

## MONDAY



Salmon-stuffed  
Avocados

## WEDNESDAY



Grilled Chicken With  
Farro and Roasted  
Cauliflower

## FRIDAY



Roasted Sweet Potato  
and Beet Sandwich

## GROCERIES

2 five-ounce cans salmon  
10 ounces boneless, skinless  
chicken thighs  
4 cups baby arugula or kale  
2 cups sweet potato  
2 cups beets  
1 1/2 cup cooked farro  
1 cup roasted cauliflower  
2/3 cup roasted green pepper  
2/3 cup roasted red peppers  
1/2 cup nonfat plain Greek yogurt  
1/2 cup diced celery  
1/2 cup thinly sliced red onion  
1/2 cup distilled white vinegar  
1/2 cup whole-milk plain yogurt  
1/4 cup crumbled feta cheese

1/4 cup low-sodium chicken/  
vegetable broth  
1/4 cup fresh mint leaves  
4 tablespoons EVOO, divided  
2 tablespoons chopped fresh parsley  
2 tablespoon lemon juice  
1 tablespoon lime juice  
1 tablespoon pine nuts, toasted  
2 teaspoons mayonnaise  
1 1/8 teaspoon ground pepper  
1 teaspoon Dijon mustard  
3/4 teaspoon salt  
1/4 teaspoon ground cinnamon  
2 avocados  
1 whole wheat baguette  
Chives (for garnish)

TUESDAY, THURSDAY  
AND THE WEEKEND

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