

WEEKLY MEAL PLAN

Mon

Peach "Caprese" Quesadillas

1 large peach
1/4 cup arugula leaves
4 whole wheat tortillas
balsamic glaze, for serving
cooking spray
4 ounces fresh mozzarella cheese

Tues

Creamy (No Cream!) Corn Chowder

1 head cauliflower
1 large onion
2 carrots
2 cloves garlic
3 cups diced red potatoes
2 cups corn, frozen or off the cob
chives, for topping
5 cups vegetable broth
2 tablespoons olive oil
bacon, chopped (for topping)
cheese, for topping
1/2 milk (I used skim)

Wed

Lemon Garlic Shrimp

5 garlic cloves
2 tablespoons freshly squeezed lemon juice
3 tablespoons chopped fresh parsley
1 tablespoon extra virgin olive oil
1 lb. peeled, deveined jumbo shrimp

Thurs

Strawberry Salad Tart

1-2 cups fresh spinach plus a handful more
1/2 cup mache rosettes
1/2 cup fresh strawberries, sliced
1-2 tablespoons dijon mustard
hemp seeds
balsamic glaze
1 sheet frozen puff pastry, defrosted
1 heaping cup shredded mozzarella provolone cheese
blend, plus more cheese if desired

Fri

Roasted Vegetable Turkey Frittata

2 cups roasted vegetables
1 tablespoon fresh basil
3/4 cup cooked turkey
6 large eggs
1/2 cup milk
1/4 cup shredded cheddar cheese