

WEEKLY MEAL PLAN

MONDAY - CREAMY BUTTERNUT SQUASH PASTA SKILLET

- 1 medium onion
- 2 cloves garlic
- 1 large carrot
- 4 ounces baby bella mushrooms
- 3 cups bite-sized pieces of kale
- 1 ½ cups butternut squash puree
- 1 tablespoon minced fresh rosemary,
- 1 tablespoon minced fresh sage leaves
- ½ cup low-sodium vegetable broth
- 16 ounces whole wheat pasta shells
- ½ cup walnuts
- 1 ½ cups shredded provolone cheese
- ¼ cup grated parmesan cheese
- 1 cup 2% milk

TUESDAY - ROASTED VEGETABLE TERIYAKI BOWLS

- 1 medium sweet potato
- 1 medium crown broccoli
- 1 yellow onion
- 1 red bell pepper
- 2 yellow squash
- ¼ cup teriyaki sauce + more for serving
- 2 teaspoons dried basil
- 2 teaspoons ground cumin
- 1 teaspoon kosher salt,
- 2 to 3 cups cooked brown rice
- ½ cup roasted cashews

WEDNESDAY - GRILLED VEGGIE FLATBREADS

- 4 cups baby spinach leaves*
- 16 ounces mushrooms
- ½ cup fava beans or peas, fresh or frozen
- 12 asparagus stalks
- 1/2 cup corn, fresh or frozen
- 1 clove garlic
- 2 tablespoons fresh lemon juice
- 3 tablespoons toasted walnut pieces
- 1/2 cup extra virgin olive oil
- 4 naan flatbreads
- ¼ cup freshly grated parmesan
- 8 ounces fresh mozzarella

THURSDAY - BUTTERNUT SQUASH SOUP

1 white onion	Coriander
3 medium apples	Cinnamon
1 butternut squash	32 oz container vegetable broth
Cumin	8 oz silken tofu
	Pepitas

Ingredients for side salad and bread

FRIDAY - BLACK BEAN TACOS

- 3 limes
- 1 jalapeno
- 15 ounce can black beans
- 1/3 cup pecans
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 2 teaspoons smoked paprika
- Vegan (or regular) Worcestershire
- 6 corn tortillas
- 1 cup pepitas (pumpkin seeds)