

WEEKLY MEAL PLAN

Mon

Veggie Lo Mein

1 medium red onion
1 medium red bell pepper
1 medium yellow bell pepper
1 large carrot
1 ½ cups thinly sliced red cabbage
1 ½ cups packed fresh baby spinach leaves
chopped fresh cilantro, for garnish
1 ½ teaspoons minced fresh ginger
2 large cloves garlic
12 ounces uncooked whole wheat spaghetti
roughly chopped peanuts or cashews, for garnish
¼ cup low-sodium soy sauce
3 tablespoons hoisin sauce
¼ to ½ teaspoon red pepper flakes

Tues

Thai Chopped Salad

5 cups brussels sprouts
3 cups dino kale
1 large carrot
1 mango
1/4 cup fresh cilantro
zest of 1 lime
1/4 cup fresh lime juice
2 tablespoons fresh ginger
1 clove garlic
1 cup full fat coconut milk
1/2 cup creamy peanut butter
1 teaspoon yellow curry powder
2 tablespoons soy sauce
1 tablespoon white vinegar
1 tablespoon olive oil
1 boneless skinless chicken breast

Wed

Chorizo Hash

2 medium sweet potatoes
1 red bell pepper
1 avocado
½ cup chopped red onion
3 tablespoons chopped cilantro
1 tablespoon fresh lime juice
3 tablespoons olive oil
2 tablespoons sriracha sauce
1 tablespoon honey
4 eggs
¾ cup sour cream
1/2 pound ground chorizo

Thurs

Fish Taco Bowls

1/2 pineapple
1 large avocado
1 small tomato
1/4 cup chopped red onion
2 limes
3 tablespoons chopped fresh cilantro
3 1/2 tablespoons canola oil
1 cup black beans
1 cup uncooked long grain white rice
1 lb. hailibut filets (or your favorite white fish)
paprika

Fri

Chicken Parmesan Subs

fresh basil, for topping
3 cloves minced garlic
½ cup Panko Breadcrumbs
1 egg
2 teaspoons Italian seasoning
2-3 tablespoons olive oil
24 ounce jar marinara sauce
5 hoagie buns
8 ounces mozzarella cheese, sliced
1 lb ground chicken
½ cup shredded Parmesan cheese
1 tablespoon heavy cream (or milk)