

# WEEKLY MEAL PLAN

**Mon**

## Spring Detox Bowls

1 head lacinato (dino) kale  
1 head Russian red kale  
1/2 red bell pepper  
6 small radishes  
1 medium carrot  
1/2 small cucumber  
1 large ripe avocado  
1 large red beet  
1/4 cup fresh lemon juice  
1 clove garlic  
1/4 cup packed fresh parsley leaves  
1/2 raw walnut halves  
1/4 cup + 1 tablespoon avocado oil  
2 teaspoons pure maple syrup  
2 teaspoons stone ground mustard

**Tues**

## Stuffed Shells

1 medium red bell pepper  
3 cloves garlic  
1 bunch lacinato or regular kale (9 to 10 ounces)  
1/2 cup thinly sliced green onions  
3/4 cup sweet potato puree (store-bought or homemade)  
24 jumbo pasta shells  
25 ounces marinara sauce  
1/2 cup low-sodium vegetable broth  
1 large egg  
1 1/4 cups ricotta cheese  
2 cups mozzarella cheese

**Wed**

## Taco Salads

1 tomato, diced  
1 avocado, diced  
8 cups chopped romaine lettuce  
green onions, for topping  
1 cup corn (frozen, fresh, or canned)  
salsa, for topping  
1 tablespoon chili powder  
2 teaspoons cumin  
1/4 teaspoon onion powder  
1/4 teaspoon garlic powder  
1/2 teaspoon paprika  
1/2 teaspoon oregano  
tortilla chips, crushed for topping  
shredded Cheddar cheese, for topping  
1 1/2 lbs ground beef  
sour cream, for topping

**Thurs**

## Carrot Pesto Pizza

3 medium tomatoes  
1 cup basil leaves  
3/4 cup carrot tops  
1/4 cup olive oil  
1/3 cup walnut halves  
1 tablespoon miso paste  
1 garlic clove  
4 whole wheat naan breads  
red pepper flakes  
1 1/3 cup shredded part-skim mozzarella cheese  
1/3 cup shredded parmesan cheese

**Fri**

## Quiche Primavera

1 large leek  
8 ounces cremini mushrooms  
1 clove garlic  
1 1/2 cups fresh baby spinach  
8 cherry tomatoes  
1 tablespoon extra virgin olive oil  
8 large eggs  
1/2 cup skim milk  
1/2 cup grated cheese