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| **Sunday** | **Monday** | **Tuesday** | **Wed** | **Thursday** | **Friday** | **Saturday** |
| Grilled steaks, baked sweet potato, salad | Baked pork chop, Caprese Mac and Cheese (cookinglight.com), and salad | Chicken, Cashew, and Red Pepper Stir-Fry cookinglight.com | Quick Chicken and Vegetable Curry with Garlic Naan cookinglight.com **or** Chicken Tika Masala | Smoked Cheese Ravioli (frozen) with mixed veggies | Fast Chicken Chili cookinglight.com | Out |