

WEEKLY DINNER MENU

MONDAY



Mediterranean Turkey Burger

WEDNESDAY



Honey Mustard Chicken and Apples

FRIDAY



Thai Chicken Fried Rice

GROCERIES

8 skin-on, bone-in chicken thighs (2-2 1/2 pounds)
 6 whole wheat hamburger buns, toasted
 6 romaine lettuce leaves
 8 garlic cloves, minced
 4 chicken thighs or 2 large chicken breasts
 3 onions
 2 pounds ground turkey
 2 tomatoes, sliced
 2 cooking apples
 2 eggs
 1/2 English cucumber, grated
 3 cups cooked basmati rice
 1 cup Tzatziki sauce

1 cup mixed vegetables (fresh or frozen broccoli, carrots, peas)
 1 cup low-sodium chicken broth
 1 cup Greek yogurt
 1/4 cup flat leaf parsley, chopped
 4 tablespoons extra-virgin olive oil
 2-3 tablespoons honey mustard
 1-2 tablespoons roughly chopped fresh parsley
 2 tablespoons Tamari or naturally fermented soy sauce
 1 tablespoon fish sauce
 1 tablespoon all-purpose flour
 1 tablespoon dried dill or 2 tablespoons fresh dill
 2 teaspoons oregano
 2 teaspoons salt
 1-1 1/2 teaspoons unsalted butter, softened
 1 teaspoon cumin
 1 teaspoon brown sugar
 1/2 teaspoon chopped lemongrass
 Salt
 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