

WEEKLY MEAL PLAN

Mon

Pasta Primavera

1 1/2 cups sliced cremini mushrooms
1 cup asparagus, cut into 2" pieces
1 zucchini
1/2 red bell pepper
1 carrot
1/3 cup minced shallot
3 tablespoons fresh basil plus more for serving
1/2 cup frozen peas
8 ounces spinach fettuccine
2 tablespoons extra virgin olive oil
1/4 cup dry white wine
3/4 cup low sodium chicken stock
1 1/2 tablespoons flour
3/4 cup milk
parmesan cheese, for serving

Tues

Sweet Potato Black Bean Pasta

1 medium red onion
2 cloves garlic
1 medium jalapeno
1 medium green bell pepper
1 cup fresh or frozen corn kernels
chopped cilantro, for garnish
1 1/2 cups sweet potato puree
16 ounces whole wheat ziti
15 ounce can black beans
1/2 cup low sodium vegetable broth
1 teaspoon cumin
1/2 teaspoon smoked paprika
1 cup milk
1 cup shredded pepper jack cheese

Wed

Mexican Bean Salad

1 red bell pepper, chopped
1 cup tomatoes, chopped
1 avocado
3/4 teaspoon minced fresh ginger root
1/4 cup fresh lime juice
zest of one lime
1/4 cup packed cilantro leaves
1 clove garlic
15 ounce can black beans
1 15 ounce can kidney beans
1 15 ounce can small white beans
1/4 cup olive oil
2 teaspoons balsamic vinegar
salt to taste

Thurs

Italian Salsa Verde Shrimp

1 bunch Italian flat leaf parsley
2 cloves garlic
1 lemon
2 tablespoons capers
7 tablespoons extra virgin olive oil
1-2 teaspoons agave syrup or sweetener of choice
1 cup uncooked rice or 1/2 pound dry pasta, cooked according to package instructions
1 pound shrimp, peeled and deveined

Fri

Havarti and Mushroom Flatbread

8 ounces cremini mushrooms
2 medium shallots
1 clove garlic
1 sheet puff pastry
3 tablespoons sherry wine
1 egg yolk
3 tablespoons unsalted butter
1/2 cup havarti cheese

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