

## MONDAY



Frittata with Asparagus,  
Leek and Ricotta

## WEDNESDAY



Lemon-Garlic Steak  
With Green Beans

## FRIDAY



Panko-Parmesan  
Crusted Baked Scallops  
With Cucumber,  
Blueberry and Feta  
Salad

## GROCERIES

8 large eggs	1 ounce parmesan	1/2 teaspoon ground pepper
3 cucumbers	5 tablespoons extra virgin olive oil	
3 cloves garlic	3 tablespoons thinly sliced mint leaves	
1 pound asparagus	2 tablespoons chopped fresh parsley	
1 pound boneless strip steak	2 tablespoons chopped shallots	
1 pound green beans	4 tablespoons lemon juice	
1 pound large dry sea scallops	2 tablespoons unsalted butter, melted	
3 cups leek	2 tablespoons pesto	
1 pint blueberries	2 tablespoons water	
1 cup traditional crumbled feta	1 tablespoon grapeseed/canola oil	
1/2 cup white balsamic vinaigrette	1 teaspoon paprika	
1/2 cup whole wheat panko breadcrumbs	1 1/4 teaspoons salt	
1/4 cup crème fraiche	1/2 teaspoon chili powder	
1/4 cup fresh basil		
1/4 cup ricotta		

TUESDAY, THURSDAY  
AND THE WEEKEND

Get creative with your leftovers! Recipe ideas:

- Surf and turf bowl with green beans
- Steak and eggs