

Dinner Ideas for the Week Ahead

SUN

Honey Mustard Chicken (Serve with Mashed Potatoes)

- Chicken
- Honey
- Butter
- Flour
- Dijon Mustard
- Cream
- Shallot
- Chicken Stock
- Olive Oil
- Garlic
- Salt & Pepper

Pesto Gnocchi with Roasted Tomatoes and Parmesan

- Gnocchi
- Salt
- Parmigiano Reggiano
- Tomatoes
- Pepper
- Olive Oil
- Lemon
- Pesto

TUE

Chicken & Veggies Traybake

- Chicken Thighs
- Peppers
- Lemon
- Olive Oil
- Potatoes
- Red Onion
- Garlic
- Salt
- Zucchini
- Feta
- Parsley
- Pepper

Fish with Lemon Butter Sauce (Serve with Potatoes)

- Fish Fillets
- Garlic
- Capers
- Olive Oil
- Salt
- Butter
- Lemon
- Potatoes
- Pepper
- Shallot
- Dill
- (Recipe included)

THU

Creamy Sausage Pasta with Roasted Peppers

- Pasta
- Lemon
- Garlic
- Basil
- Sausage
- Cream
- Butter
- Salt
- Peppers
- Parmesan
- Shallot
- Pepper

Stuffed Beef Burger (Serve with Zucchini Fries & Aioli)

- Beef
- Parmesan
- Cheddar Cheese
- Lemon-Garlic Mayo Dressing (Recipe Included)
- Buns
- Goat Cheese
- Tomato
- Sundried Tomatoes
- Garlic
- Arugula

SAT

Chicken Orzo and Veggies

- Chicken
- Mushrooms
- Chicken Stock
- Sun-Dried Tomatoes
- Butter
- Orzo
- Shallot
- Water
- Parmesan
- Oil
- Zucchini
- Garlic
- Cream
- Salt & Pepper

MON

WED

FRI

