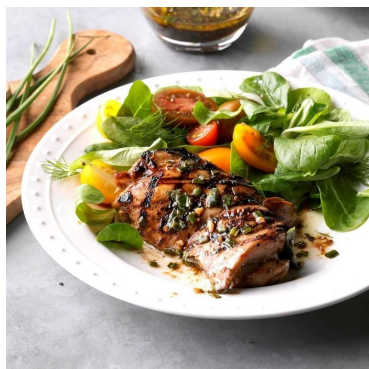


WEEKLY DINNER MENU

MONDAY



Herbed Balsamic Chicken

WEDNESDAY



Sweet Potato and Turkey Couscous

FRIDAY



Grilled Tilapia With Mushroom Risotto

GROCERIES

- 6 boneless, skinless chicken breasts
- 4 garlic cloves
- 2 cans (14 1/2 ounces each) chicken broth
- 1 1/2 pounds tilapia fillets
- 1 pound sweet potatoes (about 2 medium), peeled and cut into 3/4-inch cubes
- 1 package (8.8 ounces) uncooked pearl (Israeli) couscous
- 1 package (5 1/2 ounces) parmesan risotto mix
- 2 cups chopped cooked turkey
- 1 cup sliced fresh mushrooms
- 1/2 cup chopped shallots
- 1/2 cup balsamic vinegar
- 1/4 cup grated parmesan

- 1/4 cup dried cranberries
- 1/4 cup chopped onion
- 1/4 cup chopped celery
- 4 tablespoons butter, divided
- 1 tablespoon minced fresh basil
- 1 tablespoon minced fresh chives
- 2 teaspoons grated lemon zest
- 1 1/2 teaspoons seafood seasoning
- 1 teaspoon grated orange zest
- 1/2 teaspoon poultry seasoning
- Extra virgin olive oil
- Canola oil
- Salt
- Pepper
- Chopped fresh parsley

TUESDAY, THURSDAY AND THE WEEKEND

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