

WEEKLY DINNER MENU

MONDAY



Pork Tenderloin With Apple-Onion Chutney and Steamed Broccoli

WEDNESDAY



One-pan Chicken and Asparagus Bake

FRIDAY



Baked Tuna Steaks and Vegetables With Creamy Dijon Turmeric Sauce

GROCERIES

- 1 pound 12 ounces baby Yukon potatoes
- 1 1/4 pound tuna
- 1 pound asparagus
- Two 8-ounce chicken breasts
- One 8-ounce pork tenderloin
- 8 ounces carrots
- 8 ounces apples
- 4 cups kale
- 4 cups broccoli
- 3/4 cup onion
- 1/4 cup water
- 1/4 cup mayonnaise
- 3 tablespoons EVOO
- 3 tablespoons fresh parsley

- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 2 tablespoons shallots
- 1 2/3 tablespoon whole-grain Dijon mustard
- 1 tablespoon fresh dill
- 4 teaspoons honey
- 2 teaspoons ground coriander
- 1 1/2 teaspoon salt
- 1 1/8 teaspoon ground pepper,
- 1/2 teaspoon ground turmeric
- 1/8 teaspoon ground cumin
- 1/8 teaspoon dried thyme
- 1 sprig fresh thyme
- 1 lemon

TUESDAY, THURSDAY AND THE WEEKEND

- Use your leftovers
- Try creating a super salad or a Buddha bowl using your leftovers
- Using left over tuna or chicken try making a tuna or chicken salad