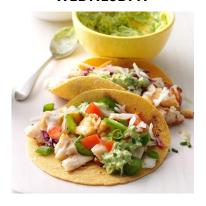
WEEKLY DINNER MENU

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

