



MURPHY'S Fresh MARKETS

Meal Planner 3/21/2025

Marinated London Broil & Grilled Romaine

Mon →

Main: Certified Angus Beef London Broil (marinated with balsamic vinegar, Dijon mustard, garlic, and rosemary, then grilled)
Sides: Grilled romaine lettuce with Parmesan and a lemon vinaigrette

Seared Ahi Tuna & Cucumber Salad

Tues →

Main: Ahi Tuna Steaks (seared rare with a sesame crust)
Sides: Murphy's Cucumber Salad and Fresh Express Salad with Nature Sweet Snacking Tomatoes and English Cucumbers

Cheese Ravioli with Spicy Garlic Olive Oil

Wed →

Main: Celentano Cheese Ravioli tossed with Bertolli Extra Virgin Olive Oil, garlic, and red pepper flakes
Sides: Organic Broccoli sautéed with lemon and olive oil

Roasted Whole Fryer Chicken & Brussels Sprouts

Thurs →

Main: Bell & Evans Whole Fryer Chicken (roasted with garlic, lemon, and fresh herbs)
Sides: Roasted Brussels sprouts with balsamic glaze

Fri →

Baked Norwegian Salmon & Eggplant

Main: Norwegian Salmon Fillets (oven-baked with a honey mustard glaze)
Sides: Roasted organic eggplant with olive oil and sea salt

Sat →

BBQ Boneless Country Style Ribs & Mac and Cheese

Main: Boneless Country Style Ribs (slow-cooked with BBQ sauce)
Sides: Murphy's Smoked Andouille Mac and Cheese

Sun →

Herb-Roasted Pork Tenderloin & Fresh Salad

Main: Pork Tenderloin (roasted with garlic, thyme, and black pepper)
Sides: Fresh Express Salad with Nature Sweet Snacking Tomatoes and English Cucumbers

Dessert of the Week

Murphy's Jewish Apple Cake 🍏🍰

See other side for shopping list



MURPHY'S Fresh MARKETS

Shopping List

Proteins:

- Certified Angus Beef London Broil**
- Ahi Tuna Steaks**
- Celentano Cheese Ravioli**
- Bell & Evans Whole Fryer Chicken**
- Norwegian Salmon Fillets**
- Pork Tenderloin**
- Boneless Country Style Ribs**

Vegetables & Sides

- Fresh Express Salad**
- Nature Sweet Snacking Tomatoes**
- English Cucumbers**
- Brussels Sprouts**
- Organic Broccoli**
- Organic Eggplant**
- Romaine Lettuce**
- Lemon

Prepared Foods

- Murphy's Smoked Andouille Mac and Cheese**
- Murphy's Cucumber Salad**

Grocery/Frozen

- Bertolli Extra Virgin Olive Oil**
- Garlic
- Red Pepper Flakes
- Balsamic Vinegar
- Dijon Mustard
- Parmesan Cheese
- Black Pepper
- BBQ Sauce

Bakery

- Murphy's Jewish Apple Cake

** sale items**

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!