

## MONDAY



Cauliflower Quesadilla

## WEDNESDAY

Orecchiette With  
Walnut and Pea Pesto

## FRIDAY

Turkey Burgers  
With Zucchini

## GROCERIES

400 grams (14 ounces) orecchiette  
 6 ounces grated zucchini  
 5 whole wheat buns  
 3 garlic cloves  
 1 large head cauliflower  
 1 egg  
 1 green onion  
 1 lemon  
 1 pound 93% lean ground turkey  
 1 1/2 cups frozen peas, blanched and refreshed  
 1 cup walnuts  
 1 cup extra virgin olive oil  
 1 cup shredded cheddar  
 3/4 cup finely grated Parmesan  
 3/4 cup shredded Monterey Jack  
 1/4 cup season whole wheat breadcrumbs  
 1 tablespoon grated red onion  
 3 teaspoons dried Italian herbs  
 1 teaspoon dried oregano  
 1/2 teaspoon smoked paprika  
 Kosher salt  
 Black pepper  
 Oil spray  
 Pico de gallo, for serving (optional)  
 Sour cream or Greek yogurt for serving (optional)

TUESDAY, THURSDAY  
AND THE WEEKEND

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