

Your Weekly Menu

Monday - White Fish with Capers and Olives

Tuesday - Ziti with Spicy Tomato Sauce

Wednesday - Falafel Sandwiches

Thursday - Stuffed Chicken Breast

Friday - Taco Salad

Monday's dinner is quick and easy to make. It is also very clean so a great way to start the week! You can use any white fish that you want as long as it is firm. This is a very delicious and healthy meal.

Tuesday's ziti can be made on Sunday. I would keep the sauce and noodles separate until it is time to eat or the noodles might absorb most of the sauce and be dry. Simply make both and keep them in closed containers in the fridge until you are ready to use them.

Wednesday's falafel can also be made in advance and frozen. Please thaw them before you deep fry them so think ahead and take them out of the freezer a few hours before you want to cook them. Make the tahini sauce right before serving this. There really is not much to the sauce so it won't take too long. This is a super tasty vegetarian meal.

Thursday's stuffed chicken breasts do not take that long to make. They look complicated but really are not. This is a very elegant dish that can also be made for entertaining.

Finally, Friday! I will assume that by now the weather is getting nice as spring is here to stay for a while. So, why not make a taco salad? You can prep the meat and dressing for this ahead of time so all you have to do is assemble the salad. I do not make taco bowls for my taco salads. They look awesome but they are usually mostly tossed into the garbage! I prefer to serve it with tortilla chips on the side so they get eaten. Whatever you decide, enjoy and have a great weekend!