

## MONDAY



Veggie Nicoise  
Salad

## WEDNESDAY



Fish Tacos With  
Guacamole

## FRIDAY



Vegetarian  
Pad Thai

## GROCERIES

10 eggs  
8 (6-inch) corn tortillas  
4 garlic cloves  
4 green onions  
3 garlic cloves  
3 medium carrots  
3 limes  
1 medium sweet red pepper  
1 small red onion  
1 onion  
1 can (16 ounces) kidney beans  
1 jar (6 1/2 ounces) marinated quartered artichoke hearts  
1 ripe avocado  
1 pound tilapia fillets  
1 pound fresh asparagus  
1 pound small red potatoes (about 9)  
6 ounces uncooked thick rice noodles

12 cups torn romaine (about 2 small bunches)  
2 cups bean sprouts  
2 cups angel hair coleslaw mix  
1/2 cup Nicoise/Kalamata olives  
1/3 cup olive oil  
1/4 cup lemon juice  
3 tablespoons reduced sodium soy sauce  
2 tablespoons brown sugar  
2 tablespoons fat-free sour cream  
4 teaspoons rice vinegar  
2 teaspoons minced fresh thyme  
2 teaspoons minced fresh oregano  
Salt and pepper  
Canola oil  
Olive oil  
Fresh cilantro  
Optional toppings: hot pepper sauce, chopped tomatoes, green onions, jalapeno, chopped peanuts

TUESDAY, THURSDAY  
AND THE WEEKEND

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