

## MONDAY



Grilled Buttermilk  
Chicken

## WEDNESDAY



Naked Fish Tacos

## FRIDAY



Portobello  
Polenta Stacks

## GROCERIES

12 boneless, skinless chicken breast halves (about 4 1/2 pounds)  
7 garlic cloves  
4 fresh thyme sprigs  
4 large Portobello mushrooms, stems removed  
4 slices tomato  
2 tilapia fillets (6 ounces each)  
1 green onion, sliced  
1/2 medium ripe avocado, peeled and sliced  
1 tube (18 ounces) polenta, cut into 12 slices  
1 1/2 cups buttermilk  
1 cup coleslaw mix  
1/2 cup grated Parmesan  
1/4 cup chopped fresh cilantro  
2 tbsp. minced fresh basil

2 tbsp. balsamic vinegar  
4 tsp. canola oil, divided  
2 tsp. lime juice  
1 tsp. chopped seedless jalapeno pepper  
1/2 tsp. ground cumin  
Olive oil  
Salt  
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