

MONDAY



Seafood Couscous
Paella

WEDNESDAY



Soy-Maple Salmon with
Cauliflower

FRIDAY



Creamy Lemon Pepper
Orzo with Grilled
Chicken

GROCERIES

4 five-ounce skinless, center-cut salmon fillets (preferably wild)
4 ounces bay scallops
4 ounces small shrimp (41-50 per pound)
2 ounces finely crumbled goat cheese
3 boneless, skinless chicken thighs
5 cloves garlic
1 medium onion
1 lemon
4 cups cauliflower florets (from 1 small head)
1 cup whole wheat or other whole grain orzo
1 cup frozen petite peas
1 cup no-salt-added diced tomatoes
1/4 cup fat-free plain Greek yogurt
1/4 cup fat-free, low-sodium chicken broth (or water)
1/2 cup whole wheat couscous

1/4 cup vegetable broth
4 tablespoons chopped fresh herbs, such as basil and tarragon
2 tablespoons maple syrup
2 tablespoons low-sodium soy sauce
2 tablespoons dried cranberries
2 tablespoons chopped pistachios or almonds
2 tablespoons chopped fresh parsley
1 tablespoon fresh orange juice, plus
1 teaspoon grated orange zest
1 tablespoon extra-virgin olive oil
1/2 teaspoon fennel seed
1/2 teaspoon dried thyme
Pinch of crumbled saffron threads
Kosher salt and freshly ground pepper
Cooking spray
Extra-virgin olive oil

TUESDAY, THURSDAY
AND THE WEEKEND

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