

WEEKLY MEAL PLAN

Mon

Beef Bourguignonne

1 1/2 lb. bag pearl onions
16 ounces cremini mushrooms
1 tablespoon fresh thyme (or 1 tsp. dried)
1 tablespoon fresh Italian parsley (or 1 tsp. dried)
2 bay leaves
5 tablespoons olive oil
1/4 cup flour
1 tablespoon tomato paste
2 cups uncooked pearl barley
1 cup beef stock
3 cups pinot noir or other dry red wine
2 lbs. beef stew meat

Tues

Teriyaki Stir Fry

1 medium red onion
1 pound brussels sprouts
4 cups bite-sized broccoli florets
1 bunch green onions
1 large clove garlic
1 to 1 1/2 teaspoons minced fresh ginger
1 (15 ounce) can chickpeas
3/4 cup raw cashews
Rice or quinoa, for serving
1/3 cup pineapple juice
3 1/2 tablespoons low-sodium soy sauce or tamari,
1 tablespoon rice vinegar
1 1/2 tablespoons honey
2 teaspoons cornstarch
1 large boneless, skinless chicken breast

Wed

Potato Leek Soup

1 onion
3 leeks
3 carrots
3 stalks celery
3 cloves garlic, minced
5 small or 3 medium potatoes
1 tablespoon fresh thyme
5 cups vegetable broth
2 cups whole wheat bread cut into 1" chunks
olive oil
1/4 cup shredded Parmesan cheese

Thurs

Strawberry Spinach Salad

2 cups fresh asparagus
2 heaping cups fresh spinach
2 cups fresh strawberries
1 spring onion
1 lemon
1/2 cup pea shoots
2 tablespoons sliced almonds
2 tablespoons olive oil
1 tablespoon honey
salt and pepper
1 ounce goat cheese

Fri

One Pot Jambalaya

1 yellow onion
1 green bell pepper
3 stalks celery
1/4 cup fresh parsley
2 tablespoons olive oil
1 cup brown rice
1-1/2 cups low-sodium chicken broth
1/2 cup dry white wine
1 14-ounce can diced tomatoes
2 teaspoons Cajun seasoning
1 teaspoon dried thyme
1/2 pound shrimp
1-1/2 pounds boneless skinless chicken breasts
12 ounces andouille sausage