

MONDAY



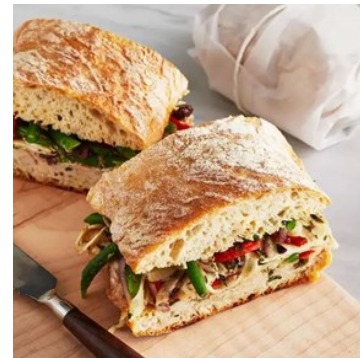
Low Carb Lasagna-style
Stuffed Peppers

WEDNESDAY



Chicken Tortilla Soup

FRIDAY



All Veggie Pan Bagnat

GROCERIES

8 cloves garlic
7 large bell peppers
2 large boneless, skinless chicken breasts
2 medium avocados
1 loaf ciabatta
1 medium onion
1 ½ pounds ground beef
1 (28-ounce) can crushed tomatoes
1 (15-ounce) can black beans
1 (10.5-ounce) can condensed chicken broth
1 (4-ounce) can green chili peppers
2 cups marinara

2 cups cannellini beans
1 cup fennel bulb
1 cup ricotta
1 cup white hominy
1 cup mozzarella
1 cup whole corn kernels
½ cup shredded Monterey Jack cheese
½ cup tortilla chips
½ cup red onion
¼ cup chopped cilantro
¼ cup nicoise olives
4 ounces French green beans
4 teaspoons extra-virgin olive oil
2 tablespoons green onion

1 tablespoon drained capers
1 tablespoon flat-leaf parsley
1 tablespoon chives, chopped
1 tablespoon Italian seasoning
2 teaspoon white wine vinegar
2 teaspoon chili powder
1 teaspoon tarragon
1 teaspoon Dijon mustard
1 teaspoon dried oregano

TUESDAY, THURSDAY
AND THE WEEKEND

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