

Your Weekly Menu

Monday - Lamb Burgers

Tuesday - Vegetarian Lentil Stew

Wednesday - Thai Fish Cakes

Thursday - Marinated Chicken Thighs

Friday - Linguine with Clam Sauce

Monday's lamb burgers can be made over the weekend or much earlier and frozen if needed. That would be perfectly fine. If you are not a big lamb eater or can't find lamb very easily go ahead and use ground beef for this recipe. It will work great. You can make the sauce the day before and keep it in the fridge in a covered container.

Tuesday's vegetarian lentil stew can also be made in advance. If you make it a couple of days earlier don't bother freezing it. It will get tastier as it sits in the fridge. This is another super healthy recipe that is loaded in protein, vitamins and minerals and it is satisfying and delish!

Wednesday's dinner is fun and exciting. However, you will need to get some special ingredients for this. Red curry paste and fish sauce are the most important ones. If you are not interested in purchasing ingredients you probably will never use again substitute this recipe with another fish recipe from the website.

Thursday's chicken thighs can marinate overnight so you can prep them on Wednesday evening. All you have to do on Thursday is roast them. These are an absolute delight to eat. If you have left overs send them to school or work the next day or make chicken salad out of them.

Friday's pasta is very easy to make as well. Go ahead and use canned clams for this recipe. They are delicious and easier to manage. Dinner should be on the table within 30 minutes.