

living lean meals to go

take-away menu options

Week of June 7

Monday, April 12	<i>Roasted Chicken with Spring Vegetable Ratatouille, Whole Grain Fusilli Pasta and Asparagus-Pumpkin Seed Pesto</i>
Tuesday, April 13	<i>Spicy Lamb Stew with Cumin-Roasted Cauliflower, Brown Rice</i>
Wednesday, April 14	<i>Moroccan Chicken with Lemon, Olives, Green Beans and Couscous (LL)</i>
Thursday, April 15	<i>Pork Tenderloin Stir-Fry with Chili Sauce (LL)</i>
Friday, April 16	<i>Ginger Beef with Peppers, Onions and Baby Spinach</i>

Week of June 14

Monday, April 19	<i>Beef and Farro Ragout with Seasonal Vegetables</i>
Tuesday, April 20	<i>Turkey Meatloaf with Pearl Barley, Greens and Tomato Sauce</i>
Wednesday, April 21	<i>Stir-Fried Chicken with Asparagus, Pearl Barley (LL)</i>
Thursday, April 22	<i>Pan-Seared Salmon on Eggplant Caponata with Roasted Red Pepper Sauce</i>
Friday, April 23	<i>Chicken and Lentils with Asparagus and Fennel (LL)</i>

(LL) = From the Living Lean Cookbook

