

Weekly Meals

Garlic Butter Tilapia: 1/4 cup unsalted butter, 3 cloves garlic, 2 tablespoons freshly squeezed lemon juice, Zest of 1 lemon, 4 (6-ounce) tilapia fillets, Kosher salt and freshly ground black pepper, 2 tablespoons chopped fresh parsley leaves

Breakfast Burrito: 3 tablespoons vegetable oil, 4 cups hash browns, 8 eggs, 1 can chopped green chiles, 1/2 teaspoon salt, 1/2 teaspoon pepper, 6 breakfast sausage links, 1 package tortillas, 2 cups shredded cheese

Fancy Baked Chicken: 2 tablespoons olive oil, juice from 1 orange, juice from 1 lemon, 1 teaspoon Italian seasoning, 1 teaspoon salt, 1 teaspoon black pepper, 1/2 teaspoon paprika, 3 cloves fresh garlic, 1.5 lbs chicken breasts, 1/2 teaspoon Italian seasoning, salt and freshly cracked pepper

Pasta With Turkey: 2 tablespoons olive oil, 1 cup chopped onion, 6 cloves garlic, 14 oz. fresh tomatoes, 2 cups chicken broth, 1 tablespoon chopped Italian basil, 8 oz. spaghetti, 1/4 teaspoon salt or to taste, 1/4 cup shredded Parmesan cheese, 1 tablespoon chopped Italian parsley

Tacos: 1 lb lean turkey, 1 Tablespoon chili powder, 1 teaspoon ground cumin, 3/4 teaspoon salt, 1/2 teaspoon dried oregano, 1/2 teaspoon garlic powder, 1/4 teaspoon ground black pepper, 1/2 cup tomato sauce, 1/4 cup water, 12 taco shells