

## MONDAY



Spicy Lemon  
Chicken Kabobs

## WEDNESDAY



Grilled Tilapia  
Piccata

## FRIDAY



Tropical Chicken  
Cauliflower Rice Bowls

## GROCERIES

1 1/2 pounds boneless, skinless chicken breast, cut into 1-inch cubes  
 4 boneless, skinless chicken breasts  
 4 tilapia fillets (6 ounces each)  
 2 garlic cloves  
 2 medium lemons  
 1 fresh pineapple, peeled, cored and cubed (about 3 cups)  
 1 small red onion  
 3 cups fresh cauliflower florets  
 1/2 cup plain or coconut Greek yogurt  
 1/2 cup lemon juice  
 3 tablespoons white wine  
 3 tablespoons lime juice  
 3 tablespoons minced fresh basil

2 tablespoons plus 1/2 cup chopped fresh cilantro  
 2 teaspoons capers  
 1 teaspoon minced fresh rosemary or 1/4 teaspoon dried rosemary, crushed  
 Minced chives  
 1/2 teaspoon grated lemon zest  
 1/8 teaspoon chili powder  
 Salt  
 Pepper  
 Crushed red pepper flakes  
 Olive oil  
 Canola oil  
 Optional: toasted, sweetened shredded coconut and lime wedges

TUESDAY, THURSDAY  
AND THE WEEKEND

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