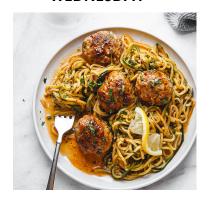
WEEKLY DINNER MENU

MONDAY



Lemon-Garlic Butter Chicken and Green Bean Skillet

WEDNESDAY



Garlic-Butter
Meatballs With Lemon
Zucchini Noodles

FRIDAY



Honey-Garlic Salmon With Broccoli and Brown Rice

GROCERIES

12 garlic cloves 4 medium zucchini 3-6 skinless, boneless chicken thighs 3 lemons 1 bag broccoli florets 1 pound salmon fillets 1 pound green beans 1 crumbled bouillon cube (optional) 1/2 pound of ground turkey 1/2 pound ground pork 3 cups brown rice 1 cup and 1 tablespoon fresh chopped cilantro

1/2 cup chicken stock
1/2 cup fresh
chopped parsley
1/2 cup shredded
mozzarella (or cheese
of choice)
1/2 cup honey
1/2 cup whole grain
Dijon mustard
6 tablespoons butter
2 tablespoon hot sauce
1 tablespoon olive oil
1 1/2 teaspoons paprika
1 teaspoon Italian
seasoning

1 teaspoon onion powder 1 teaspoon crushed pepper flakes 1/4 teaspoon cayenne pepper Coarse salt and black 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