

WEEKLY DINNER MENU

MONDAY



Thai Red Curry
Coconut Noodles

WEDNESDAY



Creamy Tuscan
Chicken

FRIDAY



Crustless Spinach
Quiche

GROCERIES

- 5 large eggs
- 5 cloves garlic
- 4 boneless, skinless chicken breasts
- 2 lemons
- 2 limes
- 2 bell peppers
- 2 yellow onions
- 1 package (10 ounces) frozen chopped spinach
- 1 can (13.5 ounces) full-fat coconut milk
- 5 ounces sliced shiitake mushrooms
- 1 pound rice noodles
- 3 cups baby spinach
- 3 cups shredded cheese of your choice
- 1 1/2 cups cherry tomatoes
- 1 cup cilantro leaves
- 1 cup sliced mushrooms
- 1/2 cup heavy cream
- 1/4 cup grated parmesan
- 2/3 cup finely chopped cooked ham
- 5-6 tablespoons Thai red curry paste
- 3 tablespoons butter
- 2 tablespoons olive oil
- 2 teaspoons vegetable oil
- 2 teaspoons fresh ginger
- 1 teaspoon dried oregano
- 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