

MONDAY



Baked Salmon Nuggets
with Roasted Carrots

WEDNESDAY



Pork Fried Rice

FRIDAY



Sheet Pan Dinner with
Chicken and
Vegetables

GROCERIES

1 pound skinless salmon fillets, about 4 pcs
 1 1/2 pounds red potatoes
 1 pound carrots peeled
 1 pound baby carrots
 1 cup grated Parmesan cheese
 1 1/4 cups panko breadcrumbs
 1 cup mayonnaise
 1/2 cup all-purpose flour
 1 tablespoon coconut oil
 1/2 teaspoon salt
 3 eggs
 6 cups rice
 1 1/2 cups cubed cooked pork
 2 teaspoons vegetable oil
 1/2 cup fresh mushrooms
 1/4 cup vegetable oil
 1 tablespoon soy sauce
 One 1-ounce package ranch dressing mix
 3 stalks celery
 3 green onions
 2 large skinless, boneless chicken breasts
 2 cloves garlic, finely chopped
 1 large carrot, diced
 One 1-inch piece fresh ginger
 1/2 small onion
 1/2 red bell pepper
 salt
 ground 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