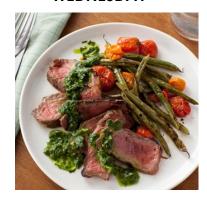
WEEKLY DINNER MENU

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 3/4 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 Kosher salt and freshly golden raisins 1/4 cup fresh herbs, such as parsley, mint and cilantro 4 tablespoons extravirgin olive oil 1 tablespoon chopped 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 1/4 teaspoon salt 1/4 teaspoon ground pepper 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

