

MONDAY



Creamy Stuffed Peppers

WEDNESDAY



Sweet Potato Salad

FRIDAY



Creamy Spinach Soup

GROCERIES

4 bell peppers
 3 large sweet potatoes
 3 (10 oz.) packages of frozen spinach
 2 green onions
 2 cloves garlic
 1 russet potato
 1 bunch green onions
 1 small red onion
 1 onion
 1 (8 oz.) block of cream cheese
 4 cups low-sodium chicken or vegetable broth
 3 cups shredded cooked chicken
 2 cups shredded cheddar cheese
 1 cup cubed bread
 1/2 cup sour cream

1/2 cup heavy cream
 1/2 cup dried cranberries
 1/2 cup crumbled feta
 1/4 cup fresh parsley
 1/4 cup extra virgin olive oil
 3 tbsp. butter
 2 tbsp. apple cider vinegar
 1 tbsp. Dijon mustard
 1 tbsp. honey
 1/2 tsp. ground cumin
 1/2 tsp. paprika
 1/4 tsp. ground paprika
 Kosher salt
 Freshly ground black pepper

TUESDAY, THURSDAY
AND THE WEEKEND

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