

MONDAY



One-Pan Spicy Okra
and Shrimp

WEDNESDAY



Sheet Pan Orange-
Apricot Drumsticks

FRIDAY



Taco Spaghetti Squash
Boats

GROCERIES

2 ½- to 3-pound Spaghetti squash
2 pounds chicken drumsticks
1 1/4 pound large shrimp
1 pound ground turkey
1 pound green beans
1 pound multicolor fingerling potatoes
½ pound fresh okra
3 cups basmati rice
2 cups red onion
1 cup chopped yellow onion
1 cup sliced red bell pepper
1 cup shredded Mexican cheese
1 cup romaine lettuce
¼ cup pico de gallo (plus extra for
serving)
6 tablespoons EVOO

3 tablespoons apricot preserves
2 tablespoons salt-free Cajun
seasoning
2 tablespoons chopped fresh parsley
1 ½ tablespoon fresh lemon juice
1 tablespoon unsalted butter
1 tablespoon reduced-sodium soy
sauce or tamari
4 teaspoons chili powder
2 teaspoons ground cumin
1 ¾ teaspoon salt
1 teaspoon pepper
6 cloves garlic
1 orange
1 avocado
1 medium tomato

TUESDAY, THURSDAY
AND THE WEEKEND

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