# **WEEKLY DINNER MENU**

# **MONDAY**



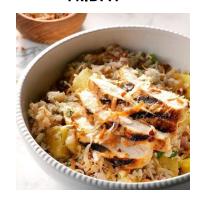
Risotto With Cauliflower

## **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

