

# WEEKLY MEAL PLAN

Mon

## Macaroni and Cheese

8 ounces mushrooms  
1/2 cup fresh or frozen peas  
4 tablespoons flour  
2 cups dry elbow macaroni (whole wheat or regular)  
1 tablespoon extra virgin olive oil  
1/3 cup panic breadcrumbs  
1 1/2 cups cooked chicken breast  
2 cups grated cheese  
5 tablespoons butter  
4 cups skim milk

Wed

## Mexican Rice Casserole

1 small red onion      1 green pepper  
1 jalapeno  
chopped fresh cilantro, for garnish,  
1 1/2 cups frozen corn kernels  
1 teaspoon ground cumin  
1 teaspoon smoked paprika  
pinch of cinnamon      pinch of cayenne  
1 tablespoon tomato paste  
1 cup quick cook brown rice  
1 (14 ounce) can fire-roasted diced tomatoes,  
1 (15 ounce) can black beans  
2 1/2 cups low sodium vegetable broth  
1 to 2 cups shredded cheddar or pepper jack cheese

Thurs

## Buddha Bowl

1 large sweet potato  
2 large parsnips  
2 medium golden beets,  
10 ounces spinach or greens of choice  
1/2 small head cabbage, sliced  
3 cups cooked brown rice  
Grapeseed oil (or olive oil)  
1/4 cup + 2 tablespoons tahini  
1 tablespoon fresh lemon juice  
2 tablespoons pure maple syrup  
1/2 teaspoon ground cinnamon

Fri

## Buffalo Chicken Chili

1 onion      3 carrots  
2 celery stalks      green onions  
1/2 cup buffalo wing sauce  
1 (14 oz) can cannelloni beans (2 cans for vegetarian)  
1 (14 oz) can pinto beans  
2 cups chicken broth  
1/2 cup plain Greek yogurt  
blue cheese crumbles, for garnish  
1 pound ground chicken (omit for vegetarian)

Tues

## Sweet Potato Quinoa Bowls

1 large sweet potato  
1 lime  
1/2 cup cilantro  
1 cup black beans  
3/4 cup red quinoa  
1 teaspoon extra virgin olive oil  
1 teaspoon chili powder  
3/4 teaspoon cumin  
1/4 teaspoon garlic powder  
3/4 teaspoon salt  
1/4 teaspoon honey or agave nectar  
1/4 cup plain non fat Greek yogurt