



DOWNRIGGERS

BOOTY CAMP

The
STUDIO

pilates • barre • trx • bosu

Whole 30 Dinners

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2015</h1>			<p>\$15 per meal (tax inclusive). Order is a minimum of three meals per week. 10% off when ordering full week's meals.</p>			
4	5 Chicken Curry with Cauliflower Rice	6 Spicy Sausage and Sweet Potato Soup	7 Rosemary Garlic Chicken with Roasted Root Veg	8 Grilled Top Sirloin Steak With Chimichuri Sauce and Braised Cabbage slaw	9 Chipotle Pork Tenderloin with Three Cabbage Mango Slaw	10 Garlic Herbed Prawns with Cauliflower Mash
11 Braised Short Ribs with Pan Fried Brussel Sprouts	12 Blackened Salmon with Wilted Arugula	13 Chicken Satay with Peanut Sauce and Red Cabbage and Carrot Slaw	14 Green Chili and Chicken Stew topped with Pickled Radish and Avocado	15 Spiced Rubbed Pot Roast with Baked Sweet Potato	16 Organic Ground Beef Stir Fry with Wilted Napa Cabbage	17 Grilled Salmon with Thai Coconut Curry Sauce and Wilted Winter Greens
18 Shrimp Cobb Salad with Cilantro Lime Vinaigrette	19 Steak and Avocado Caesar Salad	20 Chicken Curry with Cauliflower Rice	21 Spicy Sausage and Sweet Potato Soup	22 Rosemary Garlic Chicken with Roasted Root Veg	23 Grilled Top Sirloin Steak With Chimichuri Sauce and Braised Cabbage slaw	24 Chipotle Pork Tenderloin with Three Cabbage Mango Slaw
25 Garlic Herbed Prawns with Cauliflower Mash	26 Braised Short Ribs with Pan Fried Brussel Sprouts	27 Blackened Salmon with Wilted Arugula	28 Chicken Satay with Peanut Sauce and Red Cabbage and Carrot Slaw	29 Green Chili and Chicken Stew topped with Pickled Radish and Avocado	30 Spiced Rubbed Pot Roast with Baked Sweet Potato	31 Grilled Salmon with Thai Coconut Curry Sauce and Wilted Winter Greens

Order by Friday for meals Monday through Sunday at downriggers@rockisland.com
 (Pick up Monday and Thursday, 4-6p.m. at 701 Spring Street across from M&W Auto)
 We accept cash, check & credit cards • Questions? Call Debbie, 317-8657