

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)
- ½ cup dry white wine (or chicken broth)
- ¼ cup fresh parsley, chopped
- ½ teaspoon red pepper flakes (optional)
- Salt and pepper to taste
- ¼ 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 ½ 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
- ½ red onion, thinly sliced
- ½ cup kalamata olives, pitted and halved
- ½ cup feta cheese, crumbled
- ¼ cup fresh parsley, chopped

Dressing:

- ½ 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
- ½ cup orzo pasta
- 2 tablespoons tomato paste
- 1 teaspoon dried Italian seasoning
- 1 bay leaf
- ¼ cup fresh basil, chopped
- ¼ 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