

MONDAY



Creamy Chicken
and Mushrooms
With Spinach

WEDNESDAY



Shrimp Paella

FRIDAY



Cabbage and
Kielbasa Skillet

GROCERIES

4 (4- to 5-ounce) chicken cutlets
1 (13-ounce) pack turkey kielbasa
12 ounces frozen medium shrimp
(thawed, peeled)
2 (8.8-ounce) packages precooked
brown rice
2-3 ounces spinach
8 cups chopped green cabbage
4 cups mixed mushrooms (sliced)
1 cup chopped red bell peppers
1 cup frozen green peas
1 cup chopped yellow onion
1/2 cup sliced red apple
1/2 cup white wine
1/2 cup heavy cream
4 tablespoons chopped parsley
3 tablespoons unsalted chicken stock
2 tablespoons fresh lemon juice
2 tablespoons canola oil
1 tablespoon apple cider vinegar
1 tablespoon whole grain Dijon mustard
1 tablespoon finely chopped garlic

1 tablespoon unsalted butter
1 tablespoon olive oil
1 tablespoon minced garlic
1 teaspoon kosher salt
1 teaspoon black pepper
1/2 teaspoon ground turmeric
1/4 teaspoon paprika
1/4 teaspoon caraway seeds

TUESDAY, THURSDAY
AND THE WEEKEND

- Use your leftovers
- Chicken and shrimp
rice bowl