

## 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