May 2015 Weekly Meal Ideas

Dinners

Big Announcement – I added beachbody coaching to my list of services! So if you are trying to follow their meal plans I can help! If you would like to order shakeology or the fitness programs my website is www.teambeachbody.com/chefknight - Coach ID - 651434

*Vegans and Vegetarians – There is a section for you, but look at all sections. There is most likely a substitute I can use to make you a similar meal.

Poultry

- Grilled Chicken Cobb salad with Hard Boiled Eggs, Avocado, Mushrooms, Carrots, Cucumber over Spinach and Romaine
- Chicken Fajitas Lettuce Wraps with Sautéed Peppers and Onions and Guacamole
- Salsa and Quinoa Turkey Meatloaf with Sautéed Zucchini and Yellow Squash
- Roasted Chicken with Italian Caponata with Zucchini, Eggplant and Olives and Roasted Potatoes
- Turkey Chili over Sweet Potato Fries Topped with Greek Yogurt, Cheddar and Green Onions
- Grilled Chicken, Tomatoes, Mozzarella and Lemon Basil Dressing
- Almond Crusted Chicken Tenders with Herbed Buttermilk Dressing and Broccoli Mac & Cheese
- Alphabet Pasta, Chicken and Tomato Soup

Beef

- Steak Salad with Balsamic Dressing over Mixed greens, Red Onions, Cucumbers, Carrots and Tomatoes
- Grilled Steak with Charred Tomato, Asparagus, Garlic and Onion Salad and Roasted Potatoes
- Prosciutto Wrapped Meatloaf Stuffed hard Boiled Egg, Spinach and Roasted Red Pepper with Mashed Potatoes
- Stuffed Shells in Bolognese Sauce Topped with Fresh Mozzarella and Parmesan

Pork

- Porketta Sandwiches with Provolone and Buns with Roasted Asparagus Spears
- Grilled Pork Chops over Greens with Cucumbers, Peppers and Red Onions with Orange Lime Vinaigrette
- Swiss Chard and Fresh Peas with Ham and Maple-Balsamic Sauce
- Prosciutto Wrapped Asparagus, Hard Boiled Eggs and Roasted Pepper Salad over Mixed Greens
- Roasted Pork Tenderloin with Baked Cheesy Cauliflower Stems
- Spanish Seared Pork Tenderloin with Romesco Sauce with White Beans and Swiss Chard

Lamb

- Lamb Meatball and Barley Soup with Carrots, Celery and Onions
- Lamb Shank over White Bean Stew
- Lamb Burger with Charred Tomato Sauce and Feta with Pita and Roasted Lemony Potatoes

Seafood

- Lobster Salad on Rolls with Radish and Pea Salad
- Thai Shrimp, Carrots, Peppers and Thai Basil over Brown Rice
- Baja Fish Tacos with Mango Pineapple Salsa with Whole Wheat Flour Tortillas
- Mediterranean Sword Fish with Orzo, Zucchini and Tomatoes in Lemon White Wine Butter

Vegetarian

- Southwestern Quinoa Salad with Black Beans and Farm Stand Vegetables
- Swiss Chard and Caramelized Onions Enchiladas with Pepper Jack Cheese
- Sweet Potato Salad and Black Bean with Warm Chutney Dressing
- Grilled Cauliflower Steaks
- Cuban Black Bean Soup

Side Salads

Seasonal Salads –
- **Most dressings can be made oil free if requested**
- **If you ever want a large batch of a summer salad for a picnic just add $50 to your order**
- **One Salad is included in all orders. Extra salads at $50 each**
- **Feel free to add a protein to a salad to make it a full meal choice**

- Baby Mixed greens with Pears, Almonds, Goat Cheese and Fat Free Pear Vinaigrette
- Roasted Butternut Squash, Candied Pecans, Red Onion and Spinach Salad with Lemon Vinaigrette
- Jicima, Mango, and Red Pepper salad in Avocado Cilantro Lime Dressing
- Creamy Cucumber salad using avocado instead of dairy
- Kale, Apple and Toasted Walnut Salad with Lemon Tahini Dressing
- Spicy Kale Salad with Pecorino, Currants and Pine Nuts
- 40 Shades of Green Salad with Bibb lettuce, Avocado, Parsley, Endive with Lime Honey Vinaigrette(Avocado will be sliced by you at service)
- Pear, Candied Pecan and Blue Cheese Crumbles over Greens with Lemon Vinaigrette
- Roasted Plum Tomato Caprese Salad with Basil Lemon Vinaigrette and Reduced Balsamic
- Broccoli slaw
- Cole Slaw
- Mexican Slaw in Lime Cumin Vinaigrette with Peppers and Cilantro

Always Available Salads
- Greek Salad with Tomatoes, Olives, and Feta over Romaine with Red Wine Vinaigrette
- Cesar salad
- Grape Tomatoes, Shredded Carrots, Cucumber Slices over Romaine with your favorite dressing