

What's for Dinner?



SUNDAY

*Hummlicious
Sweet
Potatoes*

MONDAY

*Pasta with
tomato sauce
with chard*

TUESDAY

*Bean
Burritos*

WEDNESDAY

*Spicy
Peanut
Noodles*

THURSDAY

Date night!
(thaw Cuban Black Beans)

FRIDAY

*Cuban Black
Beans on rice,
Collard Tangle
(soak chickpeas)*

SATURDAY

*Pizza with
Hummus and
Veggies*

Every day:

- At least 5 servings of vegetables
- At least 2 helpings of fruit
- A healthy dessert if you want

Every week:

- At least 2 helpings of dark greens
- Up to 2 helpings of rice

Notes: