

MONDAY



Green Goddess
Salmon Grain Bowls

WEDNESDAY



Beef Stir Fry

FRIDAY



Grilled Chicken With
Zucchini Noodles

GROCERIES

1 and 1/2-pound salmon file	1 bunch scallions	mustard
1 and 1/2-pound skirt steak	1 serrano chile pepper	1 tablespoon salted butter
1 and 1/2 pounds precut zucchini noodles	1 bunch scallions	1 tablespoon capers in brine
1/4 pound snow peas or green beans	1 red bell pepper	4 and 1/2 teaspoons kosher salt
1 twelve-ounce can baby corn	6 cups baby spinach	2 teaspoons sugar
6 ounces fresh mushrooms	3 cups finely shredded red cabbage	1 teaspoon dried dill
4 ounces sugar snap peas	1 cup quinoa	Black pepper
6 cloves garlic	1 cup fresh parsley	
6 skinless, boneless chicken breasts	1/2 cup fresh basil chopped	
3 lemons	1/2 cup mayonnaise	
2 ripe avocados	1/3 cup buttermilk	
2 limes	1/4 cup grated Parmesan cheese	
	1/4 cup of soy sauce	
	1/4 cup salted roasted sunflower seeds	
	4 tablespoons of lemon juice	
	4 tablespoons olive oil	
	2 tablespoons Dijon	

TUESDAY, THURSDAY
AND THE WEEKEND

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