

## MONDAY



Lemon Garlic Chicken  
Penne With Pesto and  
Spinach

## WEDNESDAY



Stuffed Peppers

## FRIDAY



Turkey Pumpkin Chili

## GROCERIES

4-5 cloves garlic  
6 large bell peppers  
2 pounds ground turkey  
2 (14.5 ounce) cans fire roasted diced tomatoes  
1 1/4 pounds bone-in chicken breast halves  
1 pound lean (at least 80%) ground beef  
1 (15 ounce) can Muir Glen organic tomato sauce  
1 (14.5 ounce) can black beans  
1 package baby spinach

1 large onion  
4 cups sugar pie pumpkin  
2 3/4 cups chicken stock  
2 cups mozzarella, shredded  
2 cups fresh basil leaves  
1 1/4 cups whole-wheat penne pasta  
1 cup cooked rice  
1 cup sour cream  
3/4 cup shredded mozzarella  
1/4 cup dried tomatoes  
1/4 cup lemon juice  
6 tablespoons grated parmesan  
3 tablespoons minced garlic

2 tablespoons pine nuts  
2 tablespoons chopped onion  
2 tablespoons adobo sauce  
1 tablespoon olive oil  
1 tablespoon vegetable oil  
1 tablespoon finely shredded lemon peel  
2 teaspoons cumin  
1/4 teaspoon crushed red pepper  
Salt  
Freshly ground black pepper  
Cilantro, avocado and pepitas for topping (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