

## 6 Dinners Menu (Week 12)

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*\*All use the same protein, and are precooked for 2 of the meals. If doing just some of the recipes, these are the ones we recommend to do as it will have the most crossover between recipes*

# Lemon Butter Shrimp Linguine

## Ingredients:

- 1.5 lbs large shrimp, peeled and deveined
- 12 oz linguine pasta
- 1 pint cherry tomatoes, halved
- 4 cups fresh spinach
- 4 cloves garlic, minced
- 1 shallot, finely diced
- 4 tablespoons butter
- 3 tablespoons olive oil
- 1 lemon (juiced and zested)
- $\frac{1}{2}$  cup dry white wine (or chicken broth)
- $\frac{1}{4}$  cup fresh parsley, chopped
- $\frac{1}{2}$  teaspoon red pepper flakes (optional)
- Salt and pepper to taste
- $\frac{1}{4}$  cup grated Parmesan cheese

## Directions:

1. Preheat oven to 400°F. Toss cherry tomatoes with 1 tablespoon olive oil, salt and pepper. Spread on a baking sheet and roast for 15 minutes until softened and slightly caramelized.
2. Meanwhile, bring a large pot of salted water to boil. Cook linguine according to package directions until al dente. Reserve  $\frac{1}{2}$  cup pasta water before draining.
3. While pasta cooks, heat 2 tablespoons olive oil in a large skillet over medium-high heat.
4. Season shrimp with salt and pepper. Add to skillet and cook 1-2 minutes per side until pink and opaque. Remove to a plate.
5. Reduce heat to medium. Add butter, shallot, and garlic to skillet and cook for 1 minute until fragrant.
6. Add white wine (or broth) and lemon juice. Simmer for 2 minutes to reduce slightly.
7. Add cooked linguine, shrimp, roasted tomatoes, spinach, lemon zest, and red pepper flakes (if using). Toss until spinach wilts. Add a splash of reserved pasta water if needed to loosen the sauce.
8. Remove from heat. Stir in parsley and Parmesan cheese.
9. Serve immediately, garnished with additional Parmesan if desired.

## Nutrition per serving:

- Calories: 460
- Protein: 32g
- Carbs: 40g
- Fat: 20g

# Sheet Pan Honey-Mustard Chicken Thighs

(Makes extra chicken for Recipes 3 and 5)

## Ingredients:

- 8 bone-in, skin-on chicken thighs (4 for this meal, 4 for Recipes 3 and 5)
- 1 lb Brussels sprouts, halved
- 1.5 lbs baby potatoes, halved
- 3 tablespoons olive oil, divided
- 3 tablespoons Dijon mustard
- 2 tablespoons honey
- 2 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 1 lemon, juiced (optional)
- Salt and pepper to taste

## Directions:

1. Preheat oven to 425°F. Line a sheet pan with parchment paper.
2. In a small bowl, mix 1 tablespoon olive oil, Dijon mustard, honey, garlic, half the rosemary, and lemon juice (optional).
3. Place all 8 chicken thighs on the pan. Brush only 4 thighs with the honey-mustard mixture (reserve the other 4 unseasoned for Recipes 3 and 5).
4. Roast for 10 minutes
5. Meanwhile, toss Brussels sprouts and potatoes with 2 tablespoons of olive oil, salt, and pepper.
6. After 10 minutes add vegetables to the same pan if there is room, or use a second sheet pan if not.
7. Roast for an additional 25-30 minutes until chicken reaches 165°F and vegetables are tender.
8. Set aside 4 unseasoned chicken thighs for Recipes 3 and 5.

## Nutrition per serving:

- Calories: 480
- Protein: 35g
- Carbs: 30g
- Fat: 28g

# **Greek Chicken Orzo Salad with Lemon-Herb Vinaigrette**

(Uses pre-cooked chicken from Recipe 2)

## **Ingredients:**

- 2 pre-cooked chicken thighs from Recipe 2, meat removed and diced
- 1.5 cup orzo pasta
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1 red bell pepper, diced
- $\frac{1}{2}$  red onion, thinly sliced
- $\frac{1}{2}$  cup kalamata olives, pitted and halved
- $\frac{1}{2}$  cup feta cheese, crumbled
- $\frac{1}{4}$  cup fresh parsley, chopped

## **Dressing:**

- $\frac{1}{2}$  cup olive oil
- 4 tablespoons lemon juice
- 2 tablespoon red wine vinegar
- 2 teaspoon dried oregano
- 2 clove garlic, minced
- 2 teaspoon honey
- Salt and pepper to taste

## **Directions:**

1. Cook orzo according to package directions. Drain, rinse with cold water, and transfer to a large bowl.
2. Remove skin and bones from pre-cooked chicken thighs. Dice the meat.
3. Add chicken, cucumber, tomatoes, bell pepper, red onion, olives, and feta to the orzo.
4. In a small bowl, whisk together all dressing ingredients.
5. Pour dressing over salad and toss to combine.
6. Garnish with fresh parsley and serve chilled or at room temperature.

