

WEEKLY MEAL PLAN

Mon

Sausage Pasta

8 ounces baby bella mushrooms
fresh basil (optional)
1 jar pasta sauce
8 ounces gluten-free rotini (or spiral)
pasta
1/4 cup freshly grated Parmesan cheese
11 lb. Italian sausage links

Tues

Asian Rice Salad

1 cup shelled edamame, (fresh or frozen)
1 red bell pepper
2 clementines or one small navel orange
2 green onions
fresh cilantro (1/4 cup chopped)
1 clove garlic
fresh ginger
1 cup uncooked black rice
1 1/2 tablespoons rice wine vinegar
1/2 tablespoon reduced sodium soy sauce
1 tablespoon fresh orange juice
2 teaspoons honey or agave syrup
1/4 cup extra virgin olive oil
1 teaspoon sesame oil (optional)
sesame seeds for garnish (optional)

Wed

Orange Noodle Bowls

1 medium red onion
2 cloves garlic
3 1/2 cups chopped broccoli florets
2 medium oranges
1 teaspoon freshly grated ginger
1 1/2 cups frozen shelled edamame
1/4 cup creamy peanut butter
1 tablespoon honey
1 tablespoon low sodium soy sauce
1 tablespoon rice vinegar
10 ounces whole wheat linguini
chopped peanuts and/or sesame seeds, for garnish

Thurs

Salmon Tacos

1 lime
cilantro and jalapeños, for garnish
avocado, tomatoes, for topping
1-3 tsp Sriracha
1 tsp honey
1 1/2 tsp cumin 1 tsp chili powder
1 tsp brown sugar
16 corn tortillas
salsa
1 pound salmon
8 oz plain Greek yogurt

Fri

Lemon Chicken Stir Fry

1 1/2 cups chopped broccoli florets
1 lemon
1 clove garlic,
1 teaspoon freshly grated ginger
quinoa
3/4 cup low sodium chicken broth
2 tablespoons honey
2 tablespoons low sodium soy sauce
2 tablespoons rice vinegar
1 1/2 teaspoons sesame oil
1 teaspoon sriracha (optional)
1 tablespoon cornstarch
1 pound boneless skinless chicken breasts