

MONDAY



Orange-glazed Pork
With Sweet Potatoes

WEDNESDAY



Snappy Tuna Melts

FRIDAY



Cashew Chicken
With Ginger

GROCERIES

8 slices tomato
8 slices reduced fat Swiss cheese
4 whole wheat English muffins
4 green onions, sliced
3–4 cups brown rice (cooked)
2 medium sweet potatoes
2 pork tenderloins (1 lb. each)
2 medium apples
1 1/2 pounds boneless, skinless chicken breasts, cut into 1-inch pieces
1 medium orange
1 pouch (11 ounces) light tuna in water
1 hard boiled egg, coarsely chopped
1 small green pepper, cut into Strips

1 can (8 ounces) sliced water chestnuts, drained
1 1/4 cups chicken broth
1 cup orange juice
3/4 cup salted cashews
1/2 pound sliced, fresh mushrooms
3 tbsp. brown sugar
3 tbsp. canola oil, divided
2 tbsp. cornstarch
2 tbsp. soy sauce
2 tbsp. reduced fat creamy balsamic vinaigrette
1 tbsp. stone-ground mustard (optional)
2 tsp. cornstarch
1 tsp. ground cinnamon
1 tsp. ground ginger
1 tsp. salt
1/2 tsp. 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