

MONDAY



Crispy Baked Chicken
Nuggets

WEDNESDAY



Honey-Lemon-Garlic
Salmon

FRIDAY



Sweet Potato Cheddar
BBQ Chicken Burgers

GROCERIES

1 pound boneless
skinless chicken breast
1 pound salmon
1 pound 93% lean
ground chicken
4 whole grain
hamburger buns
4 slices sharp cheddar
2 large eggs
2 cloves garlic
1 lemon, zested and
juiced
1 head of butterhead
lettuce
1 red onion
1 sweet potato
1 ½ cups panko
breadcrumbs

¼ cup finely diced
yellow onion
6 tablespoons barbecue
sauce of choice
2 tablespoons milk of
choice
2 tablespoons butter
2 tablespoons honey
(or maple syrup)
1 teaspoon onion
powder
1 teaspoon paprika
1 teaspoon Dijon
mustard
½ teaspoon garlic
powder
½ teaspoon cumin
½ teaspoon garlic
powder

¼ teaspoon cayenne
pepper
Nonstick olive oil
cooking spray
Salt and pepper
Quinoa and vegetable
of choice
Brown rice and
asparagus or vegetable
of choice

TUESDAY, THURSDAY
AND THE WEEKEND

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