



# MURPHY'S *Fresh* MARKETS

## Meal Planner

### 11/1/24

#### **Certified Angus Beef Boneless Strip Steaks**

Mon →

Dish: Grilled Strip Steaks

Sides: Murphy's Autumn Roasted Sweet Potatoes, Ocean Mist Microwavable Brussels Sprouts

Recipe: Grill the strip steaks and serve with Murphy's Autumn Roasted Sweet Potatoes and steamed Brussels sprouts.

#### **Salmon Fillets**

Tues →

Dish: Pan-Seared Salmon

Sides: Fresh Express Salad Mix, Seedless Cucumbers, Nature Sweet Cherub Tomatoes

Recipe: Pan-sear salmon fillets with olive oil and lemon. Serve with a fresh salad of mixed greens, cucumbers, and tomatoes.

#### **Bell & Evans Boneless Chicken Breast**

Wed →

Dish: Chicken Parmesan with Provolone

Sides: Organic Broccoli, pasta

Recipe: Bread and bake the chicken breasts, topped with marinara sauce and Dietz & Watson Provolone. Serve with steamed broccoli and pasta.

#### **16/20 ct Shrimp**

Thurs →

Dish: Garlic Butter Shrimp

Sides: Steamed rice, sautéed spinach

Recipe: Sauté shrimp in garlic butter and serve with steamed rice and sautéed spinach.

#### **Swordfish Steaks**

Fri →

Dish: Grilled Swordfish

Sides: Roasted organic broccoli, Murphy's Autumn Roasted Sweet Potatoes

Recipe: Grill swordfish steaks and serve with roasted broccoli and sweet potatoes.

#### **Certified Angus Beef Eye Round Roast**

Sat →

Dish: Roasted Beef Eye Round

Sides: Fresh Express Salad Mix, mashed potatoes

Recipe: Roast the beef eye round with garlic, herbs, and olive oil. Serve with mashed potatoes and a fresh salad.

#### **Pork Tenderloin**

Sun →

Dish: Herb-Crusted Pork Tenderloin

Sides: Ocean Mist Microwavable Brussels Sprouts, roasted carrots

Recipe: Roast the pork tenderloin with a crust of garlic, rosemary, and thyme. Serve with Brussels sprouts and roasted carrots.

**Dessert for the Week: Murphy's Cream Pies**

**See other side for shopping list**



## Shopping List

### Protein:

- Certified Angus Beef Boneless Strip Steaks\*\*
- Bell and Evans Boneless Chicken Breast\*\*
- Salmon Fillets\*\*
- 16/20 ct Shrimp\*\*
- Pork Tenderloin\*\*
- Bay Scallops\*\*
- Swordfish Steaks\*\*
- Certified Angus Beef Eye Round Roast\*\*

### Vegetables & Sides:

- Ocean Mist Microwavable Brussels Sprouts\*\*
- Fresh Express Salad Mix\*\*
- Seedless Cucumbers\*\*
- Nature Sweet Cherub Tomatoes\*\*
- Organic Broccoli\*\*
- Carrots\*\*
- Spinach

### Deli Department

- Dietz & Watson Provolone Cheese\*\*
- Murphy's Autumn Roasted Sweet Potatoes\*\*

### Pantry & Miscellaneous:

- Dececco Pasta\*\*
- Bertolli Extra Virgin Olive oil\*\*
- Garlic
- Lemon
- Herbs (rosemary, thyme)
- Marinara sauce
- Steamed rice

### Dessert (Bakery Department):

- Murphy's Cream Pies\*\*

\*\* sale items \*\*

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

Enjoy your week of delicious dinners!

