

YOUR MENU THIS WEEK

Prep 6 easy recipes on Sunday to yield more than 20 meals and snacks for the week!

BREAKFAST

1. Homemade Chorizo Crumble (p. 57)
with scrambled eggs and roasted potatoes
 2. Butternut Squash Fritters (p. 50)
topped with avocado mash
 3. Homemade Chorizo Crumble (p. 57)
with roasted tomatoes and cauli-rice
 4. Butternut Squash Fritters (p. 50)
made into eggs Benedict
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LUNCH

1. Waldorf Tuna Salad (p. 56)
wrapped in lettuce leaves or collard greens
 2. Chicken Enchilada Casserole (p. 52)
over spuds
 3. Citrus Poached Salmon (p. 55)
made into fish cakes
 4. Homemade Chorizo Crumble (p. 57)
made into a taco salad
 5. Citrus Poached Salmon (p. 55)
rolled into hand rolls
 6. BBQ Meatloaf Muffins (p. 58)
stuffed into zucchini halves and baked
 7. Sesame Tuna Salad (p. 56)
on a bed of carrot-cabbage slaw
with seaweed strips
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DINNER

1. Chicken Enchilada Casserole (p. 52)
 2. BBQ Meatloaf Muffins (p. 58)
with roasted vegetables
 3. Citrus Poached Salmon in Herb Sauce (p. 55) with
steamed green beans
 4. Chicken Enchilada Casserole (p. 52)
made into a bowl
 5. Zucchini noodles topped
with BBQ Meatloaf Muffins (p. 58)
 6. BBQ Meatloaf Muffins (p. 58)
made into shepherd's pie
 7. Homemade Chorizo Crumble (p. 57)
cooked with mussels
 8. Homemade Chorizo Crumble (p. 57) bowl
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SMALL BITES

1. BBQ Meatloaf Muffins (p. 58)
 2. Pesto Tuna Salad (p. 56)
with veggie dippers
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