

WEEKNIGHT DINNER PLAN

To serve 4 people

- DINNER 1 **Weeknight Minestrone Soup**
- DINNER 2 **Asian Salmon Patties** + sugar snap peas
- DINNER 3 **One Pan Arroz con Pollo Verde** + simple salad
- LEFTOVERS **Leftover soup + salad or sandwiches**
- BACK-UP **Creamy Chickpea Salad** + crackers and fruit

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WEEKEND PREP PLAN:

D1: Chop the onion, carrot, celery, green beans and zucchini up to 3 days ahead. Store in a sealed container (together is fine) and refrigerate. If you're feeling ambitious, you can also make the soup in advance.

D2: Prepare the salmon patty mixture up to 2 days ahead and refrigerate. Shape the patties just before cooking them. The sauce can also be prepared up to 2 days in advance and refrigerated.

D3: Prep any salad fixings, if desired. This is a great way to use any remaining fresh vegetables. Washed and dried lettuce can last up to a week in the fridge.

REPURPOSING LEFTOVERS:

Stretch leftover soup into another meal by serving it with turkey sandwiches or grilled cheese, or a simple green salad.

BACK-UP RECIPE:

For those nights when things don't go according to plan, having a few pantry and fridge staples on hand can help you get dinner on the table in under 15 minutes.

SHOPPING LIST

PRODUCE:

- 1 medium onion (D1)
- 1 lb carrots (D1)
- 1 small bunch celery (D1)
- 1/2 lb green beans (D1)
- 2 small zucchini (D1)
- Garlic (D1, D2)
- 1 russet potato (D1)
- 6 cups chopped kale (D1)
- Green onions (D2)
- 1-2 oranges (D2)
- 8 oz steam-in-bag sugar snap peas (D2)
- Cilantro (D3)
- Additional salad fixings (D3, L)

GROCERY:

- 28-oz can diced tomatoes (D1)
- Tomato paste (D1)
- 2 quarts LS veg or chicken stock (D1)
- 14.5-oz can chickpeas (D1)
- 2 14-oz cans wild Alaskan salmon (D2)
- Panko breadcrumbs (D2)
- White rice (D3)
- 14.5-oz can chicken broth (D3)
- 1 cup jarred salsa verde (D3)
- Whole grain bread (L)

DAIRY/DELI:

- 2-inch parmesan rind (D1)
- 2 eggs (D2)
- 1 cup finely grated Mexican blend cheese (D3)
- Deli turkey and cheddar cheese (L)

MEAT/POULTRY:

- 2 lbs boneless, skinless chicken thighs (D3)

PANTRY:

- Olive oil
- Vinegar
- Dried basil
- Dried oregano
- Reduced sodium soy sauce
- Toasted sesame oil
- Ground ginger
- Mayonnaise, any variety
- Teriyaki marinade
- Ground cumin
- Butter
- Salt
- Black pepper

BACK-UP RECIPE:

- 2 14.5-oz cans chickpeas
- Mayonnaise, any variety*
- Celery*
- Green onions*
- Lemon juice
- Crackers (or whole grain bread*)
- Fruit

*Items already on shopping/pantry list