

MONDAY



Spicy Honey-lime
Chicken Thighs With
Broccoli

WEDNESDAY



Barbecued Fish Tacos

FRIDAY



Pork Chops With
Nectarine Sauce

GROCERIES

12 flour tortillas (whole wheat preferred)	5-6 cups cooked broccoli florets	2 teaspoons Siracha dry seasoning (or to taste)
2 pounds boneless, skinless chicken thighs (about 8 thighs)	5-6 cups cooked green beans	2 teaspoons chili powder, divided
4 boneless pork loin chops (6 ounces each)	2 cups shredded lettuce	1 teaspoon butter, softened
1 haddock filet (8 ounces)	1/2 cup reduced-sodium chicken broth	1/2 teaspoon dried thyme
5 garlic cloves	1/4 cup honey	1/4 teaspoon crushed chili pepper flakes
3 medium nectarines	3 tablespoons salsa or taco sauce of choice	Salt
2 limes and 1 /12 teaspoons lime zest	3 tablespoons all-purpose flour	Freshly ground black pepper
2 large sweet corn ears	2 tablespoons lime juice, divided	Olive oil
2 medium tomatoes	1 tablespoon fresh cilantro, minced	Canola oil
1 medium sweet red pepper	1 tablespoon low-sodium soy sauce	Fresh parsley for garnish, chopped (optional)
1 medium ripe avocado	1 tablespoon honey (optional)	Sliced lime wedges for garnish (optional)
1 small onion		

TUESDAY, THURSDAY
AND THE WEEKEND

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