

MONDAY



Apricot-glazed
Chicken With Potatoes
and Asparagus

WEDNESDAY



Scallops and Spring
Vegetables With
Olive-caper Pan Sauce

FRIDAY



One-pan Creamy
Thai-inspired Peanut
Chicken Couscous

GROCERIES

5 pitted Castelvetrano olives	1 cup pearl couscous	1 teaspoon ginger
4 cloves garlic	3/4 cup low sodium chicken broth	1 teaspoon curry powder
2 large carrots	1/2 cup creamy natural peanut butter	1/4 teaspoon cayenne pepper (optional)
1 medium shallot	1/4 cup cilantro	Salt and pepper
1 red bell pepper	1/4 cup apricot jam	
1 lime	1/4 cup dry white wine	
1 (15-ounce) can light coconut milk	4 1/2 tablespoons olive oil	
2 pounds asparagus	2-3 tablespoons soy sauce	
1 3/4 pounds bone-in chicken thighs	1 tablespoon grated ginger	
1 pound boneless, skinless chicken breast	1 tablespoon chili paste or sriracha	
12 ounces baby potatoes	1 tablespoon butter	
8 ounces dry sea scallops	1 tablespoon capers	
6 ounces carrots	2 teaspoons mustard seeds	
3 cups broccoli florets		

TUESDAY, THURSDAY
AND THE WEEKEND

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