

## MONDAY



Cilantro Lime Shrimp  
Bowl

## WEDNESDAY



Waldorf Chicken Salad

## FRIDAY



Shaved Pork Baguette  
With Kale Slaw

## GROCERIES

1 pound large raw shrimp  
15 ounces unsalted black beans  
4 1- to 2-ounce grilled pork tenderloins  
4 ounces hatch chiles  
12 cups kale  
8 cups purple cabbage  
3 cups chicken breast  
2 cups brown rice  
1 cup fresh corn kernels or thawed frozen corn  
1 cup fresh parsley  
1/2 cup fresh cilantro  
1/4 cup plain Greek yogurt  
1/4 cup pecans  
11 tablespoons sour cream or plain yogurt

8 tablespoons lemon juice or balsamic vinegar  
8 tablespoons hummus  
8 teaspoons Dijon mustard  
4 tablespoons lime juice  
3 tablespoons avocado oil  
3 tablespoons lite mayo  
2 tablespoons fresh garlic  
2 tablespoons clear balsamic vinegar or apple cider vinegar  
1 tablespoon fresh-squeezed lemon  
1 teaspoon grated lime zest  
1 teaspoon salt  
3/4 teaspoon pepper  
1/2 teaspoon poppy

seeds  
12 small green onions  
8 stalks of celery  
2 or 3 crusty baguettes  
2 tomatoes  
1 avocado  
1 serrano chile  
1 large apple  
1 avocado  
1 lime

TUESDAY, THURSDAY  
AND THE WEEKEND

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