

Weekly Meal Plan #1



Fish Tacos

Monday

4 Cod Fillets
Oil
Onion Powder
Garlic Powder
Chili Powder
Cumin
Cayenne
Smoked Paprika
1 Red Cabbage
1 Mango
1 Jalapeno
Cilantro
1 Small Lime
Salt/Pepper



Steak Kabobs

Tuesday

4 Cod Fillets
Oil
Onion Powder
Garlic Powder
Chili Powder
Cumin
Cayenne
Smoked Paprika
1 Red Cabbage
1 Mango
1 Jalapeno
Cilantro
1 Small Lime
Salt/Pepper



Ranch Chops

Wednesday

6 Boneless Pork Chops
Oil
1 oz Dry Ranch Mix
Dried Parsley



Broccoli Chicken

Thursday

4 Boneless, Skinless
Chicken Breasts
Salt/Pepper
8 ounces Cream Cheese
Mayonnaise
Shredded Cheddar
Cheese
Garlic Powder
1 Head of Broccoli



Casserole

Friday

1 Lb Ground Turkey
Olive Oil
White Onion
Garlic Powder
Onion Powder
Dried Thyme
14 oz Can Diced
Tomatoes
Green Cabbage
Quick Cook Rice
Cheddar Jack Cheese
Parsley
Salt/Pepper