

MONDAY



Zucchini Noodles
With Avocado Pesto
and Shrimp

WEDNESDAY



White Bean and
Veggie Salad

FRIDAY



Roasted Chicken With
Spring Vegetables

GROCERIES

5-6 medium zucchini, trimmed
3 cloves garlic, minced
3 1/2 pounds skin-on,
bone-in chicken quarters
2 bunches radishes
2 cups mixed salad greens
1 pound fingerling or other
small potatoes
1 pound raw shrimp,
peeled and deveined
1 1/2 ripe avocados
1 bunch scallions
1 bunch baby carrots
1 lemon, halved
1 cup packed fresh basil leaves
3/4 cup veggies of your choice,
such as chopped cucumbers
and cherry tomatoes
1/3 cup canned white beans,
rinsed and drained

1/4 cup chopped fresh dill
1/4 cup unsalted, shelled
pistachios
2 tbsp. lemon juice
1 tbsp. red wine vinegar
1-2 tsp. Old Bay seasoning
Extra virgin olive oil
Kosher salt
Freshly ground black 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