

## MONDAY



Ribbony Shrimp and  
Pasta Scampi

## WEDNESDAY



Tex-Mex Cauli Rice

## FRIDAY



Grilled Honey-Lime  
Chicken With  
Pineapple Salsa

## GROCERIES

6 cloves garlic  
4 chicken breasts (4 oz. each)  
4 limes  
2 jalapenos  
1 avocado  
1 zucchini  
1 yellow squash  
1 medium onion  
1/4 red onion  
1 lb. peeled and deveined  
medium shrimp, tails removed  
8 oz. whole wheat spaghetti  
2 cups chopped pineapple  
2 cups shredded rotisserie  
chicken  
1 cup (15 oz.) black beans,  
drained and rinsed  
1 cup corn kernels  
1 cup shredded cheddar  
1 cup shredded Monterey jack

1 cup chopped tomatoes  
1 cup large head cauliflower,  
grated, or 4 cups riced  
cauliflower  
1 cup cherry tomatoes, halved  
1/2 cup low-sodium vegetable  
or chicken broth  
1/4 cup plus 1 tbsp. freshly  
chopped cilantro  
2 tbsp. chopped, fresh chives  
2 tsp. honey  
1 tbsp. tomato paste  
1 tsp. dried oregano  
1/2 tsp. ground cumin  
Freshly ground black pepper  
Kosher salt  
Extra virgin olive oil  
Pinch crushed red pepper  
flakes, optional

TUESDAY, THURSDAY  
AND THE WEEKEND

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