dairy free)
- 3 tbsp. mayonnaise (or try vegan mayo)
- 2 tbsp. lemon juice
- 3 tbsp. chopped green onions
- 1/4 tsp. salt
- 1 dash hot pepper sauce
- 2 pounds skinless halibut fillets

- Frozen sweet potato fries
- Baby carrots, chopped and steamed

Saturday: [Apricot-Glazed Ham](#) with Potatoes and Asparagus

- 3 pound boneless ham
- 1/4 cup apricot preserves
- 1 pound fingerling or other small potatoes
- Kosher salt and black pepper
- 1 pound asparagus
- 3 tbsp. olive oil
- 1 tbsp. white wine vinegar
- 1 tbsp. prepared horseradish
- 1/4 cup fresh dill sprigs

Sunday: [Sweet 'n' Sour Meatballs](#) with Stir-fry Veggies

- Two 3oz. packages ramen noodles
- 12oz. Package cooked turkey meatballs, cut in half
- 16oz. Package frozen Asian stir-fry vegetables, thawed
- 3/4 cup sweet-and sour-sauce
- 1/2 cup reduced sodium, fat free chicken broth