

March 2017						
◀ February 2017						April 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<a href="#">1 Salmon Stir-Fry with broccoli &amp; mushrooms on couscous</a>	<a href="#">2 Chicken Avocado Soup w/ orange slices</a>	<a href="#">3 Kale, Turkey, &amp; Black Bean Taco Filling on whole wheat tortillas</a>	<a href="#">4 Shrimp &amp; Okra Gumbo on brown rice</a>
<a href="#">5 Grilled Curried Chicken Salad on whole wheat pita w/ Fruit Salad w/ Honey Yogurt Sauce</a>	<a href="#">6 Black Bean Flautas w/ Roasted Red Pepper Sauce &amp; avocado</a>	<a href="#">7 Chopped Greek Salad w/ Chicken &amp; Whole Wheat Bread</a>	<a href="#">8 5-Ingredient Lemon Chicken w/ Asparagus &amp; Roasted Baby Carrots</a>	<a href="#">9 Sweet &amp; Spicy Salmon w/ brown rice &amp; Sesame Sugar Snap Peas</a>	<a href="#">10 Baked Chicken Fajitas w/ avocado slices &amp; fresh fruit</a>	<a href="#">11 Turkey Burgers w/ Oven Baked Sweet Potato Fries</a>
<a href="#">12 Mustard Roasted Chicken &amp; Sweet Potatoes w/ Roasted Broccoli w/ Lemon</a>	<a href="#">13 Turkey Florentine Stuffed Cabbage Rolls w/ Honey Orange Carrots</a>	<a href="#">14 Grilled Salmon w/ Avocado Salsa &amp; Skinny Mexican Street Corn</a>	<a href="#">15 Three Bean Vegetarian Chili w/ Gluten-Free Skillet Cornbread</a>	<a href="#">16 Skinny Buffalo Chicken Stuffed Sweet Potatoes w/ Mixed Greens Salad</a>	<a href="#">17 Slow Cooker Pinto Beans w/ Roasted Zucchini &amp; Yellow Squash</a>	<a href="#">18 Sweet Potato, Black Bean, &amp; Kale Quesadillas on whole wheat tortillas w/ Guacamole</a>
<a href="#">19 Moroccan Chicken Stew over couscous w/ fresh fruit</a>	<a href="#">20 Leek &amp; Mushroom Chicken Skillet w/ Roasted Sweet Potatoes &amp; Brussels Sprouts</a>	<a href="#">21 Turkey Taco Lettuce Wraps w/ Guacamole &amp; fresh fruit</a>	<a href="#">22 Chipotle Black Bean &amp; Quinoa Crockpot Stew w/ Cornbread</a>	<a href="#">23 Ground Turkey Sweet Potato Skillet w/ Garlic Lemon Green Beans</a>	<a href="#">24 Herbed Chicken, Orzo, &amp; Zucchini w/ mixed greens</a>	<a href="#">25 Grilled Lemon Chicken w/ Tomato &amp; Feta Salad on couscous</a>
<a href="#">26 Maple Grilled Salmon w/ Roasted Broccoli &amp; brown rice</a>	<a href="#">27 Turkey &amp; Spinach Quinoa Casserole</a>	<a href="#">28 Kale Soup for the Crockpot w/ Corn Bread</a>	<a href="#">29 Sweet Potato Turkey Shepherd's Pie w/ mixed greens</a>	<a href="#">30 Chicken &amp; Pumpkin Soup w/ blue corn chips &amp; fruit salad</a>	<a href="#">31 White Bean Tuna Salad w/ Whole Wheat French Bread</a>	<b>Notes:</b>