

MON (MEXICAN)



Cilantro Lime Chicken



Mexican Corn Salad

TUES (LEFTOVERS)



Steak Bites



Spinach Tortellini Salad

WED (BRINNER)



Frittata



Strawberry Banana Smoothie

THUR (OTHER CUISINE)



Asian Honey Garlic Chicken



Cauliflower Fried Rice

FRI (DATE NIGHT)



ENJOY A NIGHT OUT  
OR EAT LEFTOVERS!

WEEKEND



Turkey Chili



Baked Tortilla Chips

DESSERT



Flourless Chocolate Cake

TIP OF THE WEEK:

You might be looking to eat a little better this January! If you're looking for some healthy additives to include in your smoothie this week, here are some of our suggestions: Add ½-1 tsp of any of the following: chia seeds, flax seed, wheat germ, nutritional yeast, or fiber. You can also add a scoop of protein powder. Use ½ -1 Tablespoon honey or a sweetener such as stevia to sweeten it up, in place of white sugar.

Click on the photos for recipes  
or search on [lilluna.com](http://lilluna.com)

