

MONDAY



Salmon and Creamy Orzo With Spinach and Mushrooms

WEDNESDAY



Chicken Garden Medley

FRIDAY



Lemony Roasted Chicken and Potatoes

GROCERIES

4 bone-in chicken thighs	1/2 cup julienned sweet red pepper	powder
1 1/4 pound center-cut salmon	1/2 cup julienned green pepper	1 teaspoon dried rosemary
4 chicken drumsticks	2 1/2 cups low sodium chicken broth	
1 pound boneless, skinless chicken breasts, cut into strips	1/2 cup half-and-half cream	
8 ounces angel hair pasta	1/4 cup heavy cream	
1 cup whole wheat orzo	1/4 cup butter	
10 cups baby spinach	4 tablespoons olive oil	
1 small zucchini	2 3/4 teaspoons salt	
1 small yellow squash	2 tablespoons shredded parmesan	
1 1/2 cups sliced mushrooms	2 tablespoons all-purpose flour	
2 medium lemons	1 1/2 teaspoons ground pepper	
2 large onions	1 teaspoon paprika	
1 1/2 pounds red potatoes	1 teaspoon garlic	
4 garlic cloves		

TUESDAY, THURSDAY AND THE WEEKEND

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