

WEEKLY DINNER MENU

MONDAY



Quinoa Avocado Salad with Buttermilk Dressing

WEDNESDAY



Mushroom & Tofu Stir-Fry

FRIDAY



Slow-Cooker Beef-Barley Soup with Red Wine & Pesto

GROCERIES

2 heads Belgian endive
 2 pears
 2 ripe avocados
 2 cloves garlic
 1 bunch scallions
 1 medium red ball pepper
 1 (14.5 ounce) can diced tomatoes with basil, garlic and oregano
 1 pound boneless beef chuck roast, cut into bite-sized pieces
 1 (5 ounce) package baby kale leaves
 1 (8 ounce) container baked tofu or smoked tofu,

diced
 1 pound mixed mushrooms, sliced
 3 cups unsalted beef stock
 1 1/2 cups 1/2-inch-thick diagonally sliced carrots (from 3 carrots)
 1 1/2 cups cooked quinoa, divided
 1 cup yellow onion (from 1 onion)
 1/2 cup dry red wine
 1/2 cup uncooked whole-grain hulled barley (about 4 ounces)
 1/4 cup jarred pesto
 1/4 cup chopped fresh dill
 1/4 cup crème

fraiche
 1/4 cup buttermilk
 5 tbsp. lemon juice, divided
 4 tbsp. peanut oil or canola oil, divided
 3 tbsp. oyster sauce or vegetarian oyster sauce
 2 tbsp. olive oil
 2 tbsp. white balsamic vinegar
 2 tbsp. minced shallot
 2 tbsp. grapeseed or avocado oil, divided
 1 tbsp. grated fresh ginger
 Kosher salt
 Freshly ground black 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