

# WEEKLY DINNER MENU

## MONDAY



Sausage and Pepper Medley

## WEDNESDAY



Chicken Cutlets With Sun-dried Tomato Cream Sauce

## FRIDAY



Honey Walnut Shrimp

### GROCERIES

- 1 pound jumbo shrimp
- 1 pound uncooked turkey sausage
- 1 pound chicken cutlets
- 14.5-ounce can of no-salt added diced tomatoes
- 1 ounce shredded Parmesan
- 4 medium bell peppers
- 2 cloves of garlic
- 1 large onion
- 2 cups of brown or white rice
- 1/2 cup heavy cream
- 1/2 cup dry white wine
- 1/2 cup shallots
- 1/2 cup walnuts
- 1/2 cup scallions
- 1/2 cup sun-dried tomatoes
- 3 tablespoons EVOO
- 2 1/2 tablespoons mayonnaise
- 2 tablespoons water
- 2 tablespoons light brown sugar

- 2 tablespoons parsley
- 1 tablespoon sun-dried tomato oil from sun-dried tomato jar
- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1 1/2 teaspoon dried Italian seasoning
- 3/4 teaspoon ground pepper
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper (optional)
- Favorite greens for a side salad*

### TUESDAY, THURSDAY AND THE WEEKEND

- Use your leftovers to create these meals
- Try creating a super salad or a Buddha bowl using your leftovers