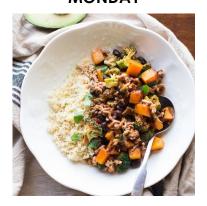
WEEKLY DINNER MENU

MONDAY



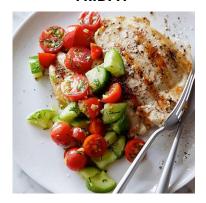
Ground Turkey Enchilada Stir-fry

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

