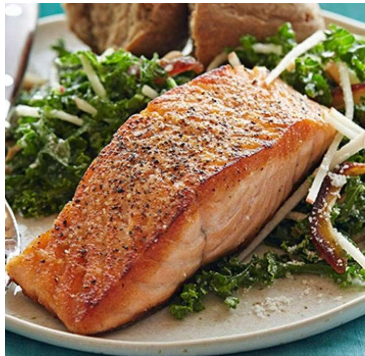


MONDAY



Chicken Thighs With
Brussel Sprouts and
Gnocchi

WEDNESDAY



Pan-seared Salmon
With Kale and Apple
Salad

FRIDAY



Vegetarian Burrito Bowl

GROCERIES

4 boneless, skinless chicken thighs	1 cup cherry tomatoes, halved
4 whole wheat dinner rolls	1/4 cup dates
4-5 ounce salmon filets	1/4 cup pecorino, finely grated
4 large garlic cloves, minced	10 tablespoons extra-virgin olive oil
1 package shelf-stable gnocchi	3 tablespoons lemon juice
1 package tofu, drained	3 tablespoons toasted, slivered almonds
1 lettuce head, shredded	2 tablespoons fresh oregano, chopped
1 kale bunch, ribs removed	2 tablespoon red wine vinegar
1 honeycrisp apple	2 teaspoons soy sauce
1 medium poblano chile	2 teaspoons tomato paste
1 small onion, diced	1 teaspoon chili powder
1 can chipotle peppers in adobo sauce	1/2 teaspoon ground cumin
1 can black beans	Ground pepper
1 pound brussels sprouts, quartered	Salt
2 cups brown rice	
1 cup red onion, sliced	

TUESDAY, THURSDAY
AND THE WEEKEND

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