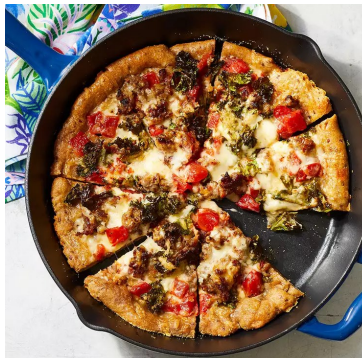


MONDAY



Linguine With
Ricotta Meatballs

WEDNESDAY



Cast Iron Skillet Pizza
With Sausage and Kale

FRIDAY



Camping Chicken
Quesadilla With a Side
of Broccoli

GROCERIES

4 (8-inch) whole flour wheat tortillas
 1 pack refrigerated fresh linguine
 1 large egg
 1 garlic clove
 1 ripe avocado
 1 pound whole wheat pizza dough
 8 ounces ground sirloin (90% lean)
 6 ounces sweet Italian sausage
 (casing removed)
 1 ounce pecorino romano, grated
 2 cups marinara sauce
 2 cups kale
 1 cup chopped, cooked
 chicken breast
 1 cup black beans (rinsed)
 1 cup shredded Mexican cheese
 1 cup shredded part-skim mozzarella
 1/2 cup panko breadcrumbs
 1/3 cup part-skim ricotta
 1/4 cup chopped cilantro
 6 tablespoons diced fire-roasted
 tomatoes, rinsed
 2 tablespoons lime juice
 3 teaspoons extra virgin olive oil
 2 teaspoons chili powder
 1 teaspoon cornmeal
 2 teaspoons chili powder
 1/2 teaspoon garlic powder
 1/2 teaspoon salt
 1/4 teaspoon pepper
 Cooking spray
 Basil leaves (optional)

**TUESDAY, THURSDAY
AND THE WEEKEND**

Get creative with your
leftovers! Recipe ideas:

- Meatball quesadillas
- Sausage and linguini