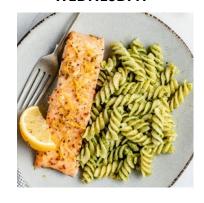
WEEKLY DINNER MENU

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 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

powder

½ teaspoon cumin

1/2 teaspoon garlic

1/4 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

