

WEEKLY DINNER MENU

MONDAY



Bacon Harvest
Chicken Skillet

WEDNESDAY



Salmon With
Horseradish-pistachio
Crust

FRIDAY



Roasted Butternut
Squash Tacos

GROCERIES

12 corn tortillas,
warmed
6 bone-in, skin-on
chicken thighs
6 salmon fillets
(4 ounces each)
4 slices thick-cut
hardwood-smoked
bacon
4 cloves garlic
3 sprigs thyme
1 small onion, sliced
into half moons
1 lemon
1 medium butternut
squash (3-4 lbs.)
1 medium ripe
avocado
1 small fennel bulb,
green tops

removed, bulb
halved and thinly
sliced
1 lb. Brussels
sprouts
1 cup crumbled
queso fresco or feta
cheese
1 cup low-sodium
chicken broth
2/3 cup bread
crumbs
2/3 cup chopped
pistachios
1/2 cup minced
shallots
1/2 cup white wine
1/2 cup whole
pecans
1/2 cup diced red
onion
1/3 cup sour cream

2 tbsp. canola oil
2 tbsp. olive oil
1-2 tbsp. prepared
horseradish
1 tbsp. fresh dill or
1 tsp. dill weed
1 tbsp. chili powder
1/2 tsp ground
cumin
1/2 tsp. ground
coriander
1/2 tsp. grated
lemon or orange
zest
1/4 tsp. crushed red
pepper flakes
1/4 tsp. cayenne
pepper
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