

MONDAY



Pork Chops With
Nectarine Sauce

WEDNESDAY



Beef and Bulgur-Stuffed
Zucchini Boats

FRIDAY



Healthier-Than-Egg Rolls

GROCERIES

4 boneless pork chops
 4 medium zucchinis
 3 medium nectarines or peeled peaches
 3 garlic cloves
 1 small onion
 1 pound lean ground beef (90% lean)
 1 package (14 ounces) coleslaw mix
 1 pound lean ground chicken
 1 large onion
 1 small sweet red pepper
 1 medium onion
 3 cups hot cooked brown rice
 1 1/2 cups fresh mushrooms, sliced
 1 1/2 cups tomato sauce
 1/2 cup shredded reduced fat cheddar cheese
 1/2 cup salsa
 1/2 cup bulgur
 1/2 cup sweet-and-sour sauce
 1/2 cup reduced sodium chicken broth
 3 tablespoons all-purpose flour
 2 tablespoons reduced sodium soy sauce
 1 tablespoon sesame oil
 1 teaspoon fresh gingerroot, minced
 1 tablespoon canola oil
 1/2 teaspoon dried thyme
 Salt
 Pepper
 Honey (optional)
 Wonton strips (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