WEEKLY MEAL PLAN

Mon

30-Minute Pasta Primavera

8 ounces mushrooms
1/2 lb. asparagus
1 large leek
1 cup fresh or frozen peas
3 cloves garlic
1 lemon
parsley, for garnish
2 tablespoons extra virgin olive oil
4 cups low sodium chicken or vegetable stock
8 ounces dry pasta (I used orrechiette)
3 tablespoons heavy cream
1/4 cup freshly grated parmesan

Tues

One Skillet Creamy Bacon and Kale Gnocchi

2 cups chopped kale
1 small onion
3 cloves garlic
2 tablespoons olive oil
2 tablespoons flour
1 lb. potato gnocchi, fresh or frozen
Parmesan cheese, for topping
6 slices bacon
3 cups milk (1%, 2% or whole is recommended)

Wed

Spring Superfood Bowl

4 ounces spinach or spinach salad mix
1/2 cup alfalfa sprouts
6 oz. package + 1/3 cup blueberries
1 avocado
1/2" piece of ginger
1/4 cup uncooked quinoa
1/2 cup chickpeas
1/2 cup sliced almonds
1/4 cup olive oil
1 tablespoon maple syrup
2 tablespoons raw apple cider vinegar

Thurs

Pineapple Cashew Quinoa Fried Rice

1/2 medium onion
3 cloves garlic
1" piece fresh ginger
1 cup chopped fresh pineapple
1 large carrot
1 medium red bell pepper
1/2 cup thinly sliced green onion
chopped fresh basil, for serving
1/2 cup frozen peas
5 1/2 cups cooked quinoa
1 cup raw cashews
3-5 tablespoons low sodium soy sauce
sriracha, for serving
4 large eggs

Fri

Sweet Potato Brussel Sprout Quinoa Bowl

1 clove garlic
1/2 onion
1 tablespoon diced fresh ginger
2 cups diced sweet potato
1 cup sliced brussels sprouts
1 cup uncooked quinoa
1 1/2 cups vegetable or chicken broth
1 tablespoon olive oil
2 tablespoons dried cranberries
1/4 cup sliced almonds