

WEEKLY MEAL PLAN

Mon

Garlicky Spaghetti Squash

1 medium-sized spaghetti squash
4 cups dino kale leaves
1 lemon
6 large cloves garlic
3 cups baby Portobello mushrooms
2 teaspoons fresh thyme
2 tablespoons olive oil
¼ teaspoon kosher salt
1/8 teaspoon cayenne pepper
1 (or two) large chicken breasts

Tues

Chili with Farro

1 red onion
1 orange pepper
1 (8 oz) package baby bella mushrooms
2 (14 oz) cans diced fire-roasted tomatoes
1 can black beans
1 can kidney beans
3 cups low-sodium vegetable broth
1 cup uncooked farro
1 to 3 chipotle peppers in adobo sauce
1 ½ tablespoons chili powder
2 teaspoons cumin
2 teaspoons garlic powder, desired
toppings for serving

Wed

Pesto Tortellini

4 cups baby spinach
1 clove garlic
2 tablespoons fresh lemon juice
1 lb. baby bella mushrooms
20 ounce package tortellini
1/2 cup extra virgin olive oil
1/2 cup sundried tomatoes
3 tablespoons walnut pieces
2-4 tablespoons heavy cream
grated parmesan, for serving

Thurs

Fajita Enchiladas

1 green bell pepper
1 red bell pepper
1 large red onion
cilantro and avocado, for topping
2-3 tbsp olive oil
2 tbsp chili powder
1 tsp paprika
1 tsp onion powder
1/2 tsp cumin
1/4 tsp garlic powder
1/8-1/4 tsp cayenne pepper
1 large can (28 oz) red enchilada sauce
8-10 flour tortillas
2 cups shredded Mexican or Cheddar cheese
1 lb beef stew meat (or your favorite cut of beef)

Fri

Butternut Squash Soup

1 small butternut squash (about 2 pounds)
4 cloves garlic
2 medium carrots
1 medium white onion
Parsley, for topping
½ cup extra olive oil
1 teaspoon ground cumin
½ teaspoon crushed red chile flakes
½ teaspoon paprika
6 cups vegetable stock
1 cup red lentils
Pepitas, for topping
Greek yogurt, for topping