

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 ½ cups cooked brown rice
 1 cup chopped yellow onion
 1 cup reduced-sodium

chicken broth
 ½ cup finely grated parmesan
 ⅓ cup honey
 ¼ cup whole-wheat panko breadcrumbs
 1 ½ tablespoons extra-virgin olive oil, plus 1 ½ teaspoons, divided
 3 tablespoons all-purpose flour
 2 tablespoons lemon juice
 2 tablespoons olive oil, divided
 2 tablespoons chopped fresh parsley
 1 tablespoon cider vinegar
 1 ½ 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 ½ teaspoon salt
 ½ teaspoon ground pepper
 ¼ teaspoon crushed 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