

MONDAY



Blackened Salmon
Tacos With Rice and
Mango Guacamole

WEDNESDAY



Marinated and Grilled
Vegetable Kebobs

FRIDAY



Strawberry and Spinach
Salad With Avocado

GROCERIES

1 pound fresh salmon	1 garlic clove, grated or finely minced	3 tablespoons balsamic vinegar
16 cherry tomatoes	½ jalapeno, seeded and minced	1 tablespoon blackening seasoning
12 medium mushrooms	¾ cup uncooked forbidden/black rice (substitute: brown rice)	1 tablespoon Italian seasoning
8 corn tortillas	½ red onion, sliced	½ teaspoon ground pepper
8 ounces (about 2 cups) strawberries, halved	½ cup feta crumbles	½ tablespoon strawberry jam (or jam of choice)
2 garlic cloves, minced	½ cup sliced raw almonds	½ teaspoon Dijon mustard
2 red onions	½ cup roasted pistachios, chopped	Salt
1 pack of 8-inch skewers	¼ cup olive oil	Pepper
1 avocado	¼ cup red onion, diced	
1 mango, diced	¼ cup cilantro, chopped	
1 package (about 5 ounces) spinach	¼ cup extra-virgin olive oil	
1 avocado, sliced	¼ cup balsamic vinegar	
1 medium zucchini		
1 lime, zested and juiced		

TUESDAY, THURSDAY
AND THE WEEKEND

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