

WEEKLY DINNER MENU

MONDAY



Chicken and Broccoli Casserole

WEDNESDAY



Gnocchi With Bacon, Creamy Pumpkin Sauce and Side Salad

FRIDAY



Leftover Thanksgiving Turkey Stew

GROCERIES

- 1 1/2 pounds chicken breast
- 18 ounces precooked brown rice
- 16-ounce package shelf-stable gnocchi
- 1 1/2 ounces reduced fat cream cheese
- 2 large yellow onions
- 2 slices bacon
- 2 cloves garlic
- 4 3/4 cup reduced fat milk
- 4 cups leftover roasted vegetables
- 4 cups unsalted chicken broth
- 3 cups shredded cooked turkey
- 3 cups broccoli florets

- 2 cups leftover gravy
- 1 1/2 cups shredded sharp cheddar cheese
- 1 cup crispy fried onions
- 3/4 cup unseasoned canned pumpkin
- 1/3 cup all-purpose flour
- 1/4 cup grated parmesan cheese
- 3 tablespoon EVOO
- 2 tablespoons of water
- 2 tablespoons fresh parsley
- 1 tablespoon fresh thyme
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1/2 teaspoon garlic powder

TUESDAY, THURSDAY AND THE WEEKEND

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