

## MONDAY



Sesame Ginger  
Salmon Salad

## WEDNESDAY



Loaded Baked  
Sweet Potato

## FRIDAY



Meatless Chili Mac

## GROCERIES

10 ounces mixed greens	1 piece of ginger	1 1/2 teaspoon crushed red pepper flakes
4 wonton wrappers	1 1/2 cups uncooked elbow macaroni	1 teaspoon ground cumin
4 salmon pieces (about 2 pounds)	1 cup shredded carrots	1/2 teaspoon salt
4 medium sweet potatoes	1/3 cup pesto	Kosher salt
4 large eggs	1/4 cup vegetable oil	Black pepper
2 avocados	1/2 cup fat-free sour cream	
2 garlic cloves	3 tablespoon extra-virgin olive oil	
1 can (16 ounces) mild chili beans	3 tablespoons white vinegar	
1 can (15 1/2 ounces) great northern beans	2 tablespoons green onions	
1 can (14 1/2 ounces) diced tomatoes	2 tablespoons soy sauce	
1 can (8 ounces) tomato sauce	2 tablespoons honey	
1 large onion	1 tablespoon sesame oil	
1 medium green pepper	4 teaspoons chili powder	

TUESDAY, THURSDAY  
AND THE WEEKEND

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