

MONDAY



One-Pot Garlicky
Shrimp and Broccoli

WEDNESDAY



Creamy Lemon-Basil
Chicken

FRIDAY



Greek Inspired Burgers
With Herb-Feta Sauce

GROCERIES

1 pound ground lamb or beef
1 pound raw shrimp
1 pound chicken cutlets
3 ounces reduced fat cream cheese
4 cups small broccoli florets
1 ¼ cups unsalted chicken broth
1 cup cucumber
1 cup nonfat plain Greek yogurt
½ cup red bell pepper
¼ cup crumbled feta cheese
3 tablespoons EVOO
3 tablespoons fresh oregano
2 tablespoons unsalted butter
2 tablespoons fresh basil
2 teaspoons lemon juice
2 teaspoons minced garlic
2 teaspoons lemon juice
1 ¾ teaspoon salt
1 ½ teaspoon ground pepper
¼ teaspoon lemon zest
6 medium garlic cloves
1 small lemon
1 small red onion
1 plum tomato

TUESDAY, THURSDAY
AND THE WEEKEND

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