

## MONDAY



Easy Poached  
Salmon

## WEDNESDAY



Turkey Sausage-stuffed  
Acorn Squash

## FRIDAY



Cheese and  
Pumpkin-filled Manicotti

## GROCERIES

8 whole peppercorns  
6 cups water  
4 medium acorn squash (about  
1 1/2 pounds each)  
4 sprigs fresh parsley  
2 celery ribs  
2 large egg yolks  
2 medium onions  
1 bay leaf  
1 medium apple  
1 salmon fillet (3 pounds)  
1 jar (24 ounces) garlic pasta  
sauce  
1 container (15 ounces) ricotta  
cheese  
1 package (8 ounces) manicotti  
shells  
1 pound Italian turkey sausage  
links

1/2 pound sliced fresh  
mushrooms  
8 ounces fresh mozzarella  
3 cups fresh baby spinach  
2 cups shredded part-skim  
mozzarella cheese  
1 cup canned pumpkin  
1/2 cup dry white wine  
1/4 cup grated parmesan  
cheese  
1 tbsp. minced fresh thyme  
t tbsp. red wine vinegar  
1 tbsp. soy sauce  
2 tsp. fennel seed  
2 tsp. caraway seeds  
1/2 tsp. dried sage leaves  
1/4 tsp. salt  
1/4 tsp. ground nutmeg  
1/8 tsp. pepper  
Lemon slices and fresh dill

TUESDAY, THURSDAY  
AND THE WEEKEND

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