

## MONDAY



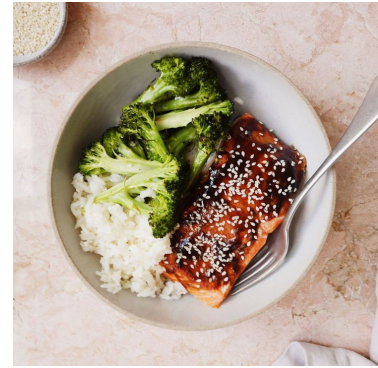
Bruschetta Grilled  
Chicken

## WEDNESDAY



Cauliflower Gnocchi

## FRIDAY



Hoisin-glazed Salmon  
With Broccoli and  
Sesame Rice

## GROCERIES

4 boneless, skinless chicken  
breasts

4 salmon filets

4 slices mozzarella

3 tomatoes, chopped

2 cloves garlic, minced

2 egg yolks

1 lemon, juiced and divided

1 lb. small broccoli florets, from

2 large heads

3 cups riced cauliflower

1 cup grated parmesan, plus  
more for serving

1/3 cup almond flour

1/4 cup sesame seeds, plus  
more for garnish

4 tbsp. extra virgin olive oil

2 tbsp. canola oil

2 tbsp. rice vinegar

1 tbsp. hoisin sauce

1 tbsp. freshly chopped basil

1 tsp. Italian seasoning or dried  
oregano

Kosher salt

Freshly ground black pepper

Marinara sauce

Freshly chopped parsley, for  
garnish

**TUESDAY, THURSDAY  
AND THE WEEKEND**

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