WEEKLY MEAL PLAN

Mon — Spicy Asian Chicken Spring Rolls

3-4 cloves garlic
4 cups green leaf lettuce
1 large red bell pepper
3 large carrots
1/2 head red cabbage
sprouts
1/2 cup low sodium soy sauce
3/4 cup gochujang (korean hot pepper paste)
1 tablespoon coconut or light brown sugar
2 tablespoons agave
1 1/2 tablespoons honey
2 teaspoons brown rice vinegar
1/4 cup + 2 tablespoons sesame oil
1 pkg. rice paper wraps (found at Asian markets)
1.25 lbs. boneless skinless chicken thighs

Tues — Chopped Mexican Kale Salad

6 cups chopped curly kale
1 cup corn
1/2 cup diced grape tomato
2 avocadoes
1 lime
2 tablespoons chopped cilantro
2 cloves garlic
2 tablespoons chopped red onion
1 cup black beans
1/4 cup tortilla strips, for serving
1/4 cup extra virgin olive oil
1 teaspoon apple cider vinegar
1/2 teaspoon dijon mustard
1/2 cup plain Greek yogurt
1/4 cup shredded cheddar jack cheese

Wed — Spicy Lime Grilled Shrimp

2 limes
2 cloves garlic
1 tablespoon olive oil
2 teaspoons chili powder
1/2 teaspoon ground cumin
1/4 teaspoon smoked paprika
1 cup uncooked rice or quinoa, cooked according to package instructions
5 small wooden skewers (5-6" in size)
1 lb. fresh or frozen large shrimp, peeled and deveined

Thurs — Greek Chickpea Salad

1 tablespoon fresh lemon juice
1 pint cherry tomatoes
1 medium cucumber
1 clove garlic
2 green onions
1/2 red onion
1/2 cup chopped fresh parsley
1/2 cup diced black or kalamata olives
3 tablespoons olive oil
(2) 16 ounce cans chickpeas
1 tablespoon red wine vinegar
1/2 - 3/4 cup crumbed feta cheese
2 tablespoons plain yogurt

Fri — Avocado Tartines

2 ripe avocadoes
2 cloves garlic
1 tablespoon fresh lime juice
1/2 loaf ciabatta bread
1/4 cup olive oil
1/4 teaspoon crushed red pepper flakes