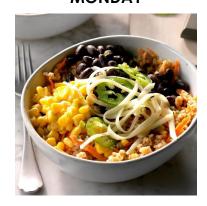
WEEKLY DINNER MENU

MONDAY



Black Bean Bulgur Salad

WEDNESDAY



Spinach and Feta Stuffed Chicken

FRIDAY



Stir-fry Rice Bowl

GROCERIES

4 large eggs

2 medium carrots

2 boneless, skinless chicken

thighs

1 medium zucchini

1 can (15 ounces) black beans

1 jalapeno pepper

8 ounces fresh spinach

(about 10 cups)

3 cups hot cooked brown rice

2 cups vegetable broth

1 cup bean sprouts

1 cup fresh baby spinach

1 cup bulgur

1 cup frozen corn, thawed

1 cup shredded carrots

3/4 cup shredded Monterey

Jack cheese

3/4 cup reduced sodium

chicken broth

1/2 cup sliced baby portobello mushrooms

1/4 cup orange juice

1/4 cup lime juice

3 tablespoons minced fresh

cilantro

3 tablespoons feta, crumbled

2 tablespoons olive oil

1 tablespoon reduced sodium

soy sauce

1 tablespoon chili garlic sauce

1 tablespoon canola oil

1 1/2 teaspoons cider vinegar

1 teaspoon olive oil

1 teaspoon butter

1 teaspoon sesame oil

1/2 teaspoon sugar

1/2 teaspoon chicken

seasoning

1/4 teaspoon ground cumin

TUESDAY, THURSDAY AND THE WEEKEND

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

