

## MONDAY



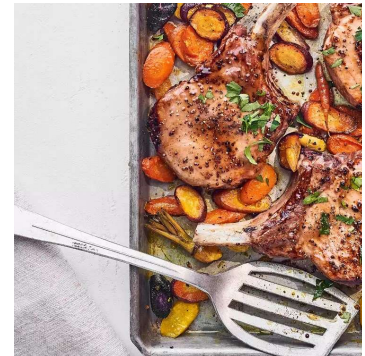
Fall Salad With Turkey Breast, Spinach, Butternut Squash, Apples and Cheddar

## WEDNESDAY



Chicken, Spinach and Rice Casserole With Sun-dried Tomato Cream Sauce

## FRIDAY



Sheet Pan Maple Mustard Pork Chops and Carrots

## GROCERIES

2 pounds ready-to-eat turkey breast  
 1 1/2 pounds butternut squash  
 1 1/2 pounds rainbow carrots  
 4 (5-ounce) bone-in center-cut pork chops (1/2-inch thick)  
 2 (8.8-ounce) packs cooked brown rice  
 10 ounce package frozen chopped spinach  
 3 ounces softened cream cheese  
 6 cloves garlic  
 1 medium honey crisp apple  
 8 cups packed baby spinach fresh  
 2 cups chopped cooked chicken  
 1 1/2 cups sharp cheddar cheese  
 1 cup chopped onion  
 1 cup low sodium chicken broth  
 1/2 cup toasted pecans  
 1/2 cup slivered oil packed sun-dried tomatoes

1/4 cup sour cream  
 1/4 cup chopped flat-leaf parsley  
 7 tablespoons EVOO  
 2 tablespoons balsamic vinegar  
 1 tablespoon cornstarch  
 1 tablespoon whole grain mustard  
 4 teaspoons Dijon mustard  
 4 teaspoons maple syrup  
 1 3/4 teaspoon kosher salt  
 1 3/4 teaspoon ground pepper  
 1 teaspoon coarsely chopped, peeled fresh ginger  
 1/2 teaspoon ground turmeric

## TUESDAY, THURSDAY AND THE WEEKEND

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