

MONDAY



Lentil Tacos

WEDNESDAY



Dijon-crusted Fish

FRIDAY



Sweet Potato Stew

GROCERIES

12 taco shells
 4 tilapia fillets (5 ounces each)
 2 cans (14 1/2 ounces each)
 reduced sodium beef broth
 2 medium sweet potatoes
 2 garlic cloves
 2 medium onions
 3/4 lb. lean ground beef
 (90% lean)
 2 1/2 cups vegetable or
 reduced sodium chicken broth
 1 cup dried lentils
 1/4 cup dry bread crumbs
 1/2 cup V8 juice
 3 tbsp. reduced-fat
 mayonnaise
 2 tbsp. grated Parmesan
 cheese
 1 tbsp. lemon juice
 1 tbsp. chili powder

1 tbsp. golden raisins
 2 tsp. ground cumin
 2 tsp. Dijon mustard
 2 tsp. butter, melted
 1 tsp. dried oregano
 1 tsp. canola oil
 1 tsp. prepared horseradish
 1/2 tsp. dried thyme
 Dash cayenne 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