

6 Dinners Menu (Week of 2/10/25)

1. [Mediterranean Sheet Pan Chicken with Lemon Orzo](#)
2. [Sheet Pan Lemon Garlic Shrimp & Asparagus*](#)
3. [Greek Salad with Mediterranean Chicken*](#)
4. [Lemon Garlic Shrimp Linguine*](#)
5. [Sheet Pan Herb-Crusted Pork Tenderloin with Roasted Vegetables](#)
6. [Asian Chicken Stir-Fry](#)

*Denotes that some portion of the meal contains components cooked in another meal. If made in this order, you won't have any issues. You can easily make each meal individually as well (see recipe notes), this just saves time and effort.

Mediterranean Sheet Pan Chicken with Lemon Orzo

Pasta:

- 1 lbs orzo pasta ($\frac{1}{2}$ for this meal $\frac{1}{2}$ for shrimp sheet pan)
- 2 cups chicken broth
- 2 cups water
- 2 tbsp butter
- 1 lemon, zested and juiced
- $\frac{1}{4}$ cup fresh parsley, chopped
- Salt and pepper to taste

Sheet Pan:

- 6 roughly 8 oz chicken breasts (3 lbs total - 2 lbs for dinner, 1 lb for salad)
- 3 zucchini, sliced
- 2 red onions, wedged
- 2 red bell peppers, chunked
- 4 tbsp olive oil
- 2 tbsp dried oregano
- 2 tsp garlic powder
- 1 lemon, juiced
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F
2. Start orzo: Bring broth and water to boil, add 1 lb orzo, cook until al dente (about 8 minutes). Drain, toss with butter, lemon zest, half the parsley, salt and pepper. Reserve remaining orzo for shrimp meal.
3. Meanwhile, toss vegetables with 2 tbsp olive oil, 1 tbsp oregano, salt and pepper
4. Spread on sheet pan lined with parchment
5. Rub chicken with remaining oil, oregano, garlic powder, lemon juice
6. OPTIONAL: sear chicken breast on one side on stove top (2 minutes, high heat)
7. Place on pan with vegetables (seared side up if seared)
8. Roast 20-25 minutes until chicken reaches 165°F
9. Serve chicken and vegetables with orzo ($\frac{1}{2}$ cup per plate), garnish with remaining parsley

Nutrition per serving:

- Calories: 500
- Protein: 38g
- Carbs: 37g
- Fat: 25g

Sheet Pan Lemon Garlic Shrimp & Asparagus

Ingredients:

- 3 lbs large shrimp, peeled and deveined (2 pounds for this meal, 1 pound for pasta meal)
- 2 lbs asparagus, trimmed
- 6 cloves garlic, minced
- 4 tbsp olive oil
- 2 lemons (1 juiced, 1 sliced)
- 1 tsp red pepper flakes
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F
2. Take reserved orzo from chicken meal, reheat gently with a splash of chicken broth or water (microwave or stovetop)
3. Toss asparagus with 2 tbsp oil, half the garlic
4. Arrange on sheet pan with lemon slices
5. Toss shrimp with remaining oil, garlic, lemon juice, red pepper
6. Add to pan after asparagus has cooked 5 minutes
7. Cook additional 8-10 minutes until shrimp is pink
8. Serve over warmed orzo

Nutrition per serving:

- Calories: 380
- Protein: 42g
- Carbs: 8g
- Fat: 22g

Greek Salad with Mediterranean Chicken

Ingredients:

- Reserved chicken from sheet pan meal*
- 2 large heads romaine lettuce, chopped
- 2 cucumbers, diced
- 1 pint cherry tomatoes, halved
- 1 red onion, thinly sliced
- 8 oz feta cheese, crumbled
- 1 cup kalamata olives

Dressing:

- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 2 tsp dried oregano
- Salt and pepper to taste
- Optional: 1 tbsp dijon mustard (for a creamier dressing)

