

MONDAY



Shrimp and Fresh
Pesto Pasta

WEDNESDAY



Chicken Ramen Soup

FRIDAY



Teriyaki Salmon

GROCERIES

1 pound shredded chicken
8 ounces dried tagliatelle or spaghetti
8 ounces shrimp, cleaned
4-6 ounce salmon fillets
4 ½ cloves garlic
2 shallots, sliced
2 inches fresh ginger, peeled and minced
1 package ramen noodles (discard seasoning)
1 medium onion, diced
1 red pepper, chopped
1 carrot, shredded
2 (14-ounce) cans coconut milk
1 quart chicken stock

2 cups broccoli florets
2 cups sweet potatoes, cubed
1 cup sweet peas
1 cup fresh basil leaves
1 cup cherry tomatoes, halved
½ cup soy sauce
¼ cup brown sugar, packed
8 tablespoons extra-virgin olive oil
2 tablespoons freshly grated pecorino romano
2 tablespoons freshly grated parmesan
2 tablespoons pine nuts
1 tablespoon vegetable oil
1 tablespoon rice vinegar
1 tablespoon cornstarch

1 tablespoon water
1 tablespoon coconut oil
1 tablespoon green curry (not spicy)
2 teaspoons sesame oil
1 teaspoon sesame seeds
¼ teaspoon ground ginger
Salt and pepper to taste
Limes for garnish (optional)
Fresh cilantro (optional)

TUESDAY, THURSDAY
AND THE WEEKEND

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