

MONDAY



30-minute Brown Butter
Goat Cheese Grilled
Veggie Orzo

WEDNESDAY



Crockpot Chicken
and Potatoes

FRIDAY



Grilled Ground
Turkey Burgers

GROCERIES

8-10 large basil leaves	1 lemon	1 teaspoon
8 ounces orzo pasta (1 cup dried orzo)	2/3 cup soft whole wheat breadcrumbs	Worcestershire sauce
6 whole wheat hamburger buns	1/2 cup goat cheese crumbles	1 teaspoon dried oregano
3 cloves of garlic	1/2 cup finely chopped celery	Kosher salt
1 1/2 pounds boneless, skinless chicken breasts	1/4 cup salted butter	Black pepper
1 1/4 pounds lean ground turkey	1/4 cup finely chopped onion	
1 pound baby carrots	1/4 cup grated parmesan	
1 medium red bell pepper	4 tablespoons unsalted butter	
1 medium orange pepper	1 tablespoon minced fresh parsley	
1 sweet yellow onion	2 1/2 teaspoons Italian seasoning	
1 medium zucchini	1 teaspoon garlic powder	
1 pound of baby Yukon gold potatoes		
1 large egg		

TUESDAY, THURSDAY
AND THE WEEKEND

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