

MONDAY



California Burger Bowls

WEDNESDAY

Walnut and Oat
Crusted Salmon

FRIDAY

Chicken Avocado
Wraps

GROCERIES

4 whole wheat tortillas, warmed
 4 cups baby kale salad blend
 2 salmon fillets (4-6 ounces each), skin removed
 2 chicken leg quarters, skin removed
 1 pound lean ground turkey
 1 can (14.5 ounces) diced tomatoes, undrained
 1/2 medium ripe avocado
 1/3 cup chopped onion
 3 tbsp. quick-cooking oats
 3 tbsp. finely chopped walnuts
 3 tbsp. fat-free milk
 2 tbsp. quick-cooking oats
 2 tbsp. olive oil
 2 tbsp. lime juice
 1/2 tsp. ground cumin
 1/2 tsp. ground cumin
 1/2 tsp. chili powder
 Dash cayenne pepper
 Salt
 Pepper
 Fresh cilantro leaves, optional

TUESDAY, THURSDAY
AND THE WEEKEND

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