

PROTEIN

- 1 pkg (~17 oz.) refrigerated fully cooked, boneless post roast w/ gravy/au jus
- 1 lb. ground beef (93% lean or leaner)
- 12 oz. cooked roast beef or deli roast beef, thinly sliced

PRODUCE

- 1 T. chopped fresh sage
- 3 T. chopped fresh parsley
- 2 t. minced garlic
- 2 c. shredded broccoli slaw
- Chopped tomatoes (optional)
- Chopped cucumber (optional)
- Chopped red onion (optional)

DRY GOODS/PANTRY

- 1.5 c. uncooked elbow macaroni
- 2 T. olive oil
- 2 T. flour
- $\frac{3}{4}$ t. salt
- $\frac{1}{2}$ t. pepper
- $\frac{1}{4}$ c. dry breadcrumbs
- 1 t. ground cumin
- 6 T. reduced-fat or fat-free ranch dressing, divided
- 4 flatbreads (such as naan, lavash, or pita bread)
- 4 flour medium tortillas (8 to 10-inch diameter)

REFRIGERATOR

- 2 $\frac{1}{4}$ c. skim milk
- 1 c. shredded Monterey Jack cheese
- $\frac{3}{4}$ c. Gorgonzola cheese, divided
- $\frac{1}{2}$ c. reduced-fat or fat-free cream cheese, softened
- 2 egg white or 1 whole egg
- Tzatziki sauce

FULL RECIPES

[Beefed Up Mac & Cheese](#)

[Mediterranean Beef Meatball Kabob](#)

[Roast Beef and Veggie Wraps](#)