

WEEKLY MEAL PLAN

Mon

Open-Faced Eggplant Parmesan Sandwiches

2 small to medium eggplants
1 cup breadcrumbs
1 teaspoon Italian seasoning
1/2 cup flour
2-4 tablespoons olive oil
focaccia or French bread
1 cup marinara sauce
2 eggs
1 log fresh mozzarella
butter for bread

Tues

Taco Pizza

lettuce
tomatoes
green onions
(1) 15 ounce can black beans
1/3 cup salsa plus more for topping
1 1/4 teaspoon chili powder
3/4 teaspoon ground cumin
1/4 teaspoon garlic powder
1/2 lb. lean ground beef
1 lb. pizza dough
1 cup shredded Monterey Jack cheese
1/2 cup shredded sharp cheddar cheese
sour cream

Wed

Grilled Chicken Kebabs

1 yellow onion
1 red bell pepper 1 yellow bell pepper
1 orange bell pepper 1 small eggplant
8 ounces cremini mushrooms
1 zucchini 2 lemons
3 cloves garlic
3 tablespoons extra virgin olive oil
2 tablespoons dijon
2 tablespoons honey
wooden or metal skewer sticks
2 lbs. organic boneless skinless chicken breasts

Thurs

Squash Noodles with Arugula Pesto

"2 large yellow squash
3/4 cup kale
3/4 cup arugula
1/2 cup fresh basil
2 cloves garlic
1 lemon
1 15 ounce can chickpeas
1 cup grape tomatoes
15 ounce can chickpeas
1/2 teaspoon salt
1/3 cup walnuts
1/2 cup + 1 tablespoon olive oil
2 tablespoons nutritional yeast

Fri

Shaved Asparagus Ricotta Flatbread

4 cups baby spinach
1 clove garlic
8-10 stalks asparagus
1 lemon
3 tablespoons toasted walnut pieces
1/4 cup plus 2 tablespoons extra virgin olive oil
2 whole wheat naan flatbreads
1/4 cup freshly grated parmesan, plus more for serving
1/2 cup ricotta cheese