

MONDAY



Lemon Parmesan
Chicken With Arugula
Salad Topping

WEDNESDAY



Family Sheet Pan
Salmon Dinner

FRIDAY



Chipotle Shrimp Taco
and Avocado Salsa
Verde With Corn

GROCERIES

1 pound medium shrimp
(about 20)
1/4 pound chunk
Parmesan cheese
1 pound fingerling
potatoes, halved
lengthwise
8 corn tortillas
6 boneless, skinless
chicken breasts
4 six-ounce skinless
salmon filets
4 medium tomatillos
3 lemons (1 teaspoon
for zest)
2 limes
2 extra large eggs
1 jalapeno
1 garlic clove
1 bag (14.4 ounces

each) sweet kernel corn
1/2 avocado
5 ounces arugula
2 cups 1-inch broccoli
florets
1 1/2 cups seasoned
dry breadcrumbs
1 cup all-purpose flour
1/2 cup freshly grated
Parmesan cheese
1/4 cup loosely packed
fresh cilantro leaves and
8 sprigs of cilantro
(garnish)
8 tablespoons olive oil
1 tablespoon unsalted
butter
1 teaspoon fresh thyme
leaves
1 teaspoon chipotle or
blended chili powder
3/4 teaspoon smoked

paprika
3/4 teaspoon Kosher
salt
1/2 teaspoon curry
powder
3/8 teaspoon black
pepper

TUESDAY, THURSDAY
AND THE WEEKEND

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