

ON THE MENU THIS WEEK

BREAKFAST

Chop leftover Mixed Grilled Vegetables (p. 45); fold into a frittata or scramble

Slice sourdough bread, lightly toast and spread with Macadamia Basil Pesto (p. 48). Layer Mixed Grilled Vegetables (p. 45) on top.

Slice peach or nectarine into halves and fill with a dollop of Cashew Cream (p. 48), sprinkle with granola and drizzle with maple syrup

LUNCH

Grilled Eggplant Caprese (p. 49)

Shrimp Taco Bowl (p. 50)

Indian Grilled Lentils and Vegetables (from bowl, p. 50) stuffed into a whole-grain pita

Chipotle Beet Bean Veggie Patties (p. 51) crumbled over a salad

Paprika Garlic Chicken (p. 46) served in a whole-grain pita with goat cheese and Macadamia Basil Pesto (p. 48)

DINNER

Grilled Chicken Vegetable Pesto Pizza (p. 47) with salad

Chipotle Beet Bean Veggie Burgers with Lemon Avocado Sauce (p. 51) in a bun

Indian Grilled Vegetable Lentil Bowl (p. 50)

Shrimp Taco Bowl (p. 50)

Grilled Eggplant Caprese (p. 49) with Macadamia Basil Pesto (p. 48) and toasted whole-grain pita wedges

SNACKS

Cashew Cream (p. 48) stirred with drizzle maple syrup and pinch cinnamon with sliced peaches or strawberries for dipping

Macadamia Basil Pesto (p. 48) with veggies for dipping

Chopped Mixed Grilled Vegetables (p. 45) spread over toast, topped with crumbled goat cheese and broiled

PREP SUNDAY

1. MIXED GRILLED VEGETABLES (P. 45)

2. PROTEINS (P. 46)

- Paprika Garlic Chicken
- Lemon Shrimp

3. GRAINS, LEGUMES AND SAUCES (P. 48)

- Cooked Quinoa
- Cashew Cream
- Classic Lentils
- Macadamia Basil Pesto

4. CHIPOTLE BEET BEAN VEGGIE PATTIES (P. 51)