

## MONDAY



Tomato Walnut Tilapia

## WEDNESDAY

Chicken and Goat  
Cheese Skillet

## FRIDAY

Pesto Corn Salad  
With Shrimp

## GROCERIES

4 tilapia fillets (4 ounces each)  
 4 medium ears sweet corn, husked  
 3 plum tomatoes, chopped  
 1 garlic clove, minced  
 1 medium ripe avocado, peeled and chopped  
 1 medium tomato, thinly sliced  
 1 pound uncooked shrimp (31-40 per pound), peeled and deveined  
 1/2 pound boneless skinless chicken breasts, cut into 1-inch pieces  
 1 1/2 cups cherry tomatoes, halved  
 1 cup cut fresh asparagus  
 1/2 cup soft bread crumbs  
 1/2 cup packed fresh basil leaves  
 1/4 cup chopped walnuts  
 3 tbsp. 2% milk  
 2 tbsp. herbed fresh goat cheese crumbles  
 2 tbsp. lemon juice  
 1 tbsp. butter  
 1/4 tsp. salt  
 1/4 tsp. pepper  
 2 tbsp. lemon juice  
 1 1/2 tsp. butter, melted  
 Olive oil  
 Salt  
 Pepper  
 Hot cooked brown rice or whole wheat pasta  
 Additional goat cheese, 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