

MONDAY



California Burger Wraps

WEDNESDAY

Pineapple-Ginger
Chicken Stir-fry

FRIDAY



Quickpea Curry

GROCERIES

8 Bibb lettuce leaves
 4 garlic cloves
 2 cans (15 ounces each)
 chickpeas or garbanzo beans
 2 cans (14 1/2 ounces each) diced
 tomatoes
 2 onions
 1 lb. lean ground beef (90% lean)
 1 lb. boneless, skinless chicken
 breast
 1 can (20 ounces) unsweetened
 pineapple chunks
 1/2 medium ripe avocado, cut into
 8 slices
 2 cups cubed sweet potato (about
 1 medium)
 1 1/2 cups frozen peas (about 6
 ounces)
 1 cup light coconut milk
 1 cup uncooked whole-wheat

Israeli couscous
 1/3 cup crumbled feta cheese
 1/4 cup chopped red onion
 3 tbsp. reduced sodium soy sauce
 3 tbsp. canola oil
 2 tbsp. Miracle Whip Light
 2 tbsp. honey
 1 tbsp. minced fresh gingerroot
 1 tbsp. cornstarch
 1 tbsp. curry powder
 2 tsp. sugar
 1/4 tsp. ground cinnamon
 1/4 tsp. crushed red pepper flakes
 Cooked brown rice
 Salt
 Pepper
 Minced fresh cilantro (optional)
 Chopped fresh parsley
 Plain yogurt (optional)
 Chopped cherry tomatoes
 (optional)

TUESDAY, THURSDAY
AND THE WEEKEND

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