



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!

