

MONDAY



Risotto With Cauliflower

WEDNESDAY

Crockpot BBQ Pulled
Chicken

FRIDAY

Tropical Chicken
Cauliflower Rice Bowls

GROCERIES

5 pounds boneless,
 skinless chicken breasts
 3 thyme sprigs
 2 garlic cloves
 1 box (34 ounces)
 chicken stock
 1 yellow onion
 1 small red onion
 1 fresh pineapple
 3 cups cauliflower rice
 2 1/4 cups cauliflower
 florets
 1 1/2 cups Arborio rice
 (sub orzo)
 1 1/2 cups BBQ sauce
 1/2 cup parmesan
 cheese, grated
 1/2 cup plain Greek
 yogurt
 1/2 cup cilantro
 1/3 cup dry white wine
 1/3 cup slivered
 almonds
 1/4 cup apple cider
 vinegar
 3 tablespoons lime juice
 2 1/2 tablespoons olive
 oil
 2 tablespoons parsley
 2 tablespoons brown
 sugar
 1 1/2 tablespoons butter
 1/2 tablespoons onion
 powder
 1/2 tablespoon garlic
 powder
 1/8 tablespoon chili
 powder
 Salt and pepper

TUESDAY, THURSDAY
AND THE WEEKEND

- Use your leftovers to create these meals