

## MONDAY



Crockpot White  
Chicken Chili

## WEDNESDAY



Greek Stuffed  
Chicken

## FRIDAY



Shrimp Stir-fry

## GROCERIES

7 cloves garlic  
4 boneless, skinless chicken breasts  
2 medium tomatoes  
2 lemons  
2 (4 oz.) cans of green chilies  
1 yellow onion, finely chopped  
1 jalapeno  
1 zucchini, halved and thinly sliced  
1 small head broccoli  
1 red bell pepper  
1/2 red onion, sliced into half moons  
1 1/2 lb. boneless, skinless chicken breasts  
1 lb. shrimp, peeled and deveined  
8 ounces sugar snap peas  
2 1/2 cups low-sodium chicken broth

1 1/2 cup frozen corn  
1 cup feta  
1 cup shredded mozzarella  
1/2 cup low-sodium soy sauce  
3 tbsp. extra virgin olive oil  
2 tbsp. packed brown sugar  
1 tbsp. minced ginger  
1 tbsp. cornstarch  
1 tbsp. sesame oil  
1 tbsp. lemon juice  
1 tbsp. chopped parsley,  
plus more for garnish  
1 tsp. dried oregano  
1 tsp. ground cumin  
Kosher salt  
Freshly ground black pepper  
Juice of 1 lime  
Pinch red pepper flakes  
Sour cream  
Sliced avocado  
Freshly chopped cilantro

TUESDAY, THURSDAY  
AND THE WEEKEND

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