

MONDAY

- Seared Salmon or Tofu
- Baked Potatoes
- Chardonnay Veggie Saute

TUESDAY

- Fresh Ratatouille
- Italian White Bean Salad
- Baked Polenta Fries

WEDNESDAY

- Three Bean Taco Salad
- Baked Tortilla Crisps

THURSDAY

- Sweet Potato & Grilled Goat Cheese
- Sweet Chili & Orange Marinated Chicken

FRIDAY

Make it Your Way-Buddha Bowls

NOTES:

- Cut Extra Veggies for the Buddha Bowls and Lunches
 - Cook Extra Salmon and/or Tofu for Buddha Bowls
 - Dice extra Onions and Peppers for Three Bean Taco Salad
-

-Grill Extra Eggplant and Zucchini for Buddha Bowls

-Make extra or save Polenta Fries for topping on Three Bean Tacos

-White Bean Salad is excellent in Lunch Boxes. Add Feta or Parmesan to make it a main meal

-Dice leftover Polenta Fries and toast on a cookie sheet to make Polenta Croutons

- Save some Chicken and Grilled Sweet Potatoes for Buddha Bowls.

-Use the dressing as a chicken marinade, then grill. Save some for the Buddha Bowl

Use up all the leftover Veg in your Buddha Bowls

PRODUCE

- SALAD GREENS
- CARROTS+
- RED & YELLOW PEPPERS+
- PARSLEY/CILANTRO/BASIL+
- ONIONS-RED & WHITE, GREEN+
- SPINACH (optional)
- GARLIC+
- ZUCCHINI+
- MUSHROOMS
- BAKING POTATOES
- SWEET POTATOES
- EGGPLANTS
- BEETS
- AVOCADOS
- LEMONS
- CHERRY TOMATOES
- ORANGES OR ORANGE JUICE

PROTEIN/MEAT/GRAIN

- FIRM TOFU/CHICKEN
- SALMON OR WHITE FISH
- PINTO BEANS
- BLACK BEANS
- CHICK PEAS+

FRIDGE/FROZEN

- CHEDDAR CHEESE (OPTIONAL)
- SOUR CREME
- PARMESAN
- GOAT CHEESE

SPICES/SAUCES

- WHITE WINE OR CHAMPAGNE VINEGAR
- SHERRY VINEGAR
- VEGGIE BROTH POWDER
- OLIVE OIL
- TAMARI OR SOY SAUCE
- DIJON MUSTARD
- MAPLE SYRUP
- CUMIN
- SMOKED PAPRIKA
- CHILI POWDER
- SWEET CHILI SAUCE
- OLIVE OIL
- TOMATO SAUCE
- PREPARED PESTO

BAKERY/PASTA

- CORN OR FLOUR TORTILLAS
- POLENTA

MISCELLANEOUS

- ARTICHOKE IN WATER
- WHITE WINE (CHARDONNAY)
- SALSA

BUDDHA BOWL INGREDIENTS

- BROWN RICE
- NOODLES
- QUINOA
- BEANS
- NUTS/SEEDS
- SAUCE INGREDIENTS