

MONDAY



Lemon-Dijon Pork
Sheet Pan

WEDNESDAY



Lemon Garlic
Chicken Thigh and
Green Bean Skillet

FRIDAY



Tomato Spinach
Shrimp Pasta

GROCERIES

4 boneless pork loin chops
(6 ounces each)
3-6 skinless, boneless
chicken thighs
5 cloves garlic
4 Roma tomatoes, chopped
1 1/2 pounds sweet potatoes
(about 3 medium)
1 pound green beans, trimmed
1 pound fresh Brussels sprouts
Juice of 1/2 lemon, plus lemon
slices for garnish
8 ounces whole wheat penne or
spaghetti
8 ounces medium shrimp
6 ounces fresh spinach
1/2 cup chicken stock
1/2 cup fresh chopped parsley
1/4 cup fresh basil leaves, chopped
3 tablespoons butter

4 tablespoons olive oil
2 tablespoons canola oil
1 tablespoon hot sauce
4 teaspoons Dijon mustard
2 teaspoons grated lemon zest
1 teaspoon smoked paprika, or
more, to taste
1 teaspoon Italian seasoning
1 teaspoon paprika
1 teaspoon onion powder
1/2 teaspoon salt
1/4 teaspoon fresh cracked
black pepper
1/4 teaspoon red pepper flakes
Kosher salt and freshly ground black
pepper, to taste

TUESDAY, THURSDAY
AND THE WEEKEND

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