

# ZONYA

INSPIRING EVERYDAY HEALTH

## FOUR Weeks of LICKETY-SPLIT DINNERS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Crockpot	15-min meal	Pasta	Oven/Exercise	Pizza	Stir-Fry	30-min meal
<b>Beef Barley Soup</b> (p-235), whole-grain crackers, tossed salad and sliced fruit	<b>Chicken Dijon Stuffed Baked Potato</b> (p-85), unsweetened applesauce with cinnamon	<b>Veggie Sghetti</b> (p-165) tossed salad, Whole-Wheat Garlic Cheese Toast (p-279) or small dessert	<b>Delicate Baked Fish</b> (p-143), broccoli, Sweet Potato Oven Fries (p-275) roll or cookie	<b>Garden Vegetable Pizza</b> (p-185), Where's the Lettuce Salad (p-253)	<b>Sweet and Sour Stirfry</b> (p-201) brown rice, tossed salad, whole-grain roll or cookie	<b>Curried Chickpeas and Gingered Black Beans</b> (p-105), brown rice, broc & carrots
<b>Turkey Vegetable Stew</b> (p-227), whole-grain rolls and Crunchy Apple Salad (p-259)	<b>White Beans w/Tomato Basil &amp; Parmesan</b> (p-95), tossed salad and Cranberry Salad (p-265)	<b>Pasta Primavera with Shrimp</b> (p-167), whole-grain fettuccine and Cranberry Salad (from yesterday)	<b>Creamy Chicken Enchiladas</b> (p-151), green beans and crinkle cut carrots, sliced fruit	<b>Chicken Chutney Pizza</b> (p-189), tossed salad	<b>Easy Pepper Steak Stirfry</b> (p-203) over brown rice, tossed salad, fresh fruit or cookie	<b>Chicken Marsala</b> (p-109) brown rice, peas, Where's the Lettuce Salad (p-253)
<b>Crockpot Fajitas</b> (p-239), whole-grain flour tortillas, raw veggies and dip, sliced cantaloupe	<b>Creamy Chicken Dijon</b> over whole-grain noodles (p-93) with asparagus and sliced tomatoes and cucumbers	<b>Parmesan Turkey Cutlets</b> over angel hair (p-175) with Where's the Lettuce Salad (p-253)	<b>Mexican LaZonya</b> (p-139), Cinnamon Butternut Squash (p-277)	<b>Polynesian Pizza</b> (p-193) with Crunchy Apple Salad (p-259)	<b>The Easiest Stirfry Ever!</b> (p-199) over brown rice and whole-grain roll or cookie	<b>Salmon Patties</b> with baked sweet potatoes <b>or</b> <b>Salmon Burgers</b> (p-117), fresh steamed asparagus or green beans
<b>Beef Stroganoff over Noodles</b> (p-243) with peas and carrots and tossed salad	<b>Turkey Joes</b> (p-89), whole-grain buns and Sunshine Carrot-Raisin Salad (p-257)	<b>White Beans &amp; Penne Pasta with Rosemary</b> (p-177), tossed salad, Whole-Wheat Garlic Cheese Toast (279)	<b>Tantalizing Turkey Meatloaf</b> (p-133), baked potatoes, broccoli and a fudgesicle	<b>Southwest Chicken Pizza</b> (p-191), tossed salad, orange sections	<b>Saucy Almond Chicken Stirfry</b> (p-205) over brown rice with sliced apples and kiwi	<b>Broiled Orange Roughy</b> (p-115) with baked sweet potatoes, California blend

Recipes available in *Lickety-Split Meals for Health Conscious People on the Go!* Newly Revised 2018 Zonya Foco, RDN, [Zonya.com](http://Zonya.com)