

MONDAY



Oven-fried Fish With
Potato Salad

WEDNESDAY



Cauliflower Crust Pizza

FRIDAY



Philly Cheesesteak
Stuffed Peppers

GROCERIES

1 and 1/2 pounds small, red-skinned potatoes
1 and 1/4 pounds cod (preferably Pacific cod)
12 ounces top round steak
1 8-ounce package mushrooms
1 and 1/2 cups panko breadcrumbs
3/4 cup shredded mozzarella cheese
1/2 cup pizza sauce
1/4 cup grated Parmesan cheese
3 tablespoons buttermilk
3 tablespoons mayonnaise
1 and 1/2 tablespoons coconut flour

1 tablespoon extra-virgin olive oil
1 tablespoon Italian seasoning
1 tablespoon Worcestershire sauce
4 teaspoons relish
1 and 1/4 teaspoons kosher salt
1 teaspoon paprika
1/2 teaspoon ground pepper
1/2 teaspoon garlic powder
1/2 teaspoon dried oregano
Salt
4 slices provolone cheese
4 large egg whites
2 large bell peppers
2 stalks celery

2 scallions
1 large onion
1 medium head of cauliflower
Lemon wedges, for serving
Freshly ground pepper
Any other toppings for your pizza

TUESDAY, THURSDAY
AND THE WEEKEND

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