

March

TWO THOUSAND & EIGHTEEN

	Sunday Instant Pot/ SlowCooke	Monday Salad/ Wraps	Tuesday Mexican	Wednesday Bowl	Thrusday Grill	Friday Asian/ Indian	Saturday Italian/ Pasta
week #1	<u>Wild rice mushroom soup</u>	<u>Hummus lettuce wrap</u>	<u>Green Enchil- adas</u>	<u>Chicken haystack over quinoa/ brown rice</u>	<u>Salmon foil packets</u>	<u>Pad Thai w/shrimp</u>	Home- made Pizza night
week #2	<u>Pulled pork and scaloped potatoes</u>	<u>Cheese- burger salad</u>	<u>Chicken tacos</u>	<u>Greek Meatballs over couscous</u>	<u>Moroccan kebabs</u>	<u>Cashew chicken</u>	<u>Shrimp scampi</u>
week #3	Corned beef and cabbage	Leftovers on greens	<u>Coconut mago chicken</u>	<u>Lemon- grass Green curry</u>	<u>Chipotle lime pork loin</u>	<u>TJ Curry simmer</u>	<u>Zoodles and leftover pork</u>
week #4	Mom's Crock pot Roast and veggies	<u>Chinese Chicken Salad</u>	<u>Carnitas</u>	<u>Korean beef bowl</u>	GP Turkey Burgers	<u>Veggie low mein</u>	<u>One pan garlic chicken pesto</u>