

MONDAY



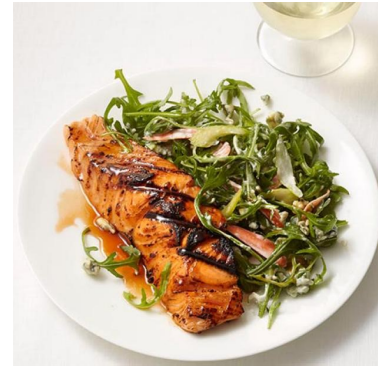
Fish Tacos With
Watermelon Salsa

WEDNESDAY



Asian Noodles With
Summer Vegetables

FRIDAY



Buffalo-style Salmon
With Blue Cheese Salad

GROCERIES

8 radishes
8 corn tortillas
4 scallions
4 salmon filets
3 heads baby bok choy
3 stalks celery
2 carrots
2 limes
1 avocado, sliced
1 romaine lettuce heart
1 jalapeno pepper
1 bell pepper
1 (1/2-inch) piece ginger
1/2 small red onion
1 lb. skinless wild striped bass
1 (5 oz.) package

baby arugula
12 ounces whole wheat spaghetti
12 ounces sugar snap peas
4 cups diced, seedless watermelon
1/2 cup roughly chopped fresh cilantro
1/2 cup fresh cilantro leaves
1/3 cup cashew butter or peanut butter
3 tbsp. crumbled blue cheese
3 tbsp. rice vinegar
2 tbsp. low-fat plain yogurt

2 tbsp. unsalted butter
2 tbsp. hot sauce
1 tbsp. plus 2 tsp olive oil, plus more for brushing
1 tbsp. maple syrup
1 tbsp. fresh lemon juice
1 tbsp. Siracha, plus more for serving
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1 tsp. chili powder
1/4 tsp. paprika
Kosher salt and freshly ground black pepper
Vegetable oil for brushing

TUESDAY, THURSDAY
AND THE WEEKEND

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