Instructions:

1. Combine lettuce, cucumber, tomatoes, onion
2. Add warmed (or chilled) protein
3. Top with feta and olives
4. Whisk dressing ingredients, drizzle over salad

Nutrition per serving (with chicken):

- Calories: 440
- Protein: 32g
- Carbs: 14g
- Fat: 30g

** Alternatively you can cook 1lb chicken breast for this recipe, following same seasonings, or make salad without chicken*

Lemon Garlic Shrimp Linguine

Ingredients:

- Reserved sheet pan shrimp*
- 1 lb linguine
- 4 tbsp butter
- 4 tbsp olive oil
- 6 cloves garlic, minced
- 1/2 cup white wine
- 1 cup pasta water (reserved)
- 1 cup fresh parsley, chopped
- 1 lemon, juiced
- Salt and pepper to taste
- Red pepper flakes to taste

Instructions:

1. Cook pasta to al dente, reserving 1 cup water
2. Sauté garlic in butter and oil over medium heat
3. Add the wine, reduce by half
4. Add pasta water, lemon juice
5. Toss with pasta, reserved shrimp, parsley
6. Season to taste

Nutrition per serving:

- Calories: 620
- Protein: 38g
- Carbs: 72g
- Fat: 24g

**Alternatively you can prepare 1 lb shrimp for this meal, following same seasonings or make without shrimp*

Sheet Pan Herb-Crusted Pork Tenderloin with Roasted Vegetables

Ingredients:

- 2 lbs pork tenderloin
- 1.5 lbs baby potatoes, halved
- 1 lb green beans, trimmed
- 3/4 cup panko breadcrumbs
- 1/3 cup grated parmesan cheese
- 3 tbsp fresh thyme, chopped
- 2 tbsp fresh sage, chopped
- 4 cloves garlic, minced
- 3 tbsp whole grain mustard
- 4 tbsp olive oil
- 1.5 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F
2. Mix breadcrumbs, parmesan, half the herbs, half the garlic
3. Combine mustard, 1 tbsp olive oil, balsamic vinegar, remaining garlic
4. Toss potatoes with 1 tbsp oil, remaining herbs, salt, pepper
5. Place pork and potatoes on pan with parchment paper
6. Brush pork with mustard mixture, then press breadcrumb mixture on top
7. After 15 minutes, add green beans tossed with remaining oil, salt and pepper
8. Cook additional 10-15 minutes until pork reaches minimum of 145°F
9. Optional: broil 1-2 minutes at end to brown crust

Nutrition per serving:

- Calories: 490
- Protein: 42g
- Carbs: 42g
- Fat: 18g

Asian Chicken Stir-Fry

Ingredients:

- 1.5 lbs chicken breast, sliced
- 2 bell peppers, sliced
- 2 zucchini, sliced thin
- 1 lb sugar snap peas
- 2 cups white or brown rice
- 4 tbsp soy sauce
- 2 tbsp rice vinegar
- 2 tbsp honey
- 2 tbsp cornstarch
- 1/4 cup water (for cornstarch slurry)
- 2 tbsp sesame oil
- 2 tbsp vegetable oil
- 2 tbsp ginger, minced
- 4 cloves garlic, minced
- Sesame seeds for garnish

Instructions:

1. Cook rice according to package
2. Mix soy sauce, vinegar, honey in a bowl
3. In a separate small bowl, whisk cornstarch with the water to make a slurry
4. Stir-fry chicken in vegetable oil until just cooked through, remove from pan
5. Add sesame oil to pan
6. Stir-fry vegetables with ginger and garlic until crisp-tender
7. Return chicken to pan
8. Add sauce mixture and bring to simmer
9. Stir in cornstarch slurry and cook until sauce thickens, about 1 minute
10. Serve over rice, garnish with sesame seeds

Nutrition per serving:

- Calories: 520
- Protein: 35g
- Carbs: 58g
- Fat: 20g