

MONDAY



Turkey and Rice Stuffed Peppers

WEDNESDAY



Grilled Steak with Green Beans, Tomatoes and Chimichurri Sauce

FRIDAY



Spinach and Artichoke Casserole with Chicken and Cauliflower Rice

GROCERIES

2 strip steaks (about 1 inch thick)
1 pound boneless, skinless chicken breast
8 ounces lean ground turkey
¾ pound green beans
1 (15-ounce) can tomato puree
1 (14-ounce) can artichoke hearts
6 medium bell peppers
5 cloves garlic
4 scallions
1 cinnamon stick
4 cups cauliflower rice
3 cups spinach
2 cups shredded part-skim mozzarella cheese
4 ounces reduced fat

cream cheese
1 pint grape tomatoes
1 1/2 cups short-grain brown rice
1 cup shredded dill
Havarti cheese
1/2 cup walnuts
1/2 cup fresh dill
1/2 cup fresh parsley
1/2 cup crumbled feta cheese
1/4 cup dried currants or golden raisins
1/4 cup fresh herbs, such as parsley, mint and cilantro
4 tablespoons extra-virgin olive oil
1 tablespoon chopped dill
1 tablespoon fresh lemon juice
1 teaspoon grated lemon zest
1 tablespoon plus 1 teaspoon packed brown sugar
1 tablespoon red wine vinegar
1 tablespoon water
¼ teaspoon salt
¼ teaspoon ground pepper
Kosher salt and freshly ground pepper

TUESDAY, THURSDAY AND THE WEEKEND

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