

MONDAY



Oven-baked
Almond-crusted
Fish Sticks With Veggies

WEDNESDAY



Chicken
Avocado Wraps

FRIDAY



Chicken and Broccoli
Casserole

GROCERIES

4 whole wheat tortillas (8 inches)	1/3 cup chopped onion	Marinara sauce for serving
2 chicken leg quarters	1/3 cup all purpose flour	Vegetable of choice
2 (9 ounce) packages precooked brown rice	2 tablespoons lime juice	
1 pound cod	1 tablespoon wheat germ	
1 pound boneless, skinless chicken breasts	2 teaspoons olive oil	
1 can (14.5 ounces) diced tomatoes	1 teaspoon sea salt	
1/2 medium ripe avocado	1/2 teaspoon garlic powder	
4 cups reduced fat milk	1/2 teaspoon oregano	
3 cups broccoli florets	1/2 teaspoon ground cumin	
1 1/2 cups shredded reduced fat sharp cheddar	Canola oil	
1 cup crushed almonds	Salt	
1/2 cup crushed bran flakes cereal	Pepper	
	Cayenne pepper (optional)	
	Fresh cilantro leaves (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