



icook *for two*

A 5-DAY 4-WEEK DINNER PLAN FOR TWO

WEEK 1

MON Chicken Stir Fry

TUE Taco Baked Potato

WED Zuppa Soup

THU Stuffed Peppers

FRI Baked Salmon & Asparagus

WEEK 2

MON Beef Stroganoff

TUE Chicken Burrito Bowl

WED Vegetable Beef Soup

THU Kung Pao Chicken

FRI Bang Bang Shrimp Pasta

WEEK 3

MON Pork Chops/Potatoes

TUE Chicken Parmesan

WED Cabbage Roll in Bowl

THU Loaded Potato Soup

FRI Steak Fajitas

WEEK 4

MON Beef Stew

TUE Chicken Tacos

WED Tilapia/Green Beans

THU Beef Tips/Mashed Potatoes

FRI Pork Tenderloin