

## MONDAY



Lemon  
Asparagus Pasta

## WEDNESDAY



Mexican Chicken  
Roll-ups

## FRIDAY



Honey Garlic  
Pork Chops

### GROCERIES

- 10 flour tortillas
- 6 pork chops
- 4 cloves garlic
- 2 small onions
- 1 lemon
- 1 (10 3/4-ounce) can condensed cream of mushroom soup
- 1 pound penne pasta
- 1 pound thin asparagus
- 2 1/2 cups shredded chicken
- 1 1/2 cups sour cream
- 1 1/2 cups shredded cheddar cheese
- 1 cup dry white wine
- 1/2 cup salsa of choice
- 1/2 cup grated parmesan
- 1/2 cup ketchup
- 1/2 cup heavy cream
- 1/4 cup sliced olives
- 1/4 cup tomatoes
- 1/4 cup shredded lettuce
- 1/4 cup fresh parsley
- 3 tablespoons olive oil
- 2 2/3 tablespoons honey
- 2 tablespoons low-sodium soy sauce
- 3 teaspoons taco seasoning
- 1/2 teaspoon red pepper flakes
- Salt and pepper

### TUESDAY, THURSDAY AND THE WEEKEND

- Use your leftovers to create a fun salad or Buddha bowl