

WEEKLY MEAL PLAN

Mon

Spring Green Pesto Pasta

2 cups lightly packed chopped kale leaves
1 cup lightly packed baby spinach leaves
1 medium red onion
1 lb. asparagus
3 cups chopped bite-size broccoli florets
1 medium lemon
1 clove garlic
1 cup raw walnuts
14 ounces whole wheat rigatoni

Tues

Grilled Baby Bok Choy Salad with Honey Miso Dressing

(1) 5 count package Jade Asian Greens Baby Bok Choy
16 ounces baby spinach
1/2 cup shredded tricolor carrots
1/4 cup shredded red cabbage
1/4 cup peeled and shelled edamame
1 blood orange
1 inch piece fresh ginger root
2 cloves garlic
2 tablespoons miso paste
1/4 cup raw cashews
1/4 cup olive oil
1/4 cup apple cider vinegar
1 tablespoon raw honey

Wed

Balsamic Honey Chicken Peach Skewers

1 very large peach 1 red bell pepper
1/2 red onion 1 garlic clove
1 teaspoon fresh lemon juice
1/4 cup balsamic vinegar
2 tablespoons olive oil 2 tablespoons honey
balsami glaze, for serving (optional)
1 cup uncooked quinoa or rice, cooked according to package instructions, for serving
2 large boneless, skinless chicken breasts

Thurs

Grilled BLT Panzanella

3 large tomatoes 1 romaine heart
1/2 lemon 2 cloves garlic
2 tablespoons fresh basil
1 loaf french bread
2 tablespoons olive oil
1/4 cup buttermilk
1 tablespoon mayo
2 tablespoons plain yogurt or sour cream
6 ounces bacon

Fri

Chiptole Lime Chicken Taco Bowl

5 limes 1 1/3 cups chopped mango
1/2 cup diced red bell pepper
1/4 cup chopped red onion
1/4 cup fresh guacamole
4 tablespoons chopped cilantro
1 cup long grain rice
1/2 cup black beans
1 tablespoon olive oil
2 teaspoons chipotle paste
1/2 teaspoon chipotle chili powder
2 medium chicken breasts
1/3 cup sour cream
1/4 cup grated Monterey Jack or Mexican cheese blend

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