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<h2>Monday</h2>

<a href="http://www.theroastedroot.net/turkey-soup-with-root-vegetables/" target="\_blank">Leftover Turkey Soup with Root Vegetables</a> from The Roasted Root.

Prep Ahead: <span data-sheets-value="[null,2,&quot;The turkey will already be prepped ahead of time, but you can also chop the vegetables ahead of time if you'd like&quot;]" data-sheets-userformat="[null,null,513,[null,0],null,null,null,null,null,null,null,null,0]">The turkey will already be prepped ahead of time, but you can also chop the vegetables ahead of time if you'd like</span>

<h2>Tuesday</h2>

<a href="http://www.spoonfulofflavor.com/2015/09/14/fall-mason-jar-salad-with-maple-balsamic-dressing/" target="\_blank">Fall Mason Jar Salad with Maple Balsamic Dressing</a> from Spoonful of Flavor.

Prep Ahead: <span data-sheets-value="[null,2,&quot;You can purchase pre-cut butternut squash cubes. The quinoa and salad dressing can be made in advance. Salads will keep in the jars for 2-3 days. &quot;]" data-sheets-userformat="[null,null,769,[null,0],null,null,null,null,null,null,null,4,0]">You can purchase pre-cut butternut squash cubes. The quinoa and salad dressing can be made in advance. Salads will keep in the jars for 2-3 days. </span>

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<h2>Wednesday</h2>

<a href="http://cookiemonstercooking.com/2014/09/05/quinoa-roasted-vegetable-burrito-bowls/" target="\_blank">Quinoa Roasted Vegetable Burrito Bowls</a> from Cookie Monster Cooking.

Prep Ahead: <span data-sheets-value="[null,2,&quot;Both the quinoa and roasted vegetables can be made in advance.&quot;]" data-sheets-userformat="[null,null,769,[null,0],null,null,null,null,null,null,null,4,0]">Both the quinoa and roasted vegetables can be made in advance.</span>

<h2>Thursday</h2>

<a href="http://www.greensnchocolate.com/2015/09/blackened-salmon-tostadas-with-cilantro-avocado-cream-sauce/">Blackened Salmon Tostadas</a> with Avocado Cream Sauce from greens &amp; chocolate.

Prep Ahead: The veggies can be chopped in advance, and the salmon can be seasoned up to a day in advance. For vegetarian, omit salmon and add two extra bell peppers and one extra can of black beans.

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<h2>Friday</h2>

<a href="http://flavorthemoments.com/slow-cooker-chicken-salsa-verde-tortilla-soup/" target="\_blank">Slow Cooker Chicken Salsa Verde Tortilla Soup</a> from Flavor the Moments.

Prep Ahead: <span data-sheets-value="[null,2,&quot;The tomatillo sauce may be made in advance. For a vegetarian option, omit the chicken and add extra beans and/or veggies if desired, and substitute the chicken stock for vegetable stock or water.&quot;]" data-sheets-userformat="[null,null,769,[null,0],null,null,null,null,null,null,null,4,0]">The tomatillo sauce may be made in advance. For a vegetarian option, omit the chicken and add extra beans and/or veggies if desired, and substitute the chicken stock for vegetable stock or water.</span>

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