

WEEKLY MEAL PLAN

Mon

Beef and Barley Stew with Biscuit Croutons

2- 3 carrots 2 celery stalks
1 small leek 1 medium onion
2 to 3 garlic cloves 2 potatoes
2 sprigs fresh Italian parsley + more for garnish
2 sprigs fresh rosemary 2 sprigs fresh thyme
Zest of 1 lemon Zest of 1 orange
2 tablespoons extra virgin olive oil
2 cinnamon sticks ½ teaspoon ground allspice
2 dried bay leaves dried parsley flakes
2 cups dry white wine 3 cups chicken stock
1½ 28 oz. cans crushed tomatoes
2 cups cooked pearl barley
1 cup cooked beans and lentils (or more if desired)
3 or 4 already made biscuits, cut into large-ish cubes
¼ cup (1/2 stick) salted butter, melted
1 pound boneless beef chuck, cut into 1-inch cubes
2 to 4 oz pancetta or bacon, cut into ½-inch pieces

Tues

Caprese Quinoa Salad

1/2 cup red grape tomatoes
1/2 cup yellow grape tomatoes
1/4 cup fresh basil
1 clove garlic
2 cups uncooked quinoa
32 ounces vegetable broth
2 tablespoons olive oil
4 tablespoons balsamic vinegar
1/2 cup fresh mozzarella

Wed

Fig Prosciutto & Arugula Focaccia Bread Pizza

5 large figs
2 handfuls fresh arugula
1/2 teaspoon sugar
1.5 teaspoons instant yeast
4 tablespoons extra virgin olive oil
2 cups all purpose flour
balsamic glaze, for drizzling
4-6 ounces fresh mozzarella
3 slices prosciutto

Thurs

Green Goddess Quinoa Bowls

2 avocados 1 cup shelled edamame, cooked
1 large bunch kale 4 cloves garlic
2 tablespoons lemon juice
1 cup fresh herbs (such as cilantro, parsley, basil)
2 tablespoons chopped green onions
1 cup uncooked quinoa
(1) 14 ounce can garbanzo beans
1/3 cup plus 1 tablespoon olive oil
2 tablespoons red wine vinegar
1/3 cup walnuts

Fri

Watermelon Berry Salad

3 cups strawberries
1 ½ cups watermelon chunks
½ cup blueberries
5 ounces baby spinach and arugula
¼ cup mint
2 tablespoons fresh lemon juice
1/4 cup honey
6 ounces cheese, any kind