

## MONDAY



Sweet and Spicy  
Roasted Salmon With  
Wild Rice Pilaf

## WEDNESDAY



Kale and  
Tofu Salad

## FRIDAY



Sesame Chicken  
With Broccoli and  
Edamame

## GROCERIES

8 chicken thighs/breasts	6 tablespoons extra-virgin olive oil
5 skinless salmon fillets	3 tablespoons tahini
2 scallions	3 tablespoons soy sauce
1 14-ounce package extra-firm tofu	3 tablespoons sesame oil
1 jalapeno pepper	2 tablespoons balsamic vinegar
1 bunch kale	2 tablespoons salted roasted sunflower seeds
1 lemon	2 tablespoons garlic
1 red onion	1 1/2 tablespoons honey
1 bell pepper	1 tablespoon toasted sesame seeds
2 2/3 cups wild rice	1 tablespoon cornstarch
2 cups shredded red cabbage	1 tablespoon mirin
1 cup broccoli florets	Salt and pepper
1 cup edamame	
1/2 cup millet or quinoa	
1/4 cup chopped parsley	

TUESDAY, THURSDAY  
AND THE WEEKEND

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