

WEEKLY DINNER MENU

MONDAY



Italian Sausage Stuffed Zucchini

WEDNESDAY



Veggie Tacos

FRIDAY



Salsa Spaghetti Squash

GROCERIES

- 8 taco shells
- 6 medium zucchinis
- 2 medium tomatoes
- 1 pound Italian turkey sausage links, casings removed
- 1 medium sweet red pepper
- 2 medium onions
- 2 medium ripe avocados
- 1 medium spaghetti squash
- 1 can (15 ounces) black beans
- 1 can (4 ounces) chopped green chiles
- 3 cups shredded cabbage
- 3 cups salsa

- 1 cup panko bread crumbs
- 1/2 cup shredded cheddar
- 3/4 cup shredded part-skim mozzarella
- 1/3 cup grated parmesan
- 1/3 cup minced fresh parsley
- 3 tablespoons minced fresh cilantro
- 2 tablespoons canola oil
- 2 teaspoons dried oregano
- 2 teaspoons sugar
- 2 teaspoons dried basil
- 2 teaspoons minced fresh rosemary or 3/4 teaspoon dried rosemary, crushed
- 1 teaspoon minced garlic
- 1 teaspoon chili powder
- 1/2 teaspoon pepper
- 1/4 teaspoon ground cumin
- Additional minced fresh parsley, 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