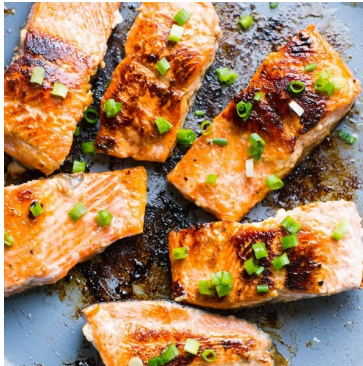


MONDAY



Honey Garlic Salmon

WEDNESDAY

Baked Greek Chicken
With Side Salad

FRIDAY

Chicken Stir-fry With
Veggies and Brown
Rice

GROCERIES

10 large garlic cloves
 6-7 handfuls of fresh spinach
 leaves
 6 salmon fillets (3 ounces each)
 5-6 large chicken breasts
 3 large carrots
 3 lemons
 2 green onions
 1 large red bell pepper
 1 large yellow bell pepper
 1 red onion
 1 pint cherry or grape tomatoes
 4 cups cooked brown rice
 2 cups frozen broccoli
 1 cup snow peas
 1/2 cup hummus
 1/3 cup pitted Kalamata olives
 1/4 cup soy sauce
 8 oz. button mushrooms

3 tbsp. honey
 2 tbsp. olive oil, divided
 1 tbsp. cornstarch or arrowroot
 powder
 1 tbsp. rice wine vinegar
 1 tbsp. sesame oil
 1 tbsp. olive oil
 1 tbsp. balsamic vinegar
 2 tsp. avocado oil
 1 tsp. Greek seasoning (or 1/2 tsp.
 oregano, 1/2 tsp. salt)
 1 tsp. paprika
 1/2 tsp. red pepper flakes
 Sliced green onions and toasted
 sesame seeds, for serving
 Salt and freshly ground black
 pepper

TUESDAY, THURSDAY
AND THE WEEKEND

- Use your leftovers to create these meals
- Create a super salad or a Buddha bowl using your leftovers