

WEEKLY MEAL PLAN

Mon

Leftover Turkey Soup

1 large yellow onion
1 large turnip
2 large carrots
2 stalks celery
5 cloves garlic
5 sprigs fresh thyme
2 teaspoons fresh rosemary
1 teaspoon dried oregano
1/4 teaspoon ground cumin
4 cups low-sodium chicken or turkey broth
2 cups cooked leftover turkey

Tues

Fall Mason Jar Salad

3 cups cubed butternut squash
2 ounces salad mix with sweet pea
1 1/2 cups chopped apple
1 garlic clove
1/2 cup + 1 tablespoon extra virgin olive oil
3/4 cup dried cranberries
1 cup cooked quinoa
1/2 cup pepitas
1/4 cup balsamic vinegar
3 tablespoons pure maple syrup
1 tablespoon Dijon mustard

Wed

Quinoa Roasted Burrito Vegetable Bowl

1/4 cup fresh cilantro leaves
1 lime
1 red onion
1 zucchini
1 pint cherry tomatoes
1 cup uncooked quinoa
2 cups low-sodium vegetable broth
1 tablespoon honey
1 teaspoon cumin
1 teaspoon smoked paprika
1 (15 ounce) can black beans

Thurs

Blackened Salmon Tostadas

1/2 medium red onion, sliced
1 green bell pepper
1 orange or red bell pepper
1 ripe avocado
1/2 cup cilantro leaves
1/2 jalapeno
1 lime
3 small or 2 large salmon fillets
1 (15 oz) can black beans
1 teaspoon paprika
1/2 teaspoon cumin, cayenne pepper, garlic powder, dried oregano, and basil
8 corn tortillas
4 oz plain cream cheese

Fri

Chicken Verde Tortilla Soup

1 lb. tomatillos
1 medium onion
3 garlic cloves
1 large jalapeno
1/2 cup chopped cilantro
1 1/2 cups corn, fresh or frozen
1 lime
1 tablespoon canola oil
2 teaspoons granulated sugar
1 1/2 teaspoons cornstarch
1/2 teaspoon dried oregano
1 (15 ounce) can black beans
2 cups reduced sodium chicken stock
1 lb. boneless, skinless chicken breasts
Optional garnishes: Greek yogurt or sour cream, cheese, or tortilla chips.