WEEKLY MEAL PLAN

Mon

Autumn Nourish Bowls

3 cups chopped kale (about one large bunch)
1 lb brussels sprouts
1 medium butternut squash
3 cloves garlic 1 lemon
3 cups cooked whole grains, such as millet, brown rice, quinoa, wheat berries, freekah, farro, etc. I used Bob's Red Mill's Whole Grain Medley
3 tablespoons olive oil
1 teaspoon smoked paprika
1 tablespoon coconut oil, melted
1 tablespoon maple syrup
1 tablespoon balsamic vinegar
1 (15 ounce) can chickpeas
1/2 teaspoon cumin 1/2 teaspoon chili powder
1/2 cup almond butter 2 tablespoons olive oil
1 tablespoon maple syrup 2 teaspoons soy sauce

Tues

Buffalo Chicken Sloppy Joes

½ yellow onion
2 carrots, 2 stalks of celery
2 cloves of garlic, 1 tablespoon fresh lemon juice
¼ cup low sodium chicken broth
1 (8 ounce) can tomato sauce
¼ cup buffalo wing sauce
1 tablespoon Worcestershire sauce
1 tablespoon apple cider vinegar
½ teaspoon dried parsley , ¼ teaspoon dried dill
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
hamburger buns
1 pound lean ground chicken or turkey
1 cup plain Greek yogurt
1/3 cup crumbled blue cheese
3 tablespoons low-fat buttermilk

Wed

Spicy Cauliflower Mac and Cheese

Half head cauliflower
1 heaping cup sautéed leeks, white and tender green parts only
1 tablespoon extra virgin olive oil
1 teaspoon smoked paprika
½ teaspoon chipotle chili pepper powder
½ teaspoon garlic powder, ½ lb. shell pasta
3 tablespoons all purpose flour
1 tablespoon ground mustard seed
4 tablespoons unsalted butter
1 ½ cups heavy cream or 2 cups of milk
1 ½ cups Wisconsin cheddar cheese, grated
1 cup Wisconsin fontina cheese, grated
1 cup Wisconsin butterkase cheese,grated

Thurs

White Bean Kale Sausage Stew

1/2 cup chopped onion, 1 zucchini
1/2 chopped red bell pepper, 3 garlic cloves
1/2 cup chopped fresh mushrooms
3 roma tomatoes, 1/2 lb. kale
1 cup chicken broth
(2) 16 ounce cans cannellini or white beans
1/4 teaspoon fennel, 1/8 teaspoon dried chili flakes
1/2 teaspoon italian seasoning, 1/4 teaspoon rosemary
(1) package turkey sausage

Fri

Autumn Minestrone Soup

1 medium onion, 1 stalk celery, 1 large carrot
2 cloves garlic, 2 cups cubed kabocha squash
1 bunch kale, 3 sprigs fresh thyme or 1 tsp. dried
1 teaspoon dried rosemary, 1 bay leaf
(1) 28 ounce can whole peeled tomatoes
1/2 cup farro or quinoa, uncooked, 1 tbl. olive oil
(1) 15 ounce can kidney beans
(1) 15 ounce can cannellini beans
4 ounces diced pancetta
1" piece parmesan cheese rind
grated parmesan, for serving