WEEKLY DINNER MENU

MONDAY



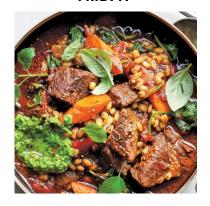
Quinoa Avocado Salad with Buttermilk Dressing

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-inchthick diagonally 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 sliced carrots (from 3 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