

## MONDAY



Indian Shrimp and  
Lentils

## WEDNESDAY



Garlic-ginger Chicken  
Thighs

## FRIDAY



Butternut Squash and  
Gorgonzola Pizza

## GROCERIES

2 lbs. skin-on, boneless chicken thighs  
 1 1/4 lbs. peeled and deveined shrimp (about 24)  
 3/4 lb. store-bought whole wheat pizza dough, at room temperature  
 5 large sage leaves  
 3 cloves garlic, minced  
 2 plum tomatoes, cored and chopped  
 1 large shallot, chopped  
 1/4 small red onion  
 3 cups baby spinach  
 1 cup dried red lentils  
 1 cup thinly sliced red onion  
 4 oz. gorgonzola cheese (2/3 cup crumbled)  
 1/2 cup lightly packed fresh cilantro, chopped

1/3 cup cubed, peeled butternut squash (about 2 1/2 ounces)  
 1/4 cup soy sauce  
 1/4 cup fresh tangerine or orange juice  
 1/4 cup walnut pieces  
 3 tbsp. unsalted butter  
 2 tablespoons canned unsweetened coconut cream  
 2 tbsp. minced garlic  
 2 tbsp. minced peeled ginger  
 1 tbsp. plus 1 tsp. finely chopped, peeled fresh ginger  
 1 tbsp. cornmeal  
 1 tbsp. olive oil  
 1 1/2 tsp. garam masala  
 Kosher salt and freshly ground pepper  
 Nonstick cooking spray

TUESDAY, THURSDAY  
AND THE WEEKEND

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