



DINNER

MONDAY



TURKEY STUFFED PEPPERS

This is a great meal to use up leftover turkey! Add quinoa, tomatoes and a cheesy topping for a filling dish that really hits the spot.

TIP: Want to use up leftover holiday turkey? Skip the step for cooking the turkey and toss it in with the stuffing before filling your peppers!

TUESDAY



TURKEY RICE SOUP

This soup is a great way to use up leftover turkey, sweet potatoes, and fresh herbs—perfect for turning your leftovers into one last meal!

Side dish ideas: [Garlic Cheese Bread](#), [Roasted Beet Salad](#)

WEDNESDAY



BAKED EGGPLANT PARMESAN

This version is great because it skips deep frying the eggplant and bakes them instead. The result is a crispy outside and tender inside.

TIP: Don't skip drying the eggplant. This will ensure it has the best flavor and texture and also removes excess salt!

THURSDAY



BEEF AND BROCCOLI (*Instant Pot*)

The beef is thinly sliced, infused with Asian flavors, and so tender. It's also a one-pot meal, so cleanup is quick and easy. Serve over [rice](#)!

Stovetop Instructions: Cook beef in a skillet for 5 minutes. Add sauce, simmer 10 minutes, then stir in blanched broccoli until tender.

FRIDAY



BULGUR CHICKPEA SALAD

This filling no-cook vegetarian salad is packed with veggies and Lebanese flavors. Great on its own or add your favorite protein.

Protein ideas: [Lentil Cakes](#), [Chickpea Bites](#)

BREAKFAST

SWEET POTATO TOASTS



Whether you choose a sweet, savory, or multiple toppings, remember to note them on your grocery list!

SNACK/DESSERT

CRANBERRY BLISS BARS



A thick, chewy blondie base with orange zest and dried cranberries, topped with a creamy frosting. So good!