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Spend less time in the kitchen and more time with your loved ones with a week of simple-to-prepare clean meals that are nutrient-rich, satisfying and delicious.

BY **JESSE LANE LEE**

	BREAKFAST		LUNCH		DINNER		TOTAL NUTRIENTS
MONDAY	 1 serving Good Morning Chia Seed Pudding (p. 2, save leftovers)	 1 serving Earl Grey French Toast with Orange Maple Syrup (p. 2, save leftovers)	 1 serving Warm Potato Salad Niçoise (p. 3, save leftovers)	 1 serving Thai Lime Chicken (p. 3, save leftovers)	 1 serving Orange Carrot Soup (p. 4, save leftovers)	Calories: 1,669, Fat: 78 g, Sat. Fat: 17 g, Carbs: 124 g, Fiber: 22.5 g, Sugars: 42 g, Protein: 117 g, Sodium: 1,236 mg, Cholesterol: 499 mg	
TUESDAY	 1 serving Mango Sunshine Smoothie Bowl (p. 4)	 1 serving Warm Potato Salad Niçoise (leftovers, p. 3)	 1 serving Chicken & Wild Mushroom Casserole (p. 5, save leftovers)	 1 serving Harissa Carrot Fries (p. 6, save leftovers)	Calories: 1,413, Fat: 67 g, Sat. Fat: 25 g, Carbs: 152 g, Fiber: 25 g, Sugars: 70 g, Protein: 61 g, Sodium: 1,492 mg, Cholesterol: 286 mg		
WEDNESDAY	 1 serving Good Morning Chia Seed Pudding (leftovers, p. 2)	 1 serving Earl Grey French Toast with Orange Maple Syrup (leftovers, p. 2)	 1 serving Warm Potato Salad Niçoise (leftovers, p. 3)	 1 serving Chicken & Wild Mushroom Casserole (leftovers, p. 5)	 1 serving Harissa Carrot Fries (leftovers, p. 6)	Calories: 1,417, Fat: 65 g, Sat. Fat: 15 g, Carbs: 141 g, Fiber: 23 g, Sugars: 43 g, Protein: 68 g, Sodium: 1,779 mg, Cholesterol: 396 mg	
THURSDAY	 1 serving Good Morning Chia Seed Pudding (leftovers, p. 2)	 1 serving Earl Grey French Toast with Orange Maple Syrup (leftovers, p. 2)	 1 serving Roasted Salmon Teriyaki with Broccoli (p. 7, save leftovers)	 1 serving Herbed New Potatoes (p. 7, save leftovers)	 1 serving Chicken & Wild Mushroom Casserole (leftovers, p. 5)	 1 serving Harissa Carrot Fries (leftovers, p. 6)	Calories: 1,339, Fat: 56 g, Sat. Fat: 13 g, Carbs: 134 g, Fiber: 23 g, Sugars: 46 g, Protein: 76 g, Sodium: 1,818 mg, Cholesterol: 250 mg
FRIDAY	 1 serving Good Morning Chia Seed Pudding (leftovers, p. 2)	 1 serving Earl Grey French Toast with Orange Maple Syrup (leftovers, p. 2)	 1 serving Warm Potato Salad Niçoise (leftovers, p. 3)	 1 serving Roasted Salmon Teriyaki with Broccoli (leftovers, p. 7)	 1 serving Herbed New Potatoes (leftovers, p. 7)	Calories: 1,366, Fat: 65 g, Sat. Fat: 14 g, Carbs: 137 g, Fiber: 22 g, Sugars: 43 g, Protein: 61 g, Sodium: 1,792 mg, Cholesterol: 362 mg	
SATURDAY	 1 serving Mango Sunshine Smoothie Bowl (p. 4)	 1 serving Chicken & Wild Mushroom Casserole (leftovers, p. 5)	 1 serving Harissa Carrot Fries (leftovers, p. 6)	 1 serving Roasted Salmon Teriyaki with Broccoli (leftovers, p. 7)	 1 serving Herbed New Potatoes (leftovers, p. 7)	Calories: 1,335, Fat: 57 g, Sat. Fat: 23 g, Carbs: 145 g, Fiber: 25 g, Sugars: 73 g, Protein: 69 g, Sodium: 1,531 mg, Cholesterol: 140 mg	
SUNDAY	 1 serving Mango Sunshine Smoothie Bowl (p. 4)	 1 serving Roasted Salmon Teriyaki with Broccoli (leftovers, p. 7)	 1 serving Herbed New Potatoes (leftovers, p. 7)	 1 serving Thai Lime Chicken (leftovers, p. 3)	 1 serving Orange Carrot Soup (leftovers, p. 4)	Calories: 1,587, Fat: 70 g, Sat. Fat: 25 g, Carbs: 128 g, Fiber: 25 g, Sugars: 72 g, Protein: 118 g, Sodium: 988 mg, Cholesterol: 243 mg	