



## December 2013 Weekly Meal Ideas

### Dinners

\*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

- Chicken Parmesan with Linguini in Tomato Sauce and Garlicky Broccolini
- Turkey Shepherds' Pie with Sweet Potato Topping
- Pancetta Wrapped Chicken Thighs in Lemon Caper Sauce over Linguini and Broccoli Rabe
- Spicy Buffalo Grilled Chicken Quinoa Salad with Corn, Peppers, Celery and Carrots with Greek Yogurt Ranch Sauce (recipe from my fitness coach - <http://www.KendraFletcherFitness.com>)
- Lemon Chicken and Orzo Soup with Celery, Carrots and Parsnips
- Italian Style Sweet and Sour Chicken with Currants, Celery, Olives and Capers with Pasta
- Turkey Bolognese Baked Ziti
- Chicken Tortilla Soup with Corn, Peppers and Black Beans
- Chicken and Dumplings with Carrots, Peas and Celery

#### Beef

- Beef Goulash with Egg noodles
- Bolognese Shepherds' Pie with Roasted Garlic Mashed Potato topping
- Porcini Rubbed Burgers with Grilled Portobellos and Fontina Cheese on Whole Wheat Buns with Fennel Slaw
- Italian Wedding Soup with meatballs, shredded chicken, Orzo and Spinach

#### Pork

- Pork Chops with Caramelized Butternut Squash, Brussel Sprouts and Bacon
- Tangerine Glazed Ham with Scalloped Potatoes and Peas and Carrots
- Sausage Stuffed Portobellos in Tomato Sauce Topped with Parmesan and Mozzarella with Polenta
- Fireball Whiskey Marinated Pork Chops with Peppers, Onions and Potato Sauté
- Kielbasa with Spatzle with Cabbage and Onions



## **Lamb**

- Lamb Tagine over Rice and Chickpeas
- Lamb Chops with Mint Fig sauce with Mashed Sweet Potatoes and Broccoli

## **Seafood**

- Shrimp and Smashed Grape Tomato and Garlic Sauce over Pasta
- Blackened Catfish with Collard Greens and Red Beans and Rice
- Coconut Crusted Mahi Mahi with Tropical Salsa and Black Beans and Rice
- Manhattan Clam Chowder with Oyster Crackers
- Grilled Shrimp and Quinoa Salad with Mangos and Peppers with Cilantro Lime Vinaigrette
- Seafood Cioppino Stew with Garlic Bread

## **Vegetarian**

- Three mushroom and Ricotta Calzone with Tomato Sauce
- Grilled Portobellos and Fontina Cheese on Whole Wheat Buns with Fennel Slaw
- Root Vegetable and Cannellini Bean Cassoulet
- Grilled Cheese and Tomato Soup Bake with Green Beans
- Potato and Cheddar Soup
- Lentil and Greens Stew
- Lentil Loaf with Tomato Sauce and Mashed Potatoes
- Crispy Chickpea Tacos with Rice, Pepper and Pineapple Salad served with salsa and vegan sour cream
- Leek and Cauliflower Soup with Turmeric
- Spatzle with Cabbage and Onions

## **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
- Pickled Beets
- Roasted Butternut Squash, Candied Pecans, Red Onion and Spinach Salad with Lemon Vinaigrette
- Jicama, 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
- Three Color Potato salad
- Three Color Pasta Salad
- Macaroni Salad
- Bacon Ranch Potato Salad

**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