

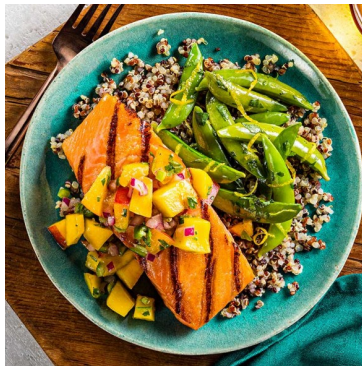
# WEEKLY DINNER MENU

## MONDAY



Meatloaf Muffins With Sweet Potato Topping

## WEDNESDAY



Salmon With Mango and Peach Salsa

## FRIDAY



Slow-cooked Chicken

### GROCERIES

- 4 salmon fillets
- 2 sweet potatoes
- 1 whole chicken
- 1 chopped mango
- 1 jalapeno pepper seeded and chopped
- 1 egg
- 20 ounces lean ground turkey
- 1 cup chopped peach
- ¼ cup chopped cilantro
- ½ cup cornmeal or oats
- ⅓ cup onion (small, finely diced)
- 3 tablespoons chopped red onion

- 2 tablespoons ketchup
- 2 tablespoons lime juice
- 1 tablespoon margarine
- 1 tablespoon chili powder
- 2 teaspoons salt-free herb seasoning
- 1 teaspoon lime zest
- 1 teaspoon garlic powder
- ¼ teaspoon ground cumin
- Nonstick cooking spray
- Salt
- Black pepper
- Steamed broccoli or vegetable of choice

### TUESDAY, THURSDAY AND THE WEEKEND

- Use your leftovers to create these meals
- Try creating a super salad or a Buddha bowl using your leftovers