# WEEKLY DINNER MENU

### **MONDAY**



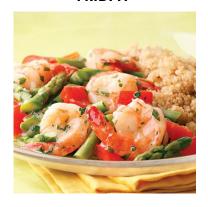
Creamy Mushroom, Chicken and Asparagus Bake

### WEDNESDAY



Honey Garlic Chicken Thighs With Carrots and Broccoli

### **FRIDAY**



Lemon-Garlic Shrimp and Vegetables

#### **GROCERIES**

8 (5 ounce) bone-in. skin-on chicken thighs 9 cloves garlic 2 large red bell peppers 2 packages sliced fresh button mushrooms 2 pounds asparagus 1 pound small carrots 1 pound raw shrimp, peeled and deveined 4 cups broccoli florets (about 1 pound) 2 ½ cups whole milk 2 cups chopped cooked chicken breast 1 1/2 cups cooked brown rice 1 cup chopped yellow onion

1 cup reduced-sodium

chicken broth 1/2 cup finely grated parmesan 1/₃ cup honey 1/4 cup whole-wheat panko breadcrumbs 1 1/2 tablespoons extravirgin olive oil, plus 1 1/2 teaspoons, divided 3 tablespoons all-purpose flour 2 tablespoons lemon juice 1/4 teaspoon crushed 2 tablespoons olive oil, divided 2 tablespoons chopped fresh parsley 1 tablespoon cider vinegar 1 1/2 tablespoons reduced sodium soy sauce or tamari 4 teaspoons extra-virgin

olive oil, divided 2 teaspoons freshly grated lemon zest 2 teaspoons chopped fresh tarragon 1 teaspoon cornstarch 1 teaspoon water 1 teaspoon cornstarch 1 1/2 teaspoon salt 1/2 teaspoon ground pepper red 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