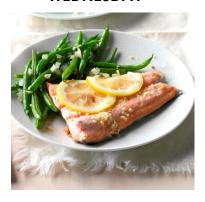
WEEKLY DINNER MENU

MONDAY



Avocado and Sweet
Potato Tacos

WEDNESDAY



Ginger Salmon With Green Beans

FRIDAY



Kale and Red Quinoa Salad With Sesame Dressing

GROCERIES

4-6 tortillas 1 medium sweet potato 1 small avocado

Juice of 1 lime 8 garlic cloves

2 salmon fillets

(4 ounces each)
1 medium lemon
3/4 pound fresh

green beans 1 pound kale

1 cup black beans

1/2 cup whole milk Greek yogurt

1/2 cup finely chopped onion

1/2 cup freshly

chopped cilantro

1/2 cup red wine vinegar

1/4 cup sesame oil 1/4 cup extra virgin

olive oil

1/4 cup thinly sliced

red onion 2 tablespoons rice vinegar

4 teaspoons honey 2 teaspoons minced fresh gingerroot

2 teaspoons olive oil 1/2 teaspoon chili powder

1 tablespoon sesame seeds, plus more for

garnish

Salt and pepper

Toppings of choice: scallions, feta or Cotija cheese, microgreens or fresh cilantro

TUESDAY, THURSDAY AND THE WEEKEND

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

