

WEEKLY DINNER MENU

MONDAY



Tuna Poke Bowl

WEDNESDAY



Caprese Stuffed Portobello Mushrooms

FRIDAY



Balsamic Parmesan Chicken and Vegetables

GROCERIES

- 12 ounces sushi grade tuna
- 4 large bone-in chicken thighs
- 4 large portobello mushrooms
- 3 large cloves of garlic
- 4 cups broccoli florets
- 3 cups cauliflower florets
- 2 cups cooked brown rice
- 2 cups sliced snow peas
- 2 cups sliced cucumber
- 1 cup halved cherry tomatoes
- 1 cup sliced shallots
- 3/4 cup sliced scallion greens
- 1/2 cup thinly sliced fresh basil
- 1/2 cup fresh mozzarella pearls
- 1/3 cup grated parmesan
- 1/4 cup reduced-sodium tamari
- 1/4 cup chopped chives
- 1/4 cup furikake seasoning
- 6 tablespoons E.V.O.O
- 5 tablespoon balsamic vinegar

- 1 1/2 tablespoons mirin
- 1 1/2 tablespoons toasted dark sesame oil
- 1 tablespoon toasted sesame seeds
- 2 teaspoons grated fresh ginger
- 1 teaspoon salt
- 1 teaspoon dried marjoram
- 1 teaspoon ground pepper
- 1/2 teaspoon crushed red pepper

TUESDAY, THURSDAY AND THE WEEKEND

- Use your leftovers
- Chicken and mushrooms
- Sushi rolls