

MONDAY



Quinoa Fried Rice with
Chicken

WEDNESDAY



One-Pot Garlicky
Shrimp and Spinach

FRIDAY



Stuffed Cabbage Soup

GROCERIES

1 ½ pounds lean ground beef
 1 pound shrimp
 1 pound spinach
 1 pound boneless, skinless chicken thighs
 15-ounce can no-salt-added tomato sauce
 4 cups chopped green cabbage
 4 cups unsalted chicken broth
 2 cups chopped yellow onion
 2 cups cold cooked quinoa
 1 ¾ cup chopped carrots
 1 cup chopped celery
 ½ cup diced red bell pepper
 ½ cup peas, fresh or frozen
 ¼ cup medium-grain brown rice
 5 tablespoons EVOO

3 tablespoons reduced sodium tamari or soy sauce
 3 tablespoons peanut oil, divided
 3 tablespoons fresh parsley
 2 tablespoons light brown sugar
 1 tablespoon smoked paprika
 1 tablespoon lemon juice
 2 teaspoons minced garlic
 2 teaspoons grated fresh ginger
 1 ½ teaspoons lemon zest
 1 ½ teaspoons salt
 1 teaspoon toasted (dark) sesame oil
 ¼ teaspoon crushed red pepper
 ¼ teaspoon ground pepper
 ¼ teaspoon cayenne pepper
 6 medium cloves garlic
 3 scallions
 2 large eggs

TUESDAY, THURSDAY
AND THE WEEKEND

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