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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |

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| Grilled Chicken Thighs with Ancho-Tequilla Glaze and salad (www.cookinglight.com) | Greek Chicken Kabobs with Tri-colored Peppers and Hummus (www.cookinglight.com) | Chicken & Summer Vegetable Tostadas (www.cookinglight.com) | Spaghetti and salad | Grilled Steak, Baked Sweet Potato and Balsamic Strawberries over Angel Food Cake (www.cookinglight.com) | OUT |

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