



**OCTOBER WEEK #2
MEAL PREP MENU
(WEEK OF OCT. 7TH - OCT. 13TH)**

1. PESTO SHRIMP

WITH BROCCOLI & WHOLE GRAIN RICE

2. TOMATO BASIL CHICKEN

WITH STRING BEANS & SWEET POTATO

3. SWEET CHILI CHICKEN

WITH GRILLED PEPPERS, ONIONS AND WHOLE GRAIN RICE

4. PESTO CHICKEN PASTA

WHOLE GRAIN PENNE PASTA

5. GROUND TURKEY TERIYAKI RICE BOWL

WITH SAUTÉED ONIONS, PEPPERS, AND SNOW PEAS & WHOLE GRAIN RICE

6. BBQ JERK CHICKEN

WITH MANGO SALSA WHITE RICE AND STRING BEANS