

MONDAY



Roasted Veggie
Buddha Bowl

WEDNESDAY



One-Skillet Shrimp and
Quinoa

FRIDAY



Greek Grilled Chicken
With Green Beans

GROCERIES

4 skinless, boneless chicken breasts (6 to 8 ounces each)
1 pint cherry tomatoes
1 pint mixed cherry tomatoes
1 1/4 lbs. peeled and deveined medium shrimp, tails removed
1 1/4 lbs. green beans
4 ounces medium cremini mushroom
5 cloves garlic
1 (14-ounce) can chickpeas
2 stalks celery
1 bunch scallions, sliced
1 small red onion
1 small sweet potato
2 lemons
1/2 avocado
1 cup cooked quinoa
1 cup white quinoa
1/2 cup crumbled feta cheese

1/3 cup fat-free Greek yogurt
1/4 cup chopped fresh dill
4 tbsp. olive oil
2 tbsp. extra virgin olive oil, plus more for brushing
2 tbsp. red wine vinegar
2 tbsp. canola oil
1 tbsp. dried oregano
1 tbsp. garlic powder
1 tbsp. tomato paste
1 tbsp. tahini
1 tsp. Cajun seasoning
3/4 tsp. spicy curry powder
Kosher salt
Freshly ground black pepper

TUESDAY, THURSDAY
AND THE WEEKEND

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