WEEKLY MEAL PLAN

Mon

Healthy Chicken Salad

1 stalk celery
1/4 cup onion
1 apple
1/4 cup walnuts
1/4 cup dried cranberries
11.8 ounces cooked cubed chicken
6 ounces plain Greek yogurt

Tues

Grilled Pork Chops with Cherry Plum Salsa

2 medium plums
1 cup chopped cherries
1/4 cup chopped red onion
1 tablespoon chopped fresh cilantro
1 jalapeno
1 lime
1 tablespoon or so Badia seasoning or your favorite seasoning
1 tablespoon canola oil
1 cup uncooked rice or quinoa
(4) pork loin chops, about 1" thick

Wed

Harissa Chicken Skewers with Herbed Yogurt

1 red bell pepper 3 cloves garlic
6-7 cayenne/chile/Anaheim chile (any assortment of red peppers you like)
2 tablespoons chopped parsley
2 tablespoons chopped cilantro
1 tablespoon chopped chives
2 chiptole peppers in adobo sauce
1 teaspoon caraway seed
1 teaspoon cumin seed
1 teaspoon coriander seed
1/2 teaspoon garlic powder 2 tablespoons olive oil
1 cup plain yogurt
3 boneless skinless chicken breasts

Thurs

Summer Quinoa Salad

2 cloves garlic
1 small eggplant
1 medium sized zucchini
1/2 red bell pepper
1/2 orange bell pepper
1/2 yellow bell pepper
1 cup cauliflower florets
1 cup cherry or grape tomatoes
handful fresh basil leaves
1/4 cup chopped fresh parsley
1 teaspoon fresh lemon juice
2 - 2 1/2 cups quinoa (regular or tricolor)
1 tablespoon red wine vinegar
1-2 tablespoons extra virgin olive oil plus more for drizzling

Fri

Grilled Teriyaki Chicken Bowls

2 tablespoons freshly chopped cilantro
1 lime
1 tablespoon minced ginger
1 medium red bell pepper
1/2 red onion
1 small zucchini
4 slices pineapple
1/2 cup low sodium soy sauce
1 tablespoon honey
1 tablespoon rice vinegar
1 tablespoon sesame oil
2 teaspoons cornstarch or 1 teaspoon arrowroot powder
1 tablespoon olive oil
1 cup long grain white rice
sesame seeds, for garnish
2 boneless skinless chicken breasts