

## MONDAY



Chicken Pot Pie  
Casserole

## WEDNESDAY



Creamy Tuscan  
Chicken

## FRIDAY



Chickpea Noodle Soup

## GROCERIES

1 (16.3-ounce tube)  
whole wheat biscuit  
dough  
1 (15.5-ounce)  
can chickpeas  
6 ounces orecchiette  
(2 1/2 cups)  
4 boneless, skinless  
chicken breasts  
6 cloves garlic  
5 medium carrots  
5 stalks celery  
3 cups baby spinach  
2 bay leaves  
2 sprigs fresh rosemary  
2 (2-inch-long) strips  
lemon peel  
1 shallot  
2 large yellow onions  
5 cups low sodium

vegetable broth  
4 cups cooked  
shredded chicken  
2 cups whole milk  
2 cups cold water  
1 1/2 cups cherry  
tomatoes, halved  
1 cup frozen peas  
1/2 cup heavy cream  
1/4 cup freshly grated  
parmesan  
7 tablespoons butter  
4 tablespoons  
all-purpose flour  
3 tablespoons  
yellow miso  
1 tablespoon  
Dijon mustard  
1 teaspoon chopped  
fresh thyme

1 teaspoon  
dried oregano  
1/2 teaspoon  
garlic powder  
Kosher salt  
Freshly ground  
black pepper  
Extra virgin olive oil  
Lemon wedges,  
for serving  
Crushed red  
pepper flakes  
Freshly chopped dill

TUESDAY, THURSDAY  
AND THE WEEKEND

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