

MONDAY



Honey-Pecan
Chicken Breasts

WEDNESDAY



Sheet Pan
Lemon-Dijon Pork

FRIDAY



Pizza Quinoa
Casserole

GROCERIES

4 boneless pork loin chops
(6 ounces each)
2 boneless, skinless chicken
breast halves (6 ounces each)
1 garlic clove
1 medium green pepper
1 small red onion
1 1/2 pounds sweet potatoes
(about 3 medium), cut into
1/2-inch cubes
1 pound fresh Brussels sprouts
(about 4 cups), quartered
1 package (6 ounces) sliced
turkey pepperoni
2 cups sliced fresh mushrooms
2 cups chicken broth
2 cups pizza sauce
1 cup quinoa
1/2 cup shredded
part-skim mozzarella

1/2 cup shredded parmesan
3 tablespoons honey
2 tablespoons finely
chopped pecans
2 tablespoons canola oil
1 tablespoon butter
2 teaspoons grated lemon zest
Salt
Pepper
Garlic powder
Cayenne pepper
Optional: minced fresh basil,
sliced olives, oil-packed
sun-dried tomatoes (drained),
banana peppers and red
pepper flakes

TUESDAY, THURSDAY
AND THE WEEKEND

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