

WEEKLY DINNER MENU

MONDAY



Avocado Alfredo With Zucchini Noodles

WEDNESDAY



Sorghum Split Pea Soup

FRIDAY



Jamaican Jerk Chicken

GROCERIES

- 1 ½ pound boneless chicken thighs
- 1 small ham bone
- 6 cups no salt added chicken stock
- 4 cups zucchini noodles
- 1 1/4 cup split green peas
- 3/4 cup sliced carrots
- 2/3 cup chopped ham slices
- ¼ cup grated parmesan
- 8 trimmed and chopped onions
- 6 sprigs of fresh thyme
- 3 garlic gloves
- 2 avocados
- 2 bay leaves
- 2 chopped habanero
- 2 tablespoons brown sugar
- 2 tablespoons white vinegar
- 2 tablespoons chopped fresh parsley

- 2 tablespoons minced garlic
- 1 ½ tablespoons olive oil
- 1 ½ tablespoons Worcestershire sauce
- 1 tablespoon avocado oil
- 1 tablespoon soy sauce
- 1 tablespoon canola oil
- ½ tablespoon lemon juice
- 2 teaspoons salt-free herb seasoning
- 2 teaspoons chopped fresh ginger
- 1 ½ teaspoons minced garlic
- 1 teaspoon garlic powder
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cinnamon
- Salt
- Black pepper
- Steamed broccoli or vegetable of choice

TUESDAY, THURSDAY AND THE WEEKEND

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