

WEEKLY MEAL PLAN

Mon

Sriracha Stir Fry

2 cups chopped broccolini
1 bunch of asparagus
2 cloves garlic, minced
1 teaspoon fresh ginger, minced
juice from ½ lime
1 block firm tofu
1 tablespoon rice vinegar
4 tablespoons soy sauce
3 teaspoons Sriracha
¼ cup peanut butter
2 tablespoons canola oil
rice, quinoa, or noodles, cooked

Tues

Cashew Chicken

1 large red bell pepper
1 large yellow bell pepper
3 to 4 ounces organicgirl peppergreens or baby
mustard greens or spinach
1 cup raw cashews
2 cups white or brown rice
4 tablespoons soy sauce
2 tablespoons rice vinegar
2 tablespoons ketchup
2 tablespoons honey
2 tablespoons olive oil
3 teaspoons cornstarch or arrowroot powder
½ teaspoon sesame oil
1 pound boneless, skinless chicken breasts,

Wed

Burrito Bowls

1 large avocado
1 small head cabbage
2 cups shredded carrot
1 bunch green onion
2 large cloves garlic
¼ cup lime juice
¼ cup olive oil
Salsa
3 chipotle chilis in adobo sauce
2 cups uncooked brown rice
1 (14-ounce) can black beans
Sea salt to taste
1 rotisserie chicken
Shredded Cheese
1 (8-ounce) container sour cream

Thurs

Caprese Skillet

4 cloves garlic
16 ounces cherry tomatoes
1 cup loosely packed fresh basil leaves
1/2 pound dry rigatoni or your favorite pasta
4 tablespoons extra virgin olive oil
4 ounces fresh mozzarella

Fri

Mexican Couscous

1 medium red onion
½ cup fresh cilantro
1 cup frozen corn
½ teaspoon ground cumin
½ teaspoon chili powder
¼ teaspoon smoked paprika
1 (15 ounce) can black beans
1 (14 ounce) can fire-roasted diced tomatoes
2 cups whole wheat pearl couscous
1 teaspoon red wine vinegar
1 ½ teaspoons honey
1 to 2 chipotle peppers in adobo sauce
½ cup feta crumbles

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