



MURPHY'S *Fresh* MARKETS

Meal Planner

1/24/25

Slow-Cooked Chuck Roast

Mon → Main: Certified Angus Boneless Chuck Roast (slow-cooked with carrots, onions, and herbs)

Sides: Mashed Idaho Potatoes and steamed Brussels Sprouts

Tip: Save extra roast for sandwiches or wraps!

Grilled Chicken Breasts

Tues → Main: Bell and Evans Boneless Chicken Breasts (marinated and grilled)

Sides: Murphy's Tri-Color Pasta Salad and roasted broccoli

Murphy's Shepherd's Pie

Wed → Main: Murphy's Shepherd's Pie

Sides: King's Hawaiian Rolls and a side green salad

Seafood Night

Thurs → Main: Bay Scallops (pan-seared in garlic butter) and 16/20ct EZ Peel Shrimp (grilled or steamed)

Sides: Steamed broccoli and jasmine rice

Murphy's Famous Chili Night

Fri → Main: Murphy's Famous Chili

Sides: Cornbread or King's Hawaiian Rolls

Tip: Top with shredded cheese and a dollop of sour cream!

Boneless Pork Royal Roast

Sat → Main: Boneless Pork Royal Roast (roasted with garlic and rosemary)

Sides: Roasted Idaho Potatoes and sautéed Brussels Sprouts

Light Asian-Inspired Dinner

Sun → Main: Murphy's Asian Noodle Salad

Sides: Grilled chicken breast strips and a side of stir-fried vegetables

See other side for shopping list





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Shopping List



Proteins:

- Certified Angus Boneless Chuck Roast**
- Bell and Evans Boneless Chicken Breasts**
- 16/20ct EZ Peel Shrimp**
- Bay Scallops**
- Boneless Pork Royal Roast**
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Produce:

- Idaho Potatoes**
- Carrots**
- Brussels Sprouts**
- Broccoli**
- Mixed greens (for salad)

Prepared Foods:

- Murphy's Tri-Color Pasta Salad**
- Murphy's Asian Noodle Salad**
- Murphy's Shepherd's Pie**
- Murphy's Famous Chili**

Bakery

- King's Hawaiian Rolls**

Pantry & Extras

- Garlic
- Jasmine rice
- Cornbread mix
- Sour cream**
- Shredded cheese**

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**

