

WEEKLY MEAL PLAN

Mon

Creamy Pumpkin Gnocchi

- 1 medium red onion
- 2 cloves garlic
- 1 pound brussels sprouts
- 1 ½ teaspoons minced fresh rosemary
- 1 (18 ounce) package potato gnocchi
- 1 tablespoon honey
- ¼ teaspoon red pepper flakes
- ¾ cups pumpkin puree
- ½ cup low-sodium vegetable broth, pumpkin seeds, for garnish
- ½ cup milk of choice
- ¼ cup shredded parmesan cheese

Thurs

Butternut Squash Soup