

MONDAY



Chicken and Bulgur
Salad With Peaches

WEDNESDAY



Savory Hawaiian Pork
and Charred Pineapple
Sliders

FRIDAY



Grilled Halibut and
Fresh Mango Salsa

GROCERIES

1 lb. chicken breast cutlets
8 ounces ground pork
8 whole-wheat rolls
8 (1/4-inch-thick) pineapple slices
4 (6-ounce) halibut fillets
2 cloves garlic, minced
4 cups packed arugula
2 cups cherry tomatoes,
2 cups fresh peaches
2 cups plum tomatoes
1 1/2 cups diced, peeled ripe
mango
1 1/3 cups water
1 cup shredded red cabbage
2/3 cup bulgur
1/2 cup sliced scallions
1/2 cup diced onion

1/2 cup chopped fresh cilantro
1/4 cup unsalted ketchup
3 tbsp. extra-virgin olive oil
3 tbsp. pineapple juice
2 tbsp. rice vinegar
2 tbsp. apple cider vinegar
2 tbsp. fresh lime juice
1 tbsp. cider vinegar
1 tbsp. olive oil
2 tsp. brown sugar
1 tsp. sugar
Cooking spray
Kosher salt
Black pepper

TUESDAY, THURSDAY
AND THE WEEKEND

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