



MURPHY'S *Fresh* MARKETS

Meal Planner

Mon →

Certified Angus Beef Boneless Chuck Roast

Dish: Slow-Cooked Chuck Roast

Sides: Murphy's Autumn Sweet Potatoes, Murphy's Braised Red Cabbage

Recipe: Slow-cook the chuck roast with garlic, onions, and beef broth until tender. Serve with roasted sweet potatoes and braised red cabbage.

Ahi Tuna Steaks

Tues →

Dish: Seared Ahi Tuna

Sides: Eat Smart Green Beans, wild rice

Recipe: Sear the Ahi Tuna steaks in a hot pan with sesame oil and soy sauce, leaving the center rare. Serve with sautéed green beans and wild rice.

Wed →

Spaghetti & Meatballs- Check out our Meal Deal!

Dish: Spaghetti & Meatballs with Hudson Italian Bread

Recipe: Cook Barilla pasta and serve with Barilla pasta sauce and Celentano meatballs. Warm the Hudson Italian bread.

Certified Angus Ground Chuck Meat

Thurs →

Dish: Classic Beef Burgers

Sides: Eat Smart Green Beans, oven-baked fries

Recipe: Make burgers from the ground chuck meat and grill or pan-fry them. Serve with sautéed green beans and crispy oven-baked fries.

Pork Tenderloins

Fri →

Dish: Herb-Roasted Pork Tenderloin

Sides: Murphy's Autumn Sweet Potatoes, sautéed spinach

Recipe: Season the pork tenderloin with olive oil, garlic, and herbs, and roast until cooked through. Serve with roasted sweet potatoes and sautéed spinach.

Bell and Evans Drumsticks

Sat →

Dish: Baked Chicken Drumsticks

Sides: Murphy's Braised Red Cabbage, mashed potatoes

Recipe: Season and bake the chicken drumsticks until golden and crispy. Serve with braised red cabbage and mashed potatoes.

Bay Scallops

Sun →

Dish: Garlic Butter Bay Scallops

Sides: Murphy's Cauliflower A L Maison, Eat Smart Green Beans

Recipe: Sauté the bay scallops in garlic butter until tender. Serve with cauliflower a la Maison and green beans.

See other side for shopping list



MURPHY'S
Fresh **MARKETS**



Shopping List

Protein:

Certified Angus Beef Boneless Chuck Roast
Ahi Tuna Steaks
Certified Angus Ground Chuck Meat
Pork Tenderloins
Bell and Evans Drumsticks
Bay Scallops

Vegetables:

Eat Smart Green Beans
Spinach
Potatoes (for mashed potatoes)

Prepared Foods:

Murphy's Autumn Sweet Potatoes
Murphy's Braised Red Cabbage
Murphy's Cauliflower A L Maison

Pantry Items:

Garlic
Olive oil
Herbs (rosemary, thyme)
Sesame oil
Soy sauce
Barilla Pasta
Barilla Pasta Sauce
Wild Rice

Frozen Food:

Celentano Meatballs
French Fries

Fresh Bakery:

Hudson Italian Bread

Dairy:

Milk
Butter

Feel free to adjust the quantities based on your family size and personal preferences!

Enjoy your week of delicious dinners!

