

WEEKLY MEAL PLAN

Mon

Ratatouille Lasagna

1 medium yellow onion 2 cloves garlic
1 medium eggplant (about 1 lb.)
2 medium zucchini
1 yellow bell pepper 1 red bell pepper
3 sprigs fresh thyme or 1 teaspoon dried
12 leaves fresh basil, chopped, plus more for garnish
2-4 tablespoons extra virgin olive oil, divided
(2) 28 ounce cans crushed tomatoes
1 tablespoon tomato paste
1 tablespoon sugar
1 bay leaf
(1) 13.25 ounce box lasagna
(1) 15 ounce container ricotta cheese
2 cups grated mozzarella

Tues

Creamy Sundried Tomato & Chicken Pasta

2 cups baby spinach
2 shallots, diced
2 cloves garlic, minced
3 tablespoons olive oil
1 can fire-roasted diced tomatoes
1/2 cup sun-dried tomatoes in oil
8 oz penne pasta (or your favorite shape of pasta)
4 ounces cream cheese
1/2 cup milk
2 medium chicken breasts

Wed

Roasted Autumn Squash Soup

1 medium butternut squash
1 small pumpkin, 1 small yellow onion
2 medium carrots, 1 granny smith apple
1/2 cup toasted pumpkin seeds
3 to 4 cups veggie broth
1/2 cup apple cider, 3 tablespoons honey
3 tablespoons olive oil
1 teaspoon curry powder, 1/2 teaspoon turmeric
1 cup milk

Thurs

Whole Wheat Pasta with White Beans & Tomatoes

2 cups cherry tomatoes, whole
2 cloves garlic, grated
1/2 cup roughly chopped parsley
1/2 lb. whole-grain angel hair or thin spaghetti
2 tablespoons extra virgin olive oil, plus more for drizzling
2 cups cooked cannellini beans, rinsed and drained
1/2 cup roughly chopped kalamata olives
1 tablespoon capers, rinsed
parmesan cheese

Fri

One Dish Salsa Pasta Chicken Bake

1 small onion, 2 garlic cloves
1 large belle pepper (I used orange)
1 cup corn, 1 1/2 cups Mild Salsa
fresh cilantro (optional), 1 avocado (optional)
1 tablespoon cumin, 1/2 teaspoon chili powder
1 tablespoon Extra Virgin Olive Oil
1 cup black beans
2 cups Penne Rigate
1 cup cheddar cheese

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