

## MONDAY



Pork Fried Rice

## WEDNESDAY



Pita Tacos

## FRIDAY



Hearty Vegetarian Chili

## GROCERIES

6 whole wheat pita pocketed halves  
4 green onions, chopped  
2 garlic cloves, minced  
1 boneless pork loin chop, cut into 1/2-inch pieces  
1 pound lean ground beef  
1 large egg, lightly beaten  
1 medium avocado, peeled and chopped  
1 small sweet red pepper, chopped  
2 cans chili beans, undrained  
2 cans diced tomatoes, no salt added

1 can kidney beans, rinsed and drained  
1 3/4 cups baby portobello mushrooms, chopped  
1 cup cold cooked long grain rice  
3/4 cup corn  
2/3 cup taco sauce  
1/2 cup sun dried tomatoes (not packaged in oil), chopped  
1/2 cup water  
1/2 cup vegetable broth  
1/4 cup carrot, chopped  
1/4 cup broccoli, chopped  
1/4 cup peas  
12 ounces vegetarian meat crumbles  
6 tablespoons shredded cheddar cheese

2 tablespoons olive oil  
1 tablespoon butter  
4 1/2 teaspoons soy sauce  
4 1/2 teaspoons chili powder  
2 teaspoons brown sugar  
1/2 teaspoon celery salt  
1/2 teaspoon ground cumin  
1/2 teaspoon garlic salt  
1/4 teaspoon onion powder  
1/4 teaspoon dried oregano  
1/4 teaspoon paprika  
1/4 teaspoon pepper  
1/8 teaspoon garlic powder  
1/8 teaspoon ground ginger

TUESDAY, THURSDAY  
AND THE WEEKEND

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