

A Week of Dinners on the Grill

Sunday



[Chef Meg's Orange-Miso Grilled Salmon](#)

tastes like something you'd eat at a restaurant. Pair with heat-and-eat brown rice, and steamed or grilled veggies.

Monday



Use [Chef Meg's No Salt Fajita Rub](#) on [Chef Meg's Perfect Grilled Chicken](#),

and grill up peppers, onions, and corn. Dinner is served! Pair with your favorite taco toppings. Save time later: Grill a double batch and serve it up on Wednesday night.

Tuesday



[Garlic-Herb Potato Packs](#)

with grilled steaks Tip: Keep portions in check. A serving of steak is the size of a deck of cards, so if you have leftovers, save them for Thursday night.

Wednesday



[Leftover Perfect Grilled Chicken](#)

is perfect inside a wrap. Add lettuce, tomatoes, shredded carrots, and your favorite [low-fat salad dressing](#).

Thursday



[Chef Meg's Creamy Watermelon Salad](#)

paired with leftovers from Tuesday's steak night On the side, serve whole-wheat couscous, the fastest-cooking whole grain. Just boil water!

Friday



[Grilled Shrimp with Mango-Chili Sauce](#)

Serve with a green salad and crusty whole-wheat bread for dipping into that sauce!

Saturday



[Greek Turkey Burgers](#)

are perfect topped with [Cool-as-a-Cucumber Raita](#).

Let the raita do double-duty as a sauce for grilled potatoes, too.

