

MONDAY



Tex-Mex
Pulled Chicken

WEDNESDAY



Quinoa Chili With
Sweet Potatoes

FRIDAY



Autumn Salmon
Squash Bowl

GROCERIES

12 flour/corn tortillas	1 can diced green chilies	¼ cup pecan pieces
2 sweet potatoes	1 can pinto beans	2 tablespoons chili powder
2 poblano peppers (sub: jalapeno peppers)	4 cups unsalted vegetable broth	2 ¼ teaspoons ground cumin
2 salmon filets	3 cups (about 2 bunches) kale	2 tablespoons apple cider vinegar
2 limes	2 cups water	2 tablespoons honey
2 medium tomatoes	2 cups quinoa	4 teaspoons Dijon mustard
1 medium yellow onion	2 cups olive oil	1 teaspoon garlic powder
1 apple	1 ½ cup roasted butternut squash	1 teaspoon dried oregano
1 lemon	1 ½ cup roasted cauliflower	Salt and pepper
1 medium white onion	1/3 cup crumbled feta cheese	
1 red bell pepper	1/3 cup pomegranate seeds	
1 yellow bell pepper	¼ cup pumpkin seeds	
1 pound thin chicken cutlets		
8 ounces sour cream		
8 ounces salsa		
8 ounces crumbled cotija cheese		
1 can diced tomatoes		

TUESDAY, THURSDAY
AND THE WEEKEND

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