

MONDAY



Creamy Chicken
Noodle Soup With
Rotisserie Chicken

WEDNESDAY



Garlic Butter Roasted
Salmon With Potatoes
and Asparagus

FRIDAY



Sheet Pan Chicken
Tenders and Broccoli
With Everything Bagel
Seasoning

GROCERIES

1 1/4 pound salmon filet
1 pound baby Yukon potatoes
1 pound chicken tenders
2 rotisserie chickens
2 medium carrots
2 large celery stalks
2 cloves of garlic
1 package ready-to-eat brown rice
1 large onion
12 ounces asparagus
12-ounce package of broccoli
4 ounces uncooked whole wheat
egg noodles

4 cups unsalted chicken broth
2 cups whole milk
1 cup frozen green peas
6 tablespoons of EVOO
4 tablespoons unsalted butter
3 tablespoons all-purpose flour
1 tablespoon Dijon mustard
1 tablespoon lemon juice
4 teaspoons everything bagel
seasoning
2 1/2 teaspoons salt
2 teaspoons honey
1 teaspoon ground pepper
parsley (garnish)

TUESDAY, THURSDAY
AND THE WEEKEND

- Use your leftovers to create these meals:
- Salmon Salad Dish (mix mayo with salmon and serve on crackers or cucumbers)
- Salmon and Rice Bowl
- Chicken and Rice Bowl
- Chicken and Rice Soup