

WEEKLY MENU

Meal 1: Caper, Dill, & Lemon Slow Roasted Salmon + Lemon Salted Yogurt + Garlicky Green Beans + Marinated Lentil, Arugula, Walnut, & Avocado Salad with Shallot-Lemon Vinaigrette

- Salmon: Remove salmon and yogurt from refrigerator. Preheat oven to 325 and slow roast salmon until cooked throughout and flakey, about 20-25 minutes. Enjoy with a dollop of yogurt.
- Green Beans: Remove from refrigerator to come to room temperature. Simply toss to refresh.
- Lentil Salad: Remove lentil salad, walnuts, and vinaigrette from refrigerator. When ready to eat, slice in 1 avocado then toss salad with walnuts and vinaigrette. Season to taste and enjoy!

Meal 2: Chicken Milanese with Blistered Heirloom Tomatoes, Basil, & Garlic + Roasted Broccoli with Avocado, Scallions, & Lemon Zest + Quinoa, Grilled Corn, & Herb Salad with Toasted Pepitas & Lime Vinaigrette

- Chicken: Remove chicken and blistered tomato mix from refrigerator. Preheat oven to 425 and warm chicken on parchment lined sheet tray until crunchy and piping hot throughout, about 10-12 minutes. Toss blistered tomato mix to refresh and enjoy atop chicken with extra basil.
- Broccoli: Remove broccoli from refrigerator to come to room temperature. When ready to eat, slice avocado over top, season with crunchy salt, and enjoy.
- Quinoa Salad: Remove quinoa and vinaigrette from refrigerator to come to room temperature. When ready to eat, toss with pepitas and vinaigrette, season to taste, and enjoy.

Meal 3: Yakitori Chicken Meatballs + Yakisoba Noodles with Shiitake Mushrooms & Kale + Toppings of Scallions & Extra Sauce

- Meatballs: Remove meatballs and sauce from refrigerator. Preheat oven to 375 and reheat meatballs on parchment lined sheet tray for about 10 minutes until warmed throughout. Drizzle with sauce and top with scallions.
- Yakisoba Noodles: Remove noodles from refrigerator. Reheat in a large skillet until warmed through and kale is wilted, stirring frequently for about 3 minutes. Serve topped with meatballs, extra sauce, and scallions.

Extras

Almond Flour Zucchini-Carrot Muffins
Broccolini, Sausage, & Feta Frittata