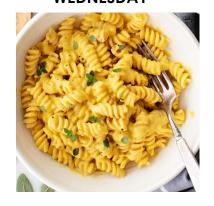
WEEKLY DINNER MENU

MONDAY



Roasted Cauliflower
Burrito Bowls

WEDNESDAY



Creamy Butternut Squash Pasta

FRIDAY



Barbecue Chicken Pizza

GROCERIES

12 ounces rotini pasta 10 fresh sage leaves 3 garlic cloves 2 shallots 2 tomatoes 2 ears of corn, kernels cut off the cob 2 limes 1 14-ounce can of black beans 1 head of cauliflower 1 avocado 1 pound boneless, skinless chicken breast 1 pound whole wheat pizza dough 1 medium zucchini 1 small onion 1/2 small butternut squash 1 cup of white or brown rice

skim mozzarella cheese 3/4 cup barbecue sauce 1/2 cup chopped cilantro 1/2 cup raw cashews 1/4 cup chopped fresh parsley or cilantro for garnish 1 tablespoon olive oil 1 tablespoon taco seasoning 1 tablespoon nutritional yeast 1 tablespoon balsamic vinegar 1 tablespoon fresh thyme Sea salt Freshly ground black pepper Extra virgin olive oil

1 cup shredded part-

TUESDAY, THURSDAY AND THE WEEKEND

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

