

MONDAY



Spinach and Herb
Turkey Burgers with
Portobello Buns

WEDNESDAY



Skillet Lemon Chicken
with Spinach

FRIDAY



Creamy Pasta with
Scallops and Brussel
Sprouts

GROCERIES

1 pound lean ground turkey
1 pound dry baby scallops
1 pound chicken thighs
8 ounces whole-wheat linguini
4 ounces bacon (4 slices)
10 cups baby spinach
4 cups Brussels sprouts
1 cup arugula
1 cup frozen chopped spinach
1 cup red bell pepper
1 cup dry white wine
½ cup half-and-half
1/3 cup Kalamata olives
¼ cup shallot

4 tablespoons tzatziki sauce
4 tablespoons EVOO
1 tablespoon grapeseed or avocado
oil
8 teaspoons grated parmesan
2 teaspoon salt
1 ½ teaspoon ground pepper
1 teaspoon garlic powder
1 teaspoon rice flour
½ teaspoon dried oregano
8 large Portobello mushrooms
8 rings red onion
6 cloves garlic
2 medium lemons
Fresh parsley

TUESDAY, THURSDAY
AND THE WEEKEND

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