

WEEKLY MEAL PLAN

MONDAY - GARLIC GINGER STIR FRY

- ½ large yellow onion
- 1 large red bell pepper
- 1 large carrot
- 1 medium head broccoli
- 2 tablespoons fresh ginger
- 3 cloves garlic
- 1 pound boneless skinless chicken breasts
- 3 tablespoons liquid aminos or soy sauce
- 2 tablespoons red chili sauce
- 3 tablespoons coconut oil

TUESDAY - AUTUMN MINESTRONE

- 1 medium onion
- 1 large stalk celery
- 1 large carrot
- 1 bunch kale
- 2 cloves garlic
- 2 cups cubed kabocha squash
- 28 ounce can whole peeled tomatoes
- 4 cups chicken or veggie stock
- 3 sprigs fresh thyme or 1 teaspoon dried
- 1 teaspoon dried rosemary
- 1 bay leaf
- ½ cup farro, uncooked
- 15 ounce can kidney beans
- 15 ounce can cannellini beans
- 1" piece parmesan cheese rind (optional)
- 4 ounces diced pancetta (if using)
- Freshly grated parmesan

WEDNESDAY - SPAGHETTI SQUASH BURRITO BOWLS

- 2 medium size spaghetti squash
- 1 bell pepper
- 1 large red onion
- 16 ounce bag of frozen corn
- 2 jalapenos
- 6 green onions
- 1 cup fresh cilantro
- 14.5 ounce can black beans
- 16 ounce jar salsa
- 1 teaspoon cumin
- 1 cup shredded Mexican cheese

THURSDAY - RAINBOW VEGGIE BOWL

- 1 red onion
- 1 red pepper
- 1 green pepper
- 4 cups cubed butternut squash
- 1 ripe avocado
- 1 ½ tbsp chives
- 1 teaspoon minced fresh dill
- 5 ounces mixed greens
- 2 tablespoons plain greek yogurt
- ½ cup milk
- 1 teaspoon apple cider vinegar
- ¼ cup sunflower seeds
- ½ cup raw walnuts

FRIDAY - ONE POT SPAGHETTI

- 1 green bell pepper
- 1 white onion
- 3 cloves garlic
- 28 ounce jar spaghetti sauce
- 10 ounces spaghetti noodles
- 1 pound ground beef
- Parmesan cheese