

MONDAY



Superfood Chopped Salad With Salmon and Creamy Garlic Dressing

WEDNESDAY



Creamy White Chili With Cream Cheese

FRIDAY



Roasted Vegetable and Black Bean Tacos

GROCERIES

1 pound salmon filets	1 cup roasted root vegetables	½ teaspoon ground coriander
1 pound boneless, skinless chicken thighs	¾ cup chopped celery (2 medium stalks)	Salt and ground pepper
4 ounces reduced fat cream cheese	½ cup cooked or canned black beans	Extra virgin olive oil
6 cloves garlic	½ cup loosely packed fresh cilantro leaves	Canola oil
4 corn tortillas	1/2 cup sunflower seeds	Chopped fresh cilantro
2 (15 ounce) cans no-salt-added great northern beans	1/2 cup low-fat plain yogurt	and salsa for garnish
1 (4 ounce) can chopped green chiles	1/4 cup mayonnaise	
1 lime	2 tablespoons lemon juice	
½ avocado	2 tablespoons ground parmesan	
8 cups chopped curly kale	1 tablespoon finely chopped fresh parsley	
3 cups unsalted chicken stock	1 tablespoon snipped fresh chives	
2 cups chopped broccoli	2 teaspoons reduced sodium tamari or soy sauce	
2 cups chopped red cabbage	1 teaspoon ground cumin	
2 cups finely diced carrots	1 teaspoon chili powder	
1 ½ cups chopped yellow onion (1 medium)		

TUESDAY, THURSDAY AND THE WEEKEND

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