

MONDAY



Shrimp and Veggie
Quesadillas

WEDNESDAY



Panko-crusted Pork
Chops With Carrot
Mash

FRIDAY



Creamy Chicken and
Broccoli Pesto Bow Ties

GROCERIES

2 pounds carrots
1 pound large shrimp
4 four-ounce boneless
pork loin chops
1 eight-ounce bag
shredded Monterey jack
cheese
1 five-ounce package
baby spinach
4-ounce mascarpone or
cream cheese
3-ounce parmesan
6 large flour tortillas
2 garlic cloves
1 mango
1 large yellow bell
pepper
1 bunch scallions
1 lime
1 bunch fresh basil

2 cups broccoli florets
2 cups shredded
rotisserie chicken
1/2 cup salsa verde
1/4 cup and 1
tablespoon olive oil
7 tablespoons salted
butter
5 tablespoons panko
breadcrumbs
2 tablespoons honey
mustard
1 tablespoon honey
2 teaspoons lemon zest
1 teaspoon kosher salt
1 1/2 teaspoon ground
cumin
1/4 teaspoon cayenne
pepper
Black pepper
Ancho chili powder
Sour cream

Hot sauce
Parsley
Chopped toasted
pecans

TUESDAY, THURSDAY
AND THE WEEKEND

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