

# WEEKLY MEAL PLAN

Mon

## Spicy Korean Noodle Salad

1 to 2 tablespoons lime juice, plus wedges for serving  
1 tablespoon grated fresh ginger  
2 cloves garlic  
2 cups mache rosettes + a handful for the garnish  
½ cup red bell peppers, thinly sliced or chopped  
½ cup yellow bell peppers, thinly sliced or chopped  
¾ cup English cucumber, diced or julienned  
¾ cup carrots, diced or julienned  
¾ heaping cup shredded red cabbage  
¼ cup scallions, diced  
¼ cup low sodium soy sauce  
1 tablespoon fish sauce 3 tablespoons honey  
2 tablespoons brown rice vinegar  
4 teaspoons sesame oil  
2 tablespoons gochujang + more if desired  
1 (8 oz) box gluten free rice noodles  
Sesame seeds  
Roasted peanuts (unsalted)

Tues

## Warm Spinach Mushroom Wheat Berry Salad

2 garlic cloves  
2 medium zucchini  
1 cup mushrooms  
2 cups spinach  
¼ cup fresh basil  
¼ cup green scallions  
1½ cup wheat berries  
2 tablespoon extra virgin olive oil  
¼ cup pine nuts  
¼ cup freshly shredded parmesan cheese

Wed

## Grilled Nectarine, Prosciutto & Pesto Flatbread

5 cups arugula, loosely packed  
1 tablespoon fresh lemon juice 1 clove garlic  
1 medium nectarine, seeded and sliced  
2 tablespoons toasted pistachios (I used pre-toasted, unshelled)  
6 tablespoons extra virgin olive oil  
(4) naan flatbreads  
1 cup grated fontina cheese 4 slices prosciutto

Thurs

## Salmon Nicoise Quinoa Salad

1 lemon 1 medium shallot, diced  
2 Roma tomatoes, quartered 2 cups red potatoes  
1 1/2 cups fresh green beans  
1 cup dry quinoa 1 tsp Herbs de Provence  
½ cup plus 2 tbsp olive oil  
2 tbsp red wine vinegar 1 teaspoon Dijon mustard  
½ teaspoon dried thyme, dried basil, and dried oregano  
1/2 cup olives (Niçoise if possible)  
4 hard boiled eggs  
4 salmon filets, ~4 oz each

Fri

## Spanish Chicken & Rice

cilantro, 1 red onion,  
3 small bell peppers 4 cloves garlic  
2 tablespoons lime juice  
4 cups chicken broth  
2 cups long-grain brown rice  
1 cup green olives  
1 (15 oz) can diced tomatoes  
3 tablespoons olive oil  
2 teaspoons red pepper flakes  
1 teaspoon ground cumin, ½ teaspoon saffron threads  
2 bay leaves  
2 ½ pounds chicken pieces, skin on and bone in