

6 Dinners Weekly Menu

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Sheet Pan Salmon with Asparagus and Cherry Tomatoes

Serves 4

4 salmon fillets (about 6 oz each)
1 lb asparagus, trimmed
1 cup cherry tomatoes
2 tbsp olive oil
1 lemon, zested and juiced
½ tsp garlic powder
½ tsp paprika
½ tsp salt
¼ tsp black pepper

Instructions:

- Preheat oven to 375°F (190°C).
- Toss asparagus and cherry tomatoes with olive oil, salt, and pepper. Arrange on a sheet pan w/ foil or parchment
- Season salmon with garlic powder, paprika, lemon zest, and juice. Add to sheet pan.
- Bake for 15-18 minutes.

Garlic Butter Chicken Breasts with Rice and Roasted Broccoli

Serves 4

4 boneless, skinless chicken breasts* (about 1.5 lbs)
1 tbsp olive oil
3 tbsp unsalted butter
3 garlic cloves, minced
1 lemon, juiced
1 lb broccoli florets
1 cup white rice
2 cups water
Salt and pepper (to taste)

Instructions:

- Preheat the oven to 400°F (200°C).
- Cook rice according to package instructions.
- Toss broccoli with 2 tbsp olive oil, salt, and pepper. Roast on a sheet pan for 20 minutes.
- Heat a skillet over medium heat. Add remaining tbsp olive oil and sear chicken breasts (4-5 minutes per side) until cooked through. Remove and set aside. * if chicken breast are very thick, cut in half like a hamburger bun
- In the same skillet, melt butter, add garlic, and cook for 1 minute. Stir in lemon juice.
- Pour garlic butter over chicken. Serve with rice and broccoli.

Taco Salad

Serves 4

1 lb ground beef
1 packet taco seasoning
6 cups chopped romaine lettuce
1 cup cherry tomatoes, halved
1 cup corn (frozen or canned, drained)
1 cup black beans, drained and rinsed
½ cup shredded cheddar cheese
1 avocado, diced
¼ cup fresh cilantro, chopped
Salsa and sour cream for serving

Instructions:

- Brown ground beef in a skillet, drain fat, and mix with taco seasoning per packet instructions.
- Assemble salad with lettuce, tomatoes, corn, black beans, cheese, and avocado.
- Top with ground beef and garnish with cilantro. Serve with salsa and sour cream.

Sheet Pan Lemon Herb Chicken Thighs with Vegetables

Serves 4

4 bone-in, skin-on chicken thighs
1.5 pounds baby potatoes, halved
2 cups green beans, trimmed
2 lemons (1 juiced, 1 sliced)
3 garlic cloves, minced
3 tbsp olive oil
1 tsp dried thyme
1 tsp dried rosemary
1 tsp salt
½ tsp black pepper

Instructions:

- Preheat oven to 400°F (200°C).
- Toss chicken and potatoes with 2 tbsp olive oil, lemon juice, garlic, thyme, rosemary, salt, and pepper.
- Spread on a sheet pan lined with parchment paper and bake for 20 minutes, then add oiled green beans. Bake for 15-20 more minutes.

Sheet Pan Ground Beef Nachos

Serves 4-6

1 lb ground beef
1 packet taco seasoning
1 bag tortilla chips (family size)
1½ cups shredded cheddar cheese
1 cup black beans, drained and rinsed
1 cup corn (frozen or canned, drained)
½ cup diced red onion
1 jalapeño, sliced (optional)
1 avocado, diced
¼ cup fresh cilantro, chopped
Salsa and sour cream for serving

Instructions:

- Preheat oven to 375°F (190°C).
- Brown ground beef in a skillet, drain fat, and mix with taco seasoning per packet instructions.
- Spread tortilla chips on a sheet pan lined with parchment paper. Top with ground beef, cheese, black beans, corn, and onion.
- Bake for 8-10 minutes until cheese melts. Garnish with avocado, cilantro, and jalapeño. Serve with salsa and sour cream.

Greek Salad with Grilled Chicken

Serves 4

2 boneless, skinless chicken breasts (about 1 lb)
6 cups chopped romaine lettuce
1 cucumber, sliced
1 cup cherry tomatoes, halved
½ cup kalamata olives
¼ cup crumbled feta cheese
1/2 red onion, thinly sliced
2 tbsp olive oil (for chicken)
1 tsp dried oregano (for chicken)
Salt and pepper (to taste)

Dressing (double if you like a lot of dressing):

¼ cup olive oil
2 tbsp red wine vinegar
1 tsp Dijon mustard
1 garlic clove, minced
Salt and pepper (to taste)

Instructions:

- Season chicken with olive oil, oregano, salt, and pepper. Grill or cook in a skillet until done (10-12 minutes). Slice.
- Assemble salad ingredients in a bowl. Top with chicken.
- Whisk dressing ingredients and drizzle over the salad.