

WEEKLY MEAL PLAN

Mon

Chicken and Spaghetti with Creamy Avocado Sauce

2 cloves garlic
1 bunch asparagus
1 pint grape or cherry tomatoes
1 ripe avocado
(1) 12 ounce box whole grain spaghetti
2 grilled chicken breasts (already cooked), cut into strips
1/4 cup shaved parmesan cheese

Tues

Grilled Salmon Nicoise Salad

8 ounces fingerling potatoes
8 ounces green beans
6 cups chopped romaine lettuce
1 cup cherry tomatoes
1/2 cup nicoise, kalamata, or black olives
3 tablespoons white balsamic vinegar
2 tablespoons whole grain mustard
2 tablespoons maple syrup
1/2 cup + 2 tablespoons extra virgin olive oil
1 tablespoon canola oil
1 lb. salmon filets
4 large eggs

Wed

Southwestern Chicken Kale Salad

8 cups tuscan kale, roughly chopped (1 bunch)
1 red bell pepper
1 1/2 cups frozen corn
1 cup diced cherry tomatoes
4 green onions
1/4 cup fresh cilantro
1 avocado
2 tablespoons fresh lime juice
1/4 cup mayo
(1) 15 ounce can black beans
1/4 cup salsa
2 tablespoons taco seasoning
1/2 cup plain Greek yogurt
1 tablespoon milk
2 cups shredded chicken breast

Thurs

Spiralized Sweet Potato Kale Salad

1 medium sweet potato
3 heaping cups coarsey chopped kale
1 small fuji apple
1 garlic clove
1/4 cup candied walnuts
1/4 cup + 1 tablespoon olive oil
2 tablespoons balsamic vinegar
1 tablespoon maple syrup
2 teaspoons dijon mustard
1/3 cup goat cheese

Fri

Veggie-Filled Tortellini Skillet

1 medium onion 2 cloves garlic
4 large carrots 2 medium zucchini
3 cups packed arugula
thinly sliced radishes, garnish
1/3 cup low sodium vegetable broth
sliced almonds, garnish
10-12 ounces refrigerated or frozen cheese tortellini
1/4 cup plain Greek yogurt
freshly shredded parmesan (garnish)

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