

# WEEKLY MEAL PLAN

## MONDAY - ROASTED TOMATO AND BASIL PASTA

Fresh Basil  
2 cups Grape or Cherry Tomatoes  
Balsamic Vinegar  
8 oz Angel Hair Pasta  
Goat Cheese

## TUESDAY - ONE POT ZUCCHINI PASTA

2 lbs Zucchini  
1 Pint Cherry Tomatoes  
1 Red Onion  
Garlic  
Fresh Basil  
Parmesan Cheese

## WEDNESDAY - MEXICAN NOURISH BOWLS

1 Red Onion  
2 Yukon Potatoes  
1 Small Sweet Potato  
3 cups Broccoli Florest  
2 Ears of Corn (1 cup total)  
1 Lime  
Avocado  
Cilantro  
1 (15 oz) can Black Beans  
Bulgur  
Walnuts  
Cumin  
Smoked Paprika  
Chili Powder  
Cayenne Pepper  
Maple Syrup

## THURSDAY - PEARL BARLEY SALAD WITH CHICKPEAS LEMON AND FETA

1 lb fresh green beans  
1 bunch fresh dill  
2 lemons  
Pearl barley  
15 oz can chickpeas  
Feta cheese

## FRIDAY - SOUTHWEST STUFFED BELL PEPPERS

4 bell peppers  
1 yellow onion  
1 Anaheim pepper  
1 cup yellow corn  
1 (10 oz) can enchilada sauce  
1 (15 oz) can black beans  
Chili powder  
Rice  
Shredded cheese of choice