

MONDAY



Pork, Pepper and Rice
Noodle Soup

WEDNESDAY



Grilled Ground Turkey
Burgers

FRIDAY



One Pot Jambalaya

GROCERIES

6 whole wheat
hamburger buns
4 garlic cloves
3 scallions, thinly sliced
and separated
2 medium carrots
2 medium onions
2 medium bell
peppers, red
1 medium bell
pepper, green
1 medium bell
pepper, orange
1 large egg
1-inch piece
fresh ginger
1 and 1/4 pounds
lean ground turkey
1 pound ground pork

1/2 pound
chicken breast
11 cups low-sodium
chicken broth
3 cups Napa cabbage
2 cups crushed
tomatoes
1 1/2 cups brown
rice, raw
2/3 cup soft whole
wheat bread crumbs
1/2 cup finely
chopped celery
8 ounces turkey
sausage
8 ounces shrimp,
peeled and deveined
6 ounces flat rice
noodles

4 ounces shiitake
mushrooms, stem
removed
4 tablespoons olive oil
2 tablespoons
rice vinegar
2 tablespoons low-
sodium soy sauce
1 tablespoon fresh
parsley, minced
1/2 tablespoon Cajun
spice (optional)
2 teaspoons
Worcestershire sauce
1 teaspoon
dried oregano
1 teaspoon dried
thyme
Salt
Pepper

TUESDAY, THURSDAY
AND THE WEEKEND

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