

## MONDAY



Grilled Steak with Green Beans, Tomatoes and Chimichurri Sauce

## WEDNESDAY



Stuffed Zucchini

## FRIDAY



Harvest Bowls

## GROCERIES

3/4 pound green beans trimmed  
 One 1-pound mild or spicy Italian sausage  
 1 pound brussels sprouts  
 2 2/3 cups chicken broth  
 2 cups marinara sauce  
 2 cups fresh baby kale  
 1 1/2 cup wild rice blend  
 1 cup shredded mozzarella cheese  
 1/2 cup grated Parmesan cheese, divided  
 1/2 cup panko breadcrumbs  
 1/2 cup crumbled goat cheese  
 1/4 cup roasted, salted almonds, coarsely chopped  
 1/4 cup fresh herbs, such as parsley, mint and cilantro  
 1 pint grape tomatoes, halved  
 7 tablespoons olive oil, plus more for grill grates

3 tablespoons balsamic vinegar  
 2 tablespoons chopped fresh basil, plus more for serving  
 2 tablespoons unsalted butter  
 1 tablespoon red-wine vinegar  
 1 tablespoon water  
 2 teaspoons honey  
 2 teaspoons Dijon mustard  
 1 teaspoon chopped fresh oregano, plus more for serving  
 1/2 teaspoon kosher salt  
 1/4 teaspoon crushed red pepper flakes, coarsely chopped  
 6 medium zucchini (about 3 pounds)  
 2 1/2 cloves garlic, minced  
 2 strip steaks (about 1-inch thick), about 1 1/2 pounds total, trimmed of excess fat and halved  
 1 small red bell pepper, divided

## 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