

MONDAY



Crispy Chickpea Grain
Bowl With Lemon
Vinaigrette

WEDNESDAY



Chicken, Quinoa
and Sweet Potato
Casserole

FRIDAY



Creamy White Chili
With Cream Cheese

GROCERIES

7 garlic cloves	3 cups unsalted chicken stock	2 tablespoons extra-virgin olive oil, plus 4 teaspoons
2 celery stalks	2 cups chopped seeded poblano chiles	2 tablespoons toasted pumpkin seeds
2 (15 ounce) cans no-salt-added great northern beans	2 cups unsalted chicken broth	2 teaspoons lemon zest
1 (15 ounce) can no-salt-added chickpeas	1 1/2 cups multicolored quinoa	2 teaspoons ground cumin
1 (4 ounce) can chopped green chiles	2/3 cup quinoa	1 teaspoon Dijon mustard
1 bunch of kale	1/2 cup thinly sliced shallots	1/2 teaspoon ground cinnamon
1 small red onion	1/2 cup crumbed queso fresco	1/8 teaspoon cayenne pepper
1 medium yellow onion	1/2 cup loosely packed fresh cilantro leaves	Kosher salt
1 red bell pepper	1/3 cup dry white wine	Black pepper
4 ounces reduced fat cream cheese	1/4 cup fresh cilantro	
2 1/2 pounds boneless, skinless chicken thighs	1/4 cup crumbled feta	
4 cups (about 1 pound) cubed, peeled sweet potatoes	2 tablespoons lemon juice	

TUESDAY, THURSDAY
AND THE WEEKEND

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