## **Nutrition per serving:**

- Calories: 420
- Protein: 24g
- Carbs: 40g
- Fat: 22g

# Spring Vegetable Minestrone Soup with Orzo

## Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 zucchini, diced
- 1 cup Brussels sprouts, quartered (leftover from Recipe 2)
- 2 cups baby spinach
- 1 can (15 oz) diced tomatoes
- 1 can (15 oz) white beans (cannellini), drained and rinsed
- 6 cups vegetable or chicken broth
- $\frac{1}{2}$  cup orzo pasta
- 2 tablespoons tomato paste
- 1 teaspoon dried Italian seasoning
- 1 bay leaf
- $\frac{1}{4}$  cup fresh basil, chopped
- $\frac{1}{4}$  cup grated Parmesan cheese
- Salt and pepper to taste

## Directions:

1. Heat olive oil in a large Dutch oven or pot over medium heat.
2. Add onion, carrots, and celery. Sauté until softened, about 5 minutes.
3. Add garlic and cook for 1 minute until fragrant.
4. Stir in tomato paste and Italian seasoning, cooking for another minute.
5. Add zucchini, Brussels sprouts, diced tomatoes, white beans, broth, and bay leaf. Bring to a boil.
6. Reduce heat and simmer for 15 minutes.
7. Add orzo and cook until tender, about 8-10 minutes.
8. Stir in spinach and cook until wilted, about 2 minutes.
9. Remove bay leaf. Season with salt and pepper to taste.
10. Serve garnished with fresh basil and Parmesan cheese.

## Nutrition per serving:

- Calories: 360
- Protein: 16g
- Carbs: 48g
- Fat: 12g

# One-Pot Mediterranean Chicken and Orzo with Spinach and Cherry Tomatoes

(Uses pre-cooked chicken from Recipe 2)

## Ingredients:

- 2 pre-cooked chicken thighs from Recipe 2, meat removed and diced
- 1.5 cups orzo pasta
- ½ red onion, diced
- 3 cloves garlic, minced
- 1 can (14 oz) artichoke hearts, drained and quartered
- 1 cup cherry tomatoes, halved
- 3 cups chicken broth
- 2 cups baby spinach
- Remaining feta cheese from Recipe 3, crumbled
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- ½ teaspoon red pepper flakes (optional)
- 2 tablespoons fresh parsley, chopped
- 1 lemon, zested and juiced
- Salt and pepper to taste

## Directions:

1. Heat olive oil in a large skillet or Dutch oven over medium heat.
2. Add red onion and sauté until softened, about 4 minutes.
3. Add garlic and cook for 1 minute until fragrant.
4. Stir in orzo, dried oregano, and red pepper flakes (if using). Toast for 2 minutes.
5. Add cherry tomatoes, chicken broth, and artichoke hearts. Bring to a boil.
6. Reduce heat to low, cover, and simmer for 10-12 minutes until orzo is tender and liquid is mostly absorbed.
7. Remove skin and bones from pre-cooked chicken thighs. Dice the meat and add to the pot.
8. Stir in spinach and lemon juice. Cook until spinach is wilted, about 2 minutes.
9. Remove from heat. Fold in feta cheese, lemon zest, and parsley.
10. Season with salt and pepper to taste.

## Nutrition per serving:

- Calories: 430
- Protein: 26g
- Carbs: 52g
- Fat: 15g

# Beef and Broccoli Stir Fry with Garlic Rice

## Ingredients:

- 1.5 lbs flank steak (or stir fry beef), thinly sliced against the grain
- 2 heads broccoli, cut into florets (about 4 cups)
- 1 red bell pepper, sliced
- 1 yellow onion, sliced
- 3 cloves garlic, minced (plus 2 cloves for rice)
- 1 tablespoon fresh ginger, grated
- 3 tablespoons vegetable oil, divided
- 1.5 cups white rice

## Sauce:

- $\frac{1}{3}$  cup low-sodium soy sauce
- 2 tablespoons brown sugar
- 1 tablespoon oyster sauce
- 1 tablespoon cornstarch
- $\frac{1}{2}$  cup beef broth or water
- 1 teaspoon sesame oil
- $\frac{1}{4}$  teaspoon red pepper flakes (optional)

## Directions:

1. Start rice according to package directions, adding 2 cloves minced garlic to the water.
2. In a small bowl, whisk together all sauce ingredients until well combined.
3. In a large wok or skillet, heat 1 tablespoon vegetable oil over high heat.
4. Add broccoli florets and stir-fry for 3 minutes until bright green but still crisp. Remove to a plate.
5. Add 1 tablespoon oil to the pan. Add bell pepper and onion, stir-fry for 2-3 minutes until softened. Remove to plate with broccoli.
6. Add remaining 1 tablespoon oil. Add beef in a single layer (work in batches if necessary) and let sear for 1 minute without stirring.
7. Stir beef and continue cooking for 1-2 minutes until just cooked through.
8. Add garlic and ginger, stir-fry for 30 seconds until fragrant.
9. Return vegetables to the pan. Pour sauce over everything and stir to combine.
10. Cook for 1-2 minutes until sauce thickens and coats everything evenly.
11. Serve hot over garlic rice.

## Nutrition per serving:

- Calories: 470, Protein: 35g, Carbs: 42g, Fat: 18g