

BETTER FOODS. BETTER BODIES.



February Weekly Meal Menu

Did you make a decision to eat healthier in 2013? Keep your resolve by using our week-long healthy menu to take the hard work out of making healthy food for your family!

Look for more healthy recipes and tips at:

- USAFLivingFit.com
- [Kay's Kitchen](#)

Weekly Meal Menu

Monday: Side Dish: [Cucumber Salad](#)

Cucumbers tossed with tomatoes and sweet peppers, topped with feta cheese. Serve with pot roast or pork chops.

Dessert Tip: *Banana slices topped with low-fat sour cream*

Daily Snack Tip: *Hard-Boiled Egg*

Tuesday: [Jambalaya Made Easy](#)

Turkey sausage, shrimp salad, ham and vegetables all cooked with rice to create a delicious New Orleans combination. Serve with a fresh salad.

Dessert Tip: *Lemon sorbet with blueberries*

Daily Snack Tip: *Almonds and Dark Chocolate*

Wednesday: [Seared Tuna with Scallion-Ginger Relish](#)

Grilled tuna marinated with orange juice, soy sauce and ginger, tossed with watercress and scallion-ginger. Serve with lightly steamed green beans and baked potato.

Dessert Tip: *pineapple chunks (if using canned, choose unsweetened varieties)*

Daily Snack Tip: *Trail Mix*

Thursday: [Marmalade Chicken For Two](#)

Orange marmalade and freshly grated orange zest layered on chicken make a delicious dinner for two.

Serve with broccoli, brown rice, and a salad.

Dessert Tip: *Baked Apple with brown sugar*

Daily Snack Tip: *Low-Fat Yogurt*

Friday: [Tandoori-Style Tilapia and Red Quinoa](#)

Greek yogurt layered on tilapia dipped in chicken broth. You can substitute brown rice for quinoa. Serve with tomato slices brushed lightly with olive oil and sprinkled with basil.

Dessert Tip: *Grapes*

Daily Snack Tip: *Baby Carrots*

Saturday: [Chicken Fingers on a Stick with Mixed Greens Salad](#)

Grilled chicken layered with barbecue sauce and topped with dried bread crumbs. Serve with the mixed greens salad for a fresh-tasting side dish.

Dessert Tip: *Clementine oranges*

Daily Snack Tip: *Mixed Berries*

Sunday: [Sunday Brunch Frittata](#)

Zucchini, rice, and seasonings are folded into eggs and baked to golden perfection for an easy, pleasing brunch or dinner. Serve with cabbage, pineapple, and raisin salad.

Dessert Tip: *Orange slices sprinkled with sugar and cinnamon*

Daily Snack Tip: *Pretzels*