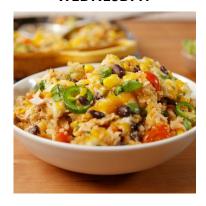
# **WEEKLY DINNER MENU**

### **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

