

WEEKLY MEAL PLAN

Mon

Winter Kale Salad with Butternut Squash & Farro

4 cups kale
1 cup butternut squash
1/4 cup pomegranate seeds
1/2 cup farro
2 tablespoons candied pecans
chia seeds
2 teaspoons apple cider vinegar
1/2 teaspoon maple syrup

Tues

Persimmon and Spinach Salad

4-5 ounces baby spinach
1 large Fuyu persimmon
2 tablespoons fresh orange juice
1 teaspoon fresh lemon juice
1/3 cup dried cranberries
1/3 cup toasted pecan pieces
1 1/2 tablespoons apple cider vinegar
1 tablespoon maple syrup
1 1/2 teaspoons dijon mustard
1/4 cup extra virgin olive oil
1/3 cup crumbled goat cheese

Wed

Southwestern Chicken and Kale Sald

18 cups tuscan kale 1 red bell pepper
1 1/2 cup frozen corn 1 lime
1 cup diced cherry tomatoes
4 green onions, diced
1/4 cup fresh cilantro, chopped
1 avocado, diced
1 (15 oz) can black beans 1/4 cup salsa
2 tablespoons taco seasoning
1/4 cup mayonnaise
1/2 cup plain Greek yogurt
2 cups shredded chicken breast
1 tablespoon milk

Thurs

Roasted Beet and Orange Salad

6 medium sized beets (red and yellow)
2 heaping cups arugula
3 oranges
3 tablespoons fresh orange juice
1/2 cup walnuts
cup + 2 tablespoons extra virgin olive oil
2 tablespoons white balsamic vinegar
1/2 cup goat cheese

Fri

Spinach Mushroom Artichoke Galette

1/2 to 1 cup fresh baby spinach
2 to 3 baby bella mushrooms
1/2 garlic clove, finely grated
1/2 teaspoon finely grated lemon zest
1 1/4 cups all purpose flour
5 pieces artichoke hearts from a can
(1) 10-12 lb. turkey

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Sauteed Sweet Potato & Greens Breakfast Bowls

1 large sweet potato
3 ounces spinach
1 cup grape or cherry tomatoes
1 avocado
2 garlic cloves
cilantro (for garnish)
¾ cup black beans
1 tablespoon olive oil
½ teaspoon cumin
2 eggs
¼ cup shredded cheddar cheese

Tues

Autumn Corn Chowder

1 cup leeks, finely chopped, white parts only
10 ounces butternut squash, peeled and cubed
2 stalks celery, chopped
2 cups corn, fresh or frozen
fresh parsley, finely diced for garnish
1 quart Reduced Sodium Chicken Stock
2 cups Reduced Sodium Chicken Stock
1 package Knorr® Rice Sides™ - Chicken flavor
5 slices reduced sodium thick cut bacon, chopped into pieces

Wed

Spiralized Beet Quinoa Salad

1/2 medium onion
2 garlic cloves
2 medium sized beets
2 cups spinach
2 tablespoons extra virgin olive oil
2 tablespoons apple cider vinegar
1 cup quinoa, uncooked
1/4 cup pecans
1/4 cup feta cheese

Thurs

Butternut Squash Potato Leek Soup

3 cups leeks, white and light green parts
2 cloves garlic, minced
5 cups cubed, peeled and seeded butternut squash, about 1 medium
1 large russet potato
bouquet garni (1 sprig thyme, 1 sprig flat leaf parsley, 6 peppercorns, & 1 bay leaf), optional
2 teaspoons freshly chopped thyme (or 1 teaspoon dried)
pinch cayenne pepper
6 cups low sodium vegetable stock (I used 4 cups vegetable stock and 2 cups water)
1½ tablespoons extra virgin olive oil
2 cups cubed baguette or French bread
2 tablespoons unsalted butter
¼ cup heavy cream, optional (or lighten up with Greek yogurt)

Fri

Korean Steak with Vegetable Noodle Bowls

2 shallots, finely diced
2 cloves garlic, minced
2 cups shiitake mushrooms
3 cups broccoli slaw mix
2 green onions, sliced, for topping
4 tablespoons sesame oil, divided
1/4 cup soy sauce
2 tablespoons honey (brown sugar would also work)
1 teaspoon hot chile sauce, such as Sriracha
2 tablespoons rice vinegar
6-8 oz package thin rice noodles or ramen noodles
1 lb. flank steak