

## MONDAY



Ground Turkey  
Enchilada Stir-fry

## WEDNESDAY



Mustard-maple Roasted  
Salmon

## FRIDAY



Grilled Chicken With  
Tomato-cucumber  
Salad

## GROCERIES

4 chicken breasts  
4 salmon filets (5 oz. each)  
1 lb. lean ground turkey  
3 pepperoncini peppers,  
steamed and minced  
1-2 avocados  
1 Kirby cucumber, unpeeled,  
quartered lengthwise and  
sliced  
1 garlic clove  
1 lemon  
1 lime  
2 cups butternut squash,  
peeled, shredded and diced  
1 cup broccoli florets  
1 cup pear tomatoes, sliced in  
rounds  
1/2 cup whole wheat couscous  
1/2 cup salsa

1 (15 oz.) can sodium-free  
black beans  
1 (10 oz.) can enchilada sauce  
2 tbsp. Dijon mustard  
1 tbsp. light mayonnaise  
2 tsp. pure maple syrup  
Shredded cheese  
Fresh dill, chopped  
Fresh cilantro, chopped  
Olive oil  
Salt and freshly ground black  
pepper

TUESDAY, THURSDAY  
AND THE WEEKEND

- Use your leftovers to create these meals
- Try creating a super salad or Buddha bowl using your leftovers