

# WEEKLY DINNER MENU

## MONDAY



Grilled Chipotle  
Pork Tacos With  
Red Slaw and Brown  
Sugar Pineapple

## WEDNESDAY



Coconut  
Chickpea Curry

## FRIDAY



Sheet Pan  
Chicken Fajitas

### GROCERIES

- 16 corn tortillas
- 14 bell peppers
- 1 ½ pounds boneless, skinless chicken breast
- 1 15-ounce can chickpeas
- 1 12-ounce pork tenderloin
- 3 limes
- 2 cloves garlic
- 1 red onion
- 1 yellow onion
- 1 zucchini
- 4 cups baby spinach
- 2 cups pineapple chunks
- 2 cups shredded red cabbage
- 2 cups brown rice
- 1 cup reduced-fat sour cream
- 1 ½ cups coconut curry simmer sauce
- ½ cup vegetable broth
- ½ cup chopped cilantro
- 3 tablespoons vegetable oil
- 2 tablespoons olive oil
- 2 tablespoons light brown sugar
- 1 tablespoon chili powder
- 1 tablespoon cider vinegar
- 1 ¼ teaspoons chipotle chili powder (can sub paprika)
- ¼ teaspoon ground cinnamon
- Salt and pepper

### TUESDAY, THURSDAY AND THE WEEKEND

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