

MONDAY



Creamy Chicken,
Broccoli and Quinoa
Casserole

WEDNESDAY



Ground Turkey
Enchilada Stir-fry
With Couscous

FRIDAY



Sweet Potato and
Black Bean Chili

GROCERIES

5 cloves garlic
2 boneless, skinless
chicken breasts
2 (15-ounce) cans
black beans
1 (14-ounce) can
diced tomatoes
1 pound lean
ground turkey
1 (15-ounce) can
no sodium added
black beans
1 (10-ounce) can
enchilada sauce
1 medium-large
sweet potato
1/2 onion
3 cups fresh
broccoli florets
2 cups cooked quinoa

2 cups butternut
squash, peeled,
seeded and diced
1 cup shredded cheddar
3/4 cup chicken or
vegetable stock
3/4 cup milk or
half and half
1/2 cup Greek yogurt
1/2 cup whole
wheat couscous
1/2 cup salsa
1/2 cup chopped
fresh cilantro
1/4 cup panko
breadcrumbs
2 tablespoons
chili powder
3 tablespoons extra
virgin olive oil
1 tablespoon
unsalted butter

1 tablespoon
parsley, chopped
4 teaspoons
ground cumin
4 teaspoons lime juice
1/2 teaspoon salt
1/4 teaspoon ground
black pepper
Suggested toppings:
chopped fresh cilantro,
diced avocado,
shredded cheese,
lime 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