

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