

# WEEKLY MEAL PLAN

## MONDAY - WHITE BEAN AVOCADO LIME SOUP

- 2 jalapenos
- 3 garlic cloves
- 6 green onions
- 2 limes
- Fresh cilantro
- 4 cups vegan/vegetarian chicken broth
- 15 ounce can white beans,
- 14.5 ounce can diced fire roasted tomatoes
- Cumin
- Smoked paprika
- Tortilla chips
- Salad, to serve with soup

## WEDNESDAY - HASSELBACK SWEET POTATOES

2 sweet potatoes (or one for each person you are serving)

### Option 1:

- Butter
- Maple syrup
- Cayenne pepper,
- Scallions (for topping)
- Greek yogurt (for topping)

### Option 2:

- 8 ounces kalettes or brussels sprouts
- Thick cut bacon (omit if vegetarian)

### Option 3

- 2 large eggs
- White or apple cider vinegar.

## TUESDAY - VEGGIE AND BLACK BEAN ENCHILADA PASTA BAKE

- 1 onion
- 1 zucchini
- 1 yellow squash
- 2 ears fresh corn
- Chopped fresh cilantro, for garnish
- Cumin
- Smoked paprika
- Cayenne pepper
- 1 pound whole wheat linguine
- 1 ¼ cups enchilada sauce
- 1 (15 ounce) can black beans
- Crumbled goat cheese, for garnish
- ½ cup shredded pepper jack cheese

## THURSDAY - 6-VEGGIE STIR FRY

- 1 red onion
- 2 large carrots
- 1 turnip
- 1 red bell pepper
- 2.5 cups green beans
- 1 large yellow squash
- 1 (8-ounce) can water chestnuts
- Coconut oil or grapeseed oil
- 3 tablespoons peanut sauce, plus more for serving
- 3 to 4 cups cooked brown rice for serving

## FRIDAY - SOUTHWESTERN CHICKEN COUSCOUS STEW

- 1 white onion
- Frozen Corn
- Green onions
- Chicken Broth (4 cups)
- Cumin
- Chili Powder
- 1 can black beans (or 2 if making vegetarian)
- Tortilla chips
- 1 lb chicken breasts (omit for vegetarian)
- Shredded cheese of choice