

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	1/2 cup chicken stock	1 teaspoon
4 medium zucchini	1/2 cup fresh	onion powder
3-6 skinless, boneless	chopped parsley	1 teaspoon crushed
chicken thighs	1/2 cup shredded	pepper flakes
3 lemons	mozzarella (or cheese	1/4 teaspoon
1 bag broccoli florets	of choice)	cayenne pepper
1 pound salmon fillets	1/2 cup honey	Coarse salt and
1 pound green beans	1/2 cup whole grain	black pepper
1 crumbled bouillon	Dijon mustard	
cube (optional)	6 tablespoons butter	
1/2 pound of	2 tablespoon hot sauce	
ground turkey	1 tablespoon olive oil	
1/2 pound ground pork	1 1/2 teaspoons paprika	
3 cups brown rice	1 teaspoon Italian	
1 cup and 1 tablespoon	seasoning	
fresh chopped cilantro		

TUESDAY, THURSDAY
AND THE WEEKEND

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