

MONDAY



Sausage, Leek, Potato,
and Spinach Stew

WEDNESDAY



Mushroom Ricotta
Pasta Bake

FRIDAY



Striped Sea Bass with
Radish Salsa Verde and
Broccoli Side

GROCERIES

1 pound small potatoes
 15 ounce can no-salt-added
 cannellini beans
 8 ounces spinach
 4 six-ounce filets striped bass
 4 cups broccoli
 4 cups reduced sodium chicken broth
 3 cups arugula
 2 ½ cups mushrooms
 2 cups chopped leeks
 1 ½ cups cooked pasta
 1 cup dry white wine
 1 cup flat-leaf parsley
 ½ cup and 3 tablespoons olive oil
 ½ cup part-skim ricotta
 ½ cup chopped fresh herbs of your
 choice (dill, chervil, chives, parsley)

3-4 tablespoons basil
 2 tablespoons shredded parmesan
 1-2 tablespoons fresh thyme leaves
 1 tablespoon anchovy paste
 1 tablespoon red wine vinegar
 1 teaspoon tarragon leaves
 7 cloves garlic
 2 links of sweet or hot Italian
 sausage
 2 shallots, sliced thin
 1 yellow summer squash or zucchini
 1 bunch scallions
 1 bunch radishes
 ½ small red onion, finely chopped
 Salt
 Pepper
 Lemon zest
 Lemon juice

**TUESDAY, THURSDAY
AND THE WEEKEND**

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