

## MONDAY



One-pan Honey Garlic  
Chicken and  
Vegetables

## WEDNESDAY



Jerk Chicken Burger

## FRIDAY



Baked Flounder With  
Lemon-soy Vinaigrette

## GROCERIES

6 boneless, skinless chicken breasts  
4 garlic cloves  
2 flounder fillets (6 ounces each)  
2 large bread rolls of choice  
1 Little Gem lettuce heart  
1 lemon  
1 lime  
1 tomato  
1/2 small mango  
24 oz. (5 cups) broccoli florets  
16 oz. baby red potatoes  
8 tbsp. olive oil, divided  
2 tbsp. fresh parsley leaves, chopped  
2 tbsp. mayonnaise and ketchup (optional)

2 tbsp. unsalted butter, melted  
2 tbsp. brown sugar  
2 tbsp. honey  
1 tbsp. Dijon mustard  
2 tsp. soy sauce  
2 tsp. jerk seasoning  
1/2 tsp. dried oregano  
1/2 tsp. dried basil  
1/2 tsp. sugar  
A few thyme sprigs  
Kosher salt and freshly ground black pepper, to taste

TUESDAY, THURSDAY  
AND THE WEEKEND

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