

# MURPHY'S Fresh MARKETS

## Meal Planner

### Certified Angus Beef Boneless Sirloin Steaks

Mon →

**Dish:** Grilled Sirloin Steaks

**Sides:** Roasted garlic mashed potatoes, steamed broccoli

**Recipe:** Season the steaks with salt, pepper, and garlic powder. Grill to your preferred doneness. Serve with mashed potatoes and steamed broccoli.

### Bell and Evans Boneless Chicken Breast

Tues →

**Dish:** Lemon Herb Chicken Breast

**Sides:** Quinoa salad with cherry tomatoes and cucumbers, roasted carrots

**Recipe:** Marinate chicken breasts in lemon juice, olive oil, garlic, and herbs. Grill or bake until cooked through. Serve with a quinoa salad and roasted carrots.

### Salmon Fillets

Wed →

**Dish:** Baked Salmon with Dill Sauce

**Sides:** Wild rice, sautéed spinach

**Recipe:** Season salmon with salt, pepper, and dill. Bake until flaky. Serve with a dill yogurt sauce, wild rice, and sautéed spinach.

### Extra Jumbo Shrimp

Thurs →

**Dish:** Shrimp Scampi

**Sides:** Linguine, garlic bread

**Recipe:** Sauté shrimp in butter, garlic, and white wine. Serve over linguine with a side of garlic bread.

### Country Style Ribs

Fri →

**Dish:** BBQ Country Style Ribs

**Sides:** Baked beans, coleslaw

**Recipe:** Slow-cook ribs with your favorite BBQ sauce until tender. Serve with baked beans and coleslaw.

### Bell and Evans Boneless Chicken Breast & Murphy's Premium Sliced Bacon

Sat →

**Dish:** Bacon-Wrapped Chicken Breasts

**Sides:** Roasted Brussels sprouts, mashed sweet potatoes

**Recipe:** Wrap chicken breasts with bacon and bake until cooked through. Serve with roasted Brussels sprouts and mashed sweet potatoes.

### Salmon Fillets

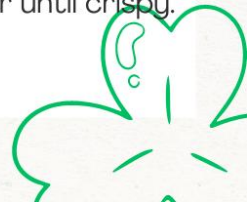
Sun →

**Dish:** Pan-Seared Salmon

**Sides:** Couscous, grilled asparagus

**Recipe:** Season salmon with salt, pepper, and lemon zest. Pan-sear until crispy. Serve with couscous and grilled asparagus.

See other side for shopping list





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*Fresh* **MARKETS**

## Shopping List

### **Protein:**

Certified Angus Beef Boneless Sirloin  
Steaks  
Bell and Evans Boneless Chicken Breast  
Salmon Fillets  
Extra Jumbo Shrimp  
Country Style Ribs  
Murphy's Premium Sliced Bacon

### **Vegetables:**

Broccoli  
Cherry tomatoes  
Cucumbers  
Carrots  
Spinach  
Garlic  
Asparagus  
Brussels sprouts  
Sweet potatoes

### **Grains:**

Quinoa  
Wild rice  
Linguine  
Couscous  
Potatoes

### **Condiments and Extras:**

Lemon  
Olive oil  
Dill  
White wine  
BBQ sauce  
Greek yogurt  
Butter  
Baked beans  
Coleslaw mix

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

Enjoy your week of delicious dinners!