

# WEEKLY DINNER MENU

## MONDAY



Orzo with Bacon, Peas, Spinach, & Lemon

## WEDNESDAY



Pan-seared Salmon with Kale and Apple Salad

## FRIDAY



BLT Turkey Burgers

### GROCERIES

- 1-pound lean ground turkey
- Four 5-ounce center-cut salmon fillets (1-inch thick)
- One 20-ounce package frozen sweet potato fries
- 12-ounces bacon
- 6 cups a bunch kale
- 3 cups low sodium chicken broth
- 2 cups packed baby spinach
- 1 cup frozen peas
- 1 cup dry orzo
- 1/4 cups Parmesan
- 1/4 cup pecorino
- 1/4 cup of dates
- 1/4 cups fresh chives
- 5 tablespoons mayonnaise
- 3 tablespoons fresh lemon juice

- 4 tablespoons olive oil
- 3 tablespoons toasted slivered almonds
- 2 teaspoon sriracha
- 1/2 teaspoon chili powder
- 1/2 teaspoon kosher salt
- 6 slices center-cut bacon
- 4 whole wheat dinner rolls
- 4 brioche buns
- 1 to 2 beefsteak tomatoes
- 1 medium lemon
- 1 leek
- 1 Honeycrisp apple
- 1 avocado
- 1 head of lettuce
- 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
- Kebabs