

## MONDAY



Comforting Beef and Barley Soup

## WEDNESDAY



Ginger Veggie Brown Rice Pasta

## FRIDAY



Pan-Roasted Chicken and Vegetables

## GROCERIES

6 bone-in chicken thighs (about 2 1/4 pounds), skin removed  
3 garlic cloves, minced  
2 green onions, chopped  
1 rotisserie chicken, skin removed, shredded  
1 large onion, coarsely chopped  
1 medium carrot, chopped  
1 celery rib, chopped  
1 can (14.5 ounces) diced tomatoes, undrained

2 pounds red potatoes (about 6 medium), cut into 3/4 inch pieces  
1/2 small red onion, sliced  
1/2 medium sweet red pepper, chopped  
4 cups beef broth  
4 cups water  
2 cups chopped cooked roast beef  
2 cups uncooked brown rice elbow pasta  
1 1/2 cups chopped fresh Brussels sprouts  
1 cup quick-cooking barley

1/2 cup chopped red cabbage  
1/2 cup shredded carrots  
1/2 cup chopped onion  
1/2 cup frozen peas  
2 tbsp. olive oil  
1 tbsp. butter  
1 tbsp. coconut oil  
2 tsp. ginger paste  
2 tsp. garlic paste  
1/4 tsp. ground ancho chili powder  
1/4 tsp. coarsely ground pepper  
1/2 tsp. paprika  
1/2 tsp. dried basil  
1/2 tsp. dried oregano  
Pepper  
Salt

## TUESDAY, THURSDAY AND THE WEEKEND

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