

Monday, January 9

[Easy Southwest Grilled Chicken](#)

Cilantro Lime Brown Rice
Stovetop Green Beans
Fresh fruit (orange slices)

Tuesday, January 10

[Fall Salad Bowl with Roasted Butternut Squash](#)

Whole grain dinner rolls

Wednesday, January 11

[Slow cooker Loaded Sweet Potatoes](#) with:

cooked rice, black beans, peppers, onions, cheese,
leftover southwest chicken
Fresh fruit

Thursday, January 12

Panini Sandwiches with:

ham, turkey, cheese, sliced tomatoes, spinach
Fresh veggies: sliced cucumbers
Apple slices

Friday, January 13

[Butternut Squash Soup with White Beans and Broccoli](#)

Lettuce Salad
Whole grain dinner roll



Weekly Dinner Menu January 9 - 13, 2017

Meal Prep

**Read through all pre-prep notes before starting. Store prepped items in separate bags or containers in the refrigerator.

On Monday:

1. Cut oranges into slices, clean green beans and cut (for Monday)
2. Peel squash and cut into cubes (if not buying pre-cut squash) (for Tuesday and Friday).
3. Clean and cut produce (peppers, carrots, cucumbers, grape tomatoes, onion, and broccoli) (for Tuesday, Wednesday, Thursday, and Friday).
4. Clean greens and lettuce (for Tuesday and Thursday)
5. Cook freekeh (for Tuesday) and rice (for Wednesday).
6. Grill enough chicken on Monday to also use for Tuesday and Wednesday.
7. Shred and cut cheese (for Tuesday and Wednesday).