

MONDAY



Avocado Buffalo
Chickpea Salad Wrap

WEDNESDAY



Slow Cooker Brown
Sugar Barbecue
Chicken

FRIDAY



Honey Garlic Salmon

GROCERIES

6 whole grain buns
4 salmon filets
4 garlic cloves
3 tortillas of choice
2 pounds boneless,
skinless chicken breasts
1 can chickpeas
(15 ounces)
1 celery stalk
1 avocado
1 red onion
1 medium carrot
2-3 cups fresh spinach
1 cup barbecue sauce
1/2 cup brown sugar
1/4 cup plain yogurt
1/4 cup diced cilantro
Coleslaw (optional)
1/4 cup bourbon
1/4 cup Italian dressing
4 tablespoon honey
3-4 tablespoons buffalo
sauce
2 tablespoon butter
1 tablespoon fresh
squeezed lemon juice
2 teaspoons soy sauce
2 teaspoons garlic
powder
1 teaspoon paprika
1/2 teaspoon paprika
Salt and pepper

TUESDAY, THURSDAY
AND THE WEEKEND

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

AVOCADO BUFFALO CHICKPEA SALAD WRAP

Preparation: **15** minutes | Cooking: **0** minutes | Servings: **3**

INGREDIENTS

*1 can chickpeas (15 ounces),
rinsed and drained*
3 tortillas of choice
1 celery stalk, diced
1 avocado, sliced
1 red onion, sliced
1 medium carrot, shredded
2-3 cups fresh spinach
1/4 cup plain yogurt
1/4 cup diced cilantro
3-4 tablespoons buffalo sauce
2 tablespoon red onion, diced



INSTRUCTIONS

Add rinsed and drained chickpeas to a large bowl and use a masher or fork to mash most of the chickpeas until there's a chunky consistency. Add in diced celery, shredded carrot, cilantro and red onion. Add in yogurt and buffalo sauce, and stir to combine and coat all ingredients. Add salt and pepper if desired. Add buffalo chickpea mixture to tortilla with avocado, spinach and diced red onion. Fold together like a burrito and enjoy!

SLOW COOKER BROWN SUGAR BARBECUE CHICKEN

Preparation: **10** minutes | Cooking: **4** hours | Servings: **6**

INGREDIENTS

6 whole grain buns
2 pounds boneless, skinless chicken breasts
1 cup barbecue sauce
1/2 cup brown sugar
1/4 cup bourbon
1/4 cup Italian dressing
2 teaspoons garlic powder
1 teaspoon paprika
Coleslaw (optional)
Salt and pepper



INSTRUCTIONS

In a slow cooker, add chicken breasts, barbecue sauce, brown sugar, bourbon, Italian dressing, garlic powder and paprika. Season with salt and pepper. Toss together until chicken and ingredients are combined. Cover and cook on high for four hours or low for six hours. Once done, shred chicken and serve on buns with a drizzle of barbecue sauce and a spoonful of coleslaw. Enjoy!

HONEY GARLIC SALMON

Preparation: **10** minutes | Cooking: **10** minutes | Servings: **4**

INGREDIENTS

4 salmon filets
4 garlic cloves, finely chopped or minced
4 tablespoons honey
2 tablespoons butter
1 tablespoon water
1 tablespoon fresh squeezed lemon juice
2 teaspoon soy sauce
1/2 teaspoon paprika
Lemon wedges to serve
Salt and pepper



INSTRUCTIONS

Preheat oven to medium broil. Season salmon with salt, pepper and paprika. Heat the butter in a skillet or pan over medium-high heat until melted. Add the garlic and sauté for about a minute. Pour in honey, water and soy sauce. Once combined, add lemon juice and stir well. Add the salmon steaks to the sauce pan. Cook each fillet skin-side down for three to four minutes or until golden. While it's cooking, baste the tops with the sauce from the pan. Season with salt and pepper to taste. Transfer pan to oven to broil for an additional five to six minutes. To serve, drizzle with the sauce and sprinkle lemon juice. Serve with steamed vegetables, over rice or with a salad. Enjoy!