

# WEEKLY MEALS

# KERI'S WELLNESS KIT

**M:**

TURKEY CLUB

**T:**

SALMON BURGERS & SALAD

**W:**

GRILLED CHICKEN & RASPBERRY SALAD

**T:**

MEDITERRANEAN ORZO SALAD\*

**F:**

ROTISSERIE CHICKEN SANDWICH &  
SALAD

**S:**

CHICKEN & BEAN QUESADILLAS

**S:**

PORK TENDERLOIN, ASPARAGUS &  
ROASTED POTATOES