

A Full Week of Dinner Ideas

SUN

Lemon Chicken Soup with Orzo

- Chicken Thighs
- Orzo
- Onion
- Chicken Stock
- Carrots
- Celery
- Bay Leaf
- Dried Oregano
- Cream
- Lemon
- Parsley
- Salt
- Pepper

Lemon Shrimp Chopped Salad

- Romaine Lettuce Heart
- Shrimp
- Avocado
- Tomatoes
- Mini Peppers
- Bacon
- Olives
- Lemon
- Olive Oil
- Parsley
- Red Onion
- Parsley
- Salt & Pepper

Beef Quesadillas with Side Salad

- Flour Tortillas
- Cheese
- Ground Beef
- Chili Powder
- Cumin
- Oregano
- Garlic Powder
- Tomato Paste
- Paprika
- Oil
- Salt
- Pepper
- Guacamole
- Sour Cream

Cajun Chicken & Tomato Rice

- Chicken
- Cajun Seasoning
- Bell Pepper
- Garlic
- Onion
- Tomato Paste
- Rice
- Tomatoes
- Chicken Broth
- Olive Oil
- Butter
- Parsley
- Lemon
- Salt & Pepper

Sausages with Potatoes and Mushroom Sauce

- Sausages
- Mushroom Sauce (Recipe Included)
- Mashed Potatoes (Recipe Included)

Chicken Greek Salad Flatbread Wraps

- Flatbread
- Chicken
- Tomatoes
- Cucumber
- Kalamata Olives
- Feta
- Red Onion
- Oregano
- Lemon Juice or Vinegar
- Olive Oil
- Salt
- Pepper

Garlic Shrimp Rice Bowl

- Shrimp
- Rice
- Avocado
- Mushrooms
- Garlic
- Lemon
- Butter
- Olive Oil
- Feta
- Olives
- Parsley
- Yogurt

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