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| **Monday** | **Tues** | **Wed** | **Thurs** | **Friday** | **Saturday** |
| Chicken and Waffles (www.cookinglight.com) | Grilled Chicken Salad with avocado, corn, and red peppers  (www.cookinglight.com) | Chili-Garlic Glazed Salmon, Sugar snap peas, Couscous (www.cookinglight.com) | Grilled pork chops with orzo and zucchini, and goat cheese (www.cookinglight.com) | Asian Glazed Chicken thighs, edamame, herbed basmati rice (www.cookinglight.com) | Sizzling Skirt Steak with Asparagus and Red Pepper and mashed potatoes (www.cookinglight.com) |