

# WEEKLY DINNER MENU

## MONDAY



Rosemary Roasted Salmon With Asparagus and Potatoes

## WEDNESDAY



3-Ingredient Sweet Potato, Brussels Sprout, and Chicken Sausage Hash

## FRIDAY



Broiled Lamb Chops with Charred Blood Oranges and Broccoli

### GROCERIES

- 8 lamb loin chops
- 4 wild salmon filets
- 1 ¼-pound Yukon gold potatoes
- 1 pound asparagus
- 10-ounce bag of Brussels sprouts
- 6 cloves of garlic
- 6 sprigs of fresh rosemary
- 2 precooked apple chicken sausages
- 2 blood oranges
- 1 medium lemon
- 2 cups sweet potatoes
- 7 tablespoons of EVOO
- 2 tablespoons of balsamic glaze
- 2 tablespoons of fresh rosemary
- 2 teaspoons of minced garlic
- 1 1/2 teaspoon salt
- 3/4 teaspoon ground pepper, divided
- 1/2 teaspoon whole-grain mustard

### TUESDAY, THURSDAY AND THE WEEKEND

- Use your leftovers to create these meals
- Lamb garden salad with citrus dressing
- Cooked salmon poke bowl