

MONDAY



One-pot Broccoli and Cheese Pasta

WEDNESDAY



Homemade Crunch Wraps With Hidden Veggies

FRIDAY



Sneak-em-in Grilled Cheese Sandwich

GROCERIES

- 8 slices wheat bread
- 8 slices cheddar cheese
- 8 slices American cheese singles
- 8 whole wheat tortillas
- 2 cloves garlic
- 2 medium heads of broccoli
- 1 small yellow onion
- 1 pound fusilli
- 2 cups half-and-half
- 3 cups shredded cheddar
- 2 cups shredded carrots
- 2 cups brown mushrooms
- 1 cup sour cream
- 1 cup black beans, low sodium
- 1 cup southwestern guacamole (optional)
- 1 cup organic baby spinach
- 1 cup veggie chips
- 1 cup chopped broccoli
- 1 cup chopped zucchini
- 1 cup chopped green bell pepper
- 1/2 cup freshly grated parmesan
- 1/4 cup red onions
- 1/4 cup cherry tomatoes, halved
- 12 tablespoons butter
- 5 tablespoon extra virgin olive oil
- Kosher salt
- Freshly ground black pepper

TUESDAY, THURSDAY AND THE WEEKEND

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