

WEEKLY MEAL PLAN

Mon

Barley and Bean Tacos

1 medium red onion
1 medium avocado
1 lime
chopped fresh cilantro, for serving
1 cup frozen corn
1 (15 ounce) can black beans
1 (14 ounce) can fire-roasted diced tomatoes
1 cup barley
2 cups low-sodium vegetable broth,
1 teaspoon cumin
½ teaspoon smoked paprika
½ teaspoon garlic powder
1 teaspoon minced chipotle pepper in adobo sauce
flour or corn tortillas
1 ½ tablespoons plain greek yogurt
1 tablespoon half and half
crumbled feta, for serving

Tues

Mushroom Gratin

1 carrot
2 onions
7 cloves garlic
1/2 ounce dried porcini mushrooms
1 lb. cremini mushrooms
4 sprigs thyme
1 bunch parsley
1 stalk celery
1 lb. dried Great Northern beans
1/2 cup panic breadcrumbs
4 cups reduced sodium chicken or veggie stock
2 tablespoons capers
1 bay leaf
1-2 teaspoons agave syrup or sweetener of choice
8 tablespoons extra virgin olive oil
1 cup grated Gruyere cheese
1/2 cup freshly grated parmesan.

*These ingredients include the optional salsa verde sauce.

Wed

Shrimp Quinoa Bowls

2 tablespoons red onion
2 mangos
1 avocado
2 limes
1/4 cup chopped cilantro
2 teaspoons grapeseed oil
1 teaspoon kosher salt
3/4 teaspoon cumin
¼ teaspoon chili powder
1 cup quinoa (I used rainbow quinoa)
1 (15 ounce) can black beans
1 pound large shrimp
¼ cup pain non fat Greek yogurt

Thurs

Thai Basil Stir Fry

1 medium yellow onion
1 red bell pepper
1 orange bell pepper
1 serrano chili
1 tablespoon fresh lime juice
1 tablespoon fresh ginger
4 cloves garlic
½ cup fresh basil leaves
⅓ cup full-fat canned coconut milk
3 tablespoons creamy peanut butter
1 tablespoon liquid aminos (or low-sodium soy sauce)
2 tablespoons olive oil
1 pound boneless skinless chicken breasts,

Fri

Grilled Cheese Sandwiches

3 medium yellow onions, sliced ¼" thick
2 tsp granulated sugar
¼ teaspoon dried thyme
¼ cup beer (or beef stock)
8 slices French bread
1½ cups grated Gruyere cheese
6 tablespoons unsalted butter

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