



MURPHY'S *Fresh* MARKETS

Meal Planner

1/10/25

Certified Angus Bottom Round Roast

Dish: Slow-Cooked Pot Roast

Sides: Roasted Brussels Sprouts, Potatoes & Carrots

Mon →

Recipe: Cook the roast in a slow cooker with onions, carrots, potatoes and beef broth. Serve with oven-roasted Brussels sprouts

Ahi Tuna Steaks

Dish: Seared Ahi Tuna with Avocado Salsa

Sides: Steamed rice, Murphy's Amish Broccoli Salad

Tues →

Recipe: Sear tuna steaks briefly on high heat and top with a salsa made from diced avocados, lime juice, and cilantro. Pair with rice and broccoli salad.

Murphy's Cheese Manicotti

Dish: Baked Cheese Manicotti

Sides: Garlic bread, side salad

Wed →

Recipe: Heat manicotti as directed and serve with warm garlic bread and a side of leafy greens.

Certified Angus Bone In Rib Steaks

Dish: Grilled Rib Steaks

Sides: Green Beans, baked sweet potato

Thurs →

Recipe: Grill steaks to preferred doneness and serve with roasted Brussels sprouts and a baked sweet potato.

Murphy's Smoked Pulled Pork

Dish: BBQ Pulled Pork Sandwiches

Sides: Cole Slaw, Tater Tots

Fri →

Recipe: Warm pulled pork and serve on buns with a side of broccoli salad and buttery corn.

Pork Tenderloins

Dish: Herb-Crusted Pork Tenderloin

Sides: Brussels sprouts, rice pilaf

Sat →

Recipe: Season pork with garlic, rosemary, and thyme before roasting. Pair with sautéed Brussels sprouts and rice pilaf.

Bell & Evans Chicken Drumsticks or Thighs

Dish: Honey Garlic Baked Chicken

Sides: Celentano Tortellini with marinara

Sun →

Recipe: Marinate chicken in a honey garlic sauce, bake until golden, and serve with tortellini.

See other side for shopping list





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Fresh **MARKETS**

Shopping List

Proteins:

Certified Angus Bottom Round Roast**
Certified Angus Bone In Rib Steaks**
Ahi Tuna Steaks**
Pork Tenderloins**
Bell & Evans Chicken Drumsticks or
Thighs**

Prepared Items:

Murphy's Cheese Manicotti**
Murphy's Amish Broccoli Salad**
Murphy's Cole Slaw
Murphy's Smoked Pulled Pork**

Vegetables & Sides:

Avocados (2-3)**
Brussels Sprouts **
Sweet potatoes (4 medium)
Garlic (1 bulb)
Carrots and onions (for pot roast)
Fresh potatoes (optional for pot roast)
Mixed greens or salad mix (for side
salads)**
Green Beans
Herbs: rosemary, thyme, cilantro

Pantry Staples:


Olive oil
Honey
Lime juice
Rice (for pilaf or steaming)
Marinara sauce
Beef Broth**

Frozen Food:

Ore Ida Tater Tots**
Celentano Tortellini**

Bread:

Sandwich buns (for pulled pork)
Garlic bread or breadsticks



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

Enjoy a flavorful week of balanced meals with a
delightful dessert to end your day!

** sale items**

