

MONDAY



Roasted Cauliflower
Burrito Bowls

WEDNESDAY



Creamy Butternut
Squash Pasta

FRIDAY



Barbecue Chicken Pizza

GROCERIES

12 ounces rotini pasta	1 cup shredded part-skim mozzarella cheese
10 fresh sage leaves	3/4 cup barbecue sauce
3 garlic cloves	1/2 cup chopped cilantro
2 shallots	1/2 cup raw cashews
2 tomatoes	1/4 cup chopped fresh parsley or cilantro for garnish
2 ears of corn, kernels cut off the cob	1 tablespoon olive oil
2 limes	1 tablespoon taco seasoning
1 14-ounce can of black beans	1 tablespoon nutritional yeast
1 head of cauliflower	1 tablespoon balsamic vinegar
1 avocado	1 tablespoon fresh thyme
1 pound boneless, skinless chicken breast	Sea salt
1 pound whole wheat pizza dough	Freshly ground black pepper
1 medium zucchini	Extra virgin olive oil
1 small onion	
1/2 small butternut squash	
1 cup of white or brown rice	

TUESDAY, THURSDAY
AND THE WEEKEND

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