

# WEEKLY DINNER MENU

## MONDAY



Creamy Lemon Orzo With Chickpeas and Broccoli

## WEDNESDAY



Tuscan Butter Salmon

## FRIDAY



Roasted Chicken and Acorn Squash With Sumac Brown Butter

### GROCERIES

- 6 thyme sprigs
- 5 cloves garlic, minced
- 4 chicken leg quarters
- 4 salmon fillets
- 2 acorn squash, ½ inch slices
- 1 shallot, finely diced
- ½ pound orzo pasta
- 4 cups broccoli florets
- 2 cups baby spinach
- 2 cups vegetable stock
- 1 ½ cups cherry tomatoes, halved
- 1 ½ cups (one 15-ounce can) cooked chickpeas, drained and rinsed
- ½ cup olive oil
- ½ cup heavy cream
- ½ cup grated parmesan
- ¼ cup basil and parsley, chopped
- ¼ cup raw cashews
- 5 tablespoons butter
- 1 ¼ tablespoons lemon zest
- 1 tablespoon nutritional yeast
- 1 tablespoon lemon juice
- 2 teaspoons pepper
- 1 teaspoon honey
- 1 teaspoon sumac (substitute: lemon juice)
- 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