

# WEEKLY DINNER MENU

## MONDAY



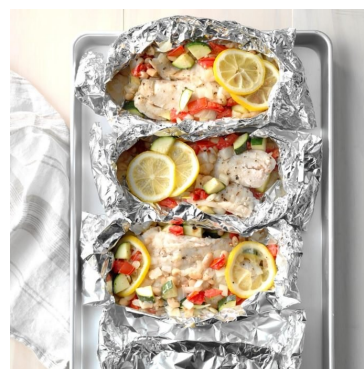
Turkey Medallions  
With Tomato Salad

## WEDNESDAY



Bulgur  
Jambalaya

## FRIDAY



Tuscan  
Fish Packets

### GROCERIES

- 8 ounces boneless, skinless chicken breast
- 6 ounces smoked turkey sausage
- 4 tilapia filets (6 ounces each)
- 4 plum tomatoes, chopped
- 3 medium tomatoes
- 3 celery ribs
- 1 medium green pepper
- 1 small onion, chopped
- 1 medium sweet red pepper, diced
- 1 package (20 ounces) turkey breast tenderloins
- 1 can (15 ounces) great northern beans
- 1 small zucchini, chopped
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 medium lemon
- 1 large egg
- 1 cup panko bread crumbs

- 1 cup bulgur
- 1 cup reduced sodium chicken broth
- 3/4 cup water
- 1/2 cup sodium-free tomato sauce
- 1/2 cup grated parmesan
- 1/2 cup finely chopped walnuts
- 1/4 cup chopped red onion
- 1/4 cup white wine
- 2 tbsp. lemon juice
- 1 tbsp. red wine vinegar
- 1 tbsp. thinly sliced basil
- 1 tsp. Cajun seasoning
- 1 tsp. lemon-pepper
- 1/4 tsp. dried oregano
- 1/4 tsp. cayenne pepper (optional)
- Salt
- Pepper
- Olive oil

### TUESDAY, THURSDAY AND THE WEEKEND

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