

Meal 1- [Slow Cooker Asian Corn Cabbage Soup](#)

We receive a lot of cabbage in our Farmer's Market Basket and this is one of my favorite cabbage recipes! This soup could also be made on the stove top for a quick last minute dinner.

Meal 2- [Turkey Vegetable Sloppy Joes](#), Broccoli, Baked Sweet Potato Fries

Add extra vegetables (carrots, celery, mushrooms) to the Sloppy Joes and serve open face on ½ bun, limit sweet potato fries to ½ cup

Meal 3- [Farmers Market Vegetarian Quesadillas](#), Fruit

Use your favorite vegetables or whatever you have on hand.

Meal 4- [Tilapia with Pineapple Salsa and Avocado Salad](#)

Substitute any mild flaky fish in place of the tilapia.

Meal 5- [Vegetable Frittata](#), Salad

Use whatever vegetables that you have on hand such as broccoli, spinach, mushrooms, etc.

Grocery List

Produce

- Red onions
- Red bell peppers
- Cabbage
- Zucchini
- Onions
- Fruit
- Avocado
- Green bell pepper
- Broccoli
- Squash, yellow
- Garlic
- Cherry or grape tomatoes
- Tomatoes
- Pineapple
- Jalapeño pepper
- Cilantro
- Leafy greens for salad
- Basil
- Limes
- Ginger
- Sweet potatoes
- Mushrooms
- Thyme, fresh

Other

- Olive oil
- Whole-grain tortillas
- Soy sauce
- Sesame oil
- Sriracha sauce
- Vegan chick'n bouillon
- Chili powder
- Ground cumin
- Tomato paste, canned
- Tomatoes, diced, no salt added 14.5 oz
- Whole wheat buns (optional)
- Corn, frozen

Meat

- Ground turkey breast, 1 lb
- Tilapia, 4 (6-oz) fillets

Dairy

- Eggs
- Cheddar cheese, reduced fat

Jackie Warren is a registered dietitian and Director of Operations for Corporate Health Partners. She develops weekly dinner meal plans that are kid-friendly to take the guesswork out of healthy eating.