

DINNER IDEAS



Monday

Make a few chicken breasts to use for: salads, with rice, quesadillas, in a wrap

Tuesday

Stir fry (peppers, broccoli, carrots, mushrooms) serve with rice

Wednesday

Use leftover stir fry and wrap it up in a tortilla as a burrito

Thursday

Vegetable soup
Start with garlic and onion in a pan. Let it cook. Add your vegetables and broth. Let cook on low for 30-60 mins.

Friday

Simple homemade pizza
Use tortillas or flat bread
Add tomato sauce, pizza toppings of your choice, and cheese
Cook in the oven or toaster oven