

# WEEKLY DINNER MENU

## MONDAY



Sausage and Swiss Chard Pasta

## WEDNESDAY



Salmon with Tomato-Goat Cheese Couscous

## FRIDAY



Turkey Casserole

### GROCERIES

12 ounces uncooked orecchiette (about 2.5 cups)  
 8 ounces egg noodles  
 1/2 lb. bulk Italian sausage  
 1/2 lb. baby Portobello mushrooms  
 4 salmon fillets (5 ounces each)  
 4 green onions  
 3 garlic cloves, minced  
 2 plum tomatoes  
 1 medium fennel bulb  
 1 bunch Swiss chard  
 1 small yellow onion  
 4 cups low-sodium chicken stock  
 3 cups cubed cooked turkey  
 2 cups shredded cheddar  
 1 1/2 cups freshly grated Parmesan

1 1/4 cup sliced cremini mushrooms  
 1 cup frozen peas  
 1 cup chicken stock  
 3/4 cup uncooked whole wheat couscous  
 2/3 cup panko  
 1/2 cup chopped red onion  
 1/2 cup pine nuts or chopped walnuts  
 1/4 cup all-purpose flour  
 1/4 cup crumbled goat cheese  
 6 tbsp. butter  
 3 tbsp. freshly chopped parsley  
 2 tbsp. olive oil  
 1 tbsp. lemon juice  
 1/4 tsp. garlic salt  
 Freshly ground black pepper  
 Kosher salt

### TUESDAY, THURSDAY AND THE WEEKEND

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