



## MENU

### MONDAY

Rotini pasta  
Roasted Zucchini  
Spinach Pesto

### TUESDAY

Beef and vegetables stew  
Brown rice

### WEDNESDAY

Lean Turkey Meatballs  
Tri-color quinoa with vegetables

### THURSDAY

Baked Fish fingers  
Potato and broccoli mash

### FRIDAY

Turmeric brown rice with chicken  
Ratatouille

### WHOLESOME TIP:

Parsley: contains many important nutrients, rich in antioxidants, supports bone health, rich in nutrients that protect your heart.