WEEKLY MEAL PLAN

Mon

Roasted Vegetable Quesadillas

1 medium red onion
1 medium red bell pepper
1 medium yellow bell pepper
1 medium jalapeno
1 large sweet potato
4 cloves garlic
1 teaspoon cumin
3/4 teaspoon smoked paprika
1/2 teaspoon chili powder
15 ounce can black beans
homemade enchilada sauce, for serving
10-12 large whole wheat flour tortillas
2 cups shredded mild white cheddar cheese

Tues

Vegetable Parmesan Quinoa

1-2 cups broccoli florets, chopped
1 small onion
3 cloves garlic
1 large zucchini
1 cup sliced mushrooms
2 cups quinoa
4 cups organic chicken or vegetable stock
(1) 15 ounce can small white beans
1/2 cup chopped sundried tomatoes (not in oil)
1 teaspoon dried basil
1 teaspoon dried oregano
1/4 cup freshly shredded parmesan cheese

Wed

Chicken Verde Enchilada Bake

1 lb. tomatillos 1 medium onion
3 garlic cloves 1 large jalapeno
1/2 cup plus 1 tablespoon chopped cilantro
1 1/2 limes
1 cup heirloom or regular cherry tomatoes
1/4 cup chopped red onion
1 tablespoon canola oil
2 teaspoons granulated sugar
1 1/2 teaspoons cornstarch
1/2 teaspoon dried oregano
6 corn tortillas
1 lb. boneless skinless chicken breasts
1 1/2 cups grated mexican cheese
Greek yogurt or sour cream, for serving

Thurs

Thai Peanut Chicken Noodles

1/3 cup cilantro 2 cloves garlic
2 teaspoons fresh ginger
1 red or yellow bell pepper
2 medium carrots 3/4 cup frozen peas
1/3 cup peanut butter (smooth or crunchy)
1/4 cup soy sauce 2 tablespoons rice vinegar
1 tablespoon chili garlic sauce (like sriracha)
1 tablespoon honey or agave
2 tablespoons fresh lime juice
2 tablespoons olive oil
10 ounce whole wheat spaghetti noodles, cooked
1/2 cup chopped peanuts
12 ounce boneless skinless chicken breast

Fri

Strawberry Tropical Fruit Salad

4 ounces fresh spinach
1 1/2 cups fresh strawberries
3/4 cup chopped mango 1/2 cup chopped papaya
1/2 cup chopped nectarine
1/4 cup uncooked quinoa 1/2 cup macadamia nuts
1/4 cup olive oil 1 tablespoon apple cider vinegar
1 tablespoon honey