

WEEKLY DINNER MENU

MONDAY



Chicken and Orzo Skillet

WEDNESDAY



White Bean and Roasted Butternut Squash Soup

FRIDAY



Honey-Garlic Glazed Salmon

GROCERIES

- 8 cloves garlic, minced
- 4 (6-ounce) salmon filets
- 2 yellow onions
- 1 pound boneless, skinless chicken breast
- 1 lemon
- 1 butternut squash (about 2 pounds)
- 1 package (10 ounces) frozen chopped spinach
- 1 can (14.5 ounces) diced tomatoes
- 1 can (15 ounces) white beans
- 2 1/2 cups vegetarian broth
- 1 1/2 cups full-fat coconut milk
- 1 cup chicken broth
- 3/4 cup uncooked orzo
- 1/3 cup honey
- 1/4 cup low-sodium soy sauce
- 1/4 cup parmesan
- 4 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 teaspoons salt-free garlic seasoning blend
- 1 teaspoon Italian seasoning
- 1/8 teaspoon nutmeg
- 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