

Planned Extra Turkey	Start With...	Add Veggies and/or Fruit...	Add a Quality Grain...	Plus a Bit of...	Create: One Amazingly Delicious and Nutritious Meal
Lean and Luscious Legs	2 cups shredded, cooked turkey leg meat	Broccoli Slaw	Whole wheat spaghetti	Peanut butter + Roasted peanuts + flavour boosters (e.g. garlic, ginger, shiracha)	<i>Spicy Peanut Noodles with Turkey</i> Dark meat is feel good food; it seems indulgent because of the juiciness and flavour, but it's actually a lean choice.
Just the Breast Please	Leftover turkey breast meat	Red onion + Red grapes + Celery + Lettuce	Rustic Whole Grain Bread	Walnuts + Seedy Dijon	<i>The Gobbler</i> This sweet and savory sandwich with a crunch is perfect for a packed lunch.
Love ALL the Leftovers	2 cups cooked leftover turkey	Butternut Squash + Cucumber + Apples + Red Pepper + Kale	Farro Grains	Almonds + Navy Beans + Pesto Parsley Dressing	<i>Turkey Apple and Kale Grain Salad</i> This salad is filled with super foods like kale, squash, farro and the power protein, turkey!
The Bare Bones (AKA the carcass)	homemade stock + 2 cups leftover turkey	Carrots + Onion + Spinach + Tomato Paste	Basmati Rice	Fragrant spices + Yogurt	<i>Curried Turkey Vegetable Soup with Rice</i> A roasted turkey carcass makes a rich, <i>tasty broth</i> to stir into this scrumptious soup!