



Week 13

- 1 Medium Eggplant
- Olive Oil
- Oil Packed Sun Dried Tomatoes
- Fresh Parsley
- Penne Pasta
- 3 oz Goat Cheese, Crumbled
- Fully cooked Rotisserie Chicken(optional to use in both Monday & Tuesday meals)

pizza dough
1 lemon
4 ounces goat cheese
fresh basil (dried is alternative)
1 yellow zucchini
1 medium green zucchini
olive oil

4 Boneless Salmon
Butter
Mustard
Honey
Breadcrumbs
Chopped Walnuts
Chopped Pecans
Dried Parsley
1 Lemon

- 2 pounds beef chuck
- 1 large onion, chopped
- 1 pound white mushrooms (optional)
- Coarse salt and ground pepper
- cornstarch
- reduced-fat sour cream
- Dijon mustard
- Thin egg noodles

- Reduced-sodium chicken broth
- Red-wine vinegar
- Orange marmalade
- Dijon mustard
- cornstarch
- 1 pound chicken tenders
- kosher salt
- freshly ground pepper
- extra-virgin olive oil, divided
- 2 large shallots
- 1 Orange (optional)

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