

## MONDAY



Cod and  
Asparagus Bake

## WEDNESDAY



Grilled Chicken and  
Mango Skewers

## FRIDAY



Grilled Garden  
Veggie Pizza

## GROCERIES

4 cod fillets (4 ounces each)  
3 medium ears sweet corn  
1 medium mango, peeled and cut into 1-inch cubes  
1 thin, prebaked 12-inch whole wheat pizza crust  
1 medium red onion, cut into 1/2-inch slices  
1 large red pepper, halved, stemmed and seeded  
1 small zucchini, cut into 1/2-inch slices  
1 yellow summer squash, cut into 1/2-inch pieces  
1 pound boneless, skinless chicken breasts, cut into 1-inch cubes  
1 pound fresh thin asparagus, trimmed  
1 pint cherry tomatoes, halved

2 cups shredded part-skim mozzarella cheese, divided  
1/3 cup plus 3 tbsp. sliced green onions, divided  
1/3 cup torn fresh basil  
3 tbsp. jarred roasted mini garlic  
3 tbsp. olive oil  
1/4 cup grated Romano cheese  
2 tbsp. lemon juice  
1 tbsp. butter  
1 1/2 tsp. grated lemon zest  
Salt  
Pepper  
Lime wedges (optional)

TUESDAY, THURSDAY  
AND THE WEEKEND

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