

WEEKLY DINNER MENU

MONDAY



Sesame Chicken With Green Beans and Brown Rice

WEDNESDAY



Taco Lettuce Wraps

FRIDAY



Crispy Baked Ravioli With Red Peppers and Mushroom Bolognese With Side of Broccoli

GROCERIES

- Cooking spray
- 1 pound fresh cheese ravioli
- 1 pound lean ground beef
- 4 medium bone-in chicken thighs
- 12 ounces green beans
- 8 small iceberg lettuce leaves
- 2 bell peppers
- 1 medium scallion
- 1 large egg
- 3 cups broccoli florets
- 2 cups chopped mushrooms
- 2 cups low-sodium marinara sauce
- 1 cup panko breadcrumbs whole wheat
- 1 cup precooked brown rice
- 1 cup diced avocado
- 1 cup julienned jicama
- 1/3 cup walnuts
- 1/4 cup grated parmesan
- 1/4 cup finely diced red onion

- 5 tablespoons prepared salsa
- 3 tablespoons hoisin sauce
- 1 tablespoon sesame seeds
- 1 tablespoon rice vinegar
- 1 tablespoon canola oil
- 1 tablespoon of water
- 1 tablespoons E.V.O.O.
- 4 teaspoons toasted sesame oil
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon salt

TUESDAY, THURSDAY AND THE WEEKEND

- Leftovers
- Sesame chicken lettuce wraps
- Meat and pasta (ground beef and ravioli casserole)