

## Menu 4

- Marinated chicken breast
- Alfredo noodles and sauce
- Broccoli

For the marinated chicken breast, this will require some preparing. Do this the night before. Place however many boneless, skinless chicken breasts that you will need in a gallon plastic bag. Add 1 bottle of Italian dressing to that bag. Zip shut and let sit in refrigerator until ready to use the next day. You can do this as soon as you purchase the chicken, pour the dressing directly into the bag and freeze.

Cook on grill or broil in oven for 10 minutes on each side, until no longer pink in the middle.

For the Alfredo and noodles, cook 1 pkg of fettuccine noodles as stated on back of package.

Add 1 jar of Alfredo sauce to the drained, cooked noodles.

Cook the broccoli by steaming it in a little bit of water, or use your microwave.

You can either serve it separately or add it all together in one bowl.