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| Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Chicken Taco Strawberry avocado tortilla cookinglight.com | **The Cheeseburger Salad cookinglight.com** | **Broccoli-Bacon Skillet Pizza cookinglight.com** | **Spinach and Arugula Salad with Creamy Parmesan Dressing cookinglight.com** | **Manwhich, broccoli, sweat potato fries** | **Soup and grilled cheese** | **Pasta with White Beans, Greens, and Lemon (CL printed)** | **Grilled pork chops, Grilled Asparagus with Caper Vinaigrette (cookinglight.com) garlic toast** |