

WEEKLY MEAL PLAN

Mon

Smoky Beet and Quinoa Veggie Burgers

1 yellow onion, diced
1 cup mushrooms
1 cup cooked shredded beets
1 medium red bell pepper, diced
2 cloves garlic, minced
1 cup cooked quinoa
1 can light red kidney beans, drained & rinsed
1 teaspoon soy sauce
1 tablespoon olive oil
2 tablespoons barbecue sauce
1 teaspoon chili powder
1 cup almond flour
Coconut oil
Burger buns

Tues

Lemon Basil Pasta Salad Jar

1 small zucchini
1 small summer squash
1 1/2 cups mixed cherry tomatoes
2/3 cup chopped red onion
2/3 cup fresh basil, plus more for garnish
1/4 cup freshly squeezed lemon juice
1 clove garlic
2 cups bowtie pasta
1/2 cup plus 1 tablespoon extra virgin olive oil
1 cup mozzarella balls

Wed

Cajun Quinoa with Sausage and Kale

1 medium red onion
1 medium red bell pepper
1 medium orange bell pepper
2 cloves garlic 2 cups chopped fresh kale
fresh chopped parsley, for garnish
(1) 14 ounce can fire roasted diced tomatoes
1 cup uncooked quinoa
2 cups low sodium veggie or chicken broth
1 1/2 teaspoons cajun seasoning
1/2 teaspoon smoked paprika
1/4 cup milk
2 links cooked andouille sausage

Thurs

Brown Rice, Kale, and Roasted Tomatoes with Feta

1 pint grape tomatoes
4 sprigs fresh thyme
4 cups kale
2 tablespoons fresh parsley
1 tablespoon honey
1 tablespoon olive oil
2 cups brown rice
1/3 cup feta cheese

Fri

Strawberry Panzanella Salad

2 1/2 cups fresh strawberries
2 teaspoons fresh lemon juice
3 cups spring greens
1 cup chopped romaine
1 cup cucumber, chopped
1/2 small red onion
1 1/2 cups cubed focaccia or french bread
1/2 cup olive oil
1/4 cup balsamic vinegar
1 tablespoon pure maple syrup
1 teaspoon dijon mustard
1/2 cup pecan pieces
1/2 cup crumbled feta cheese

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