

MONDAY



Grilled Chicken Breasts
With Spicy Peach Glaze

WEDNESDAY



Farro Salad With Grilled
Eggplant, Tomatoes
and Onion

FRIDAY



BBQ Spaghetti Squash
Sliders

GROCERIES

24 mini slider rolls
8 chicken breasts
4 ripe peaches
3 Japanese (baby) eggplants,
2 red onions
1 small shallot
1 small jalapeno
1 spaghetti squash (about 3
lbs.)
1 English cucumber
1/4 head red cabbage
1/2 pint grape tomatoes
2 cups peach preserves or jam
1 1/2 cups farro
3/4 cup of your favorite
barbecue sauce
2/3 cup plus 2 tbsp. apple cider
vinegar
1/2 cup chopped fresh dill, plus
more for garnish

1/4 cup sherry vinegar or
balsamic vinegar
3 tbsp. pure maple syrup
2 tbsp. tomato paste
2 tbsp. soy sauce
1 tbsp. finely chopped garlic
3 tsp. Dijon mustard
2 tsp. mayonnaise
1/3 tsp Kosher salt
1/4 tsp. freshly ground black
pepper
Kosher salt and freshly ground
black pepper
Olive oil

TUESDAY, THURSDAY
AND THE WEEKEND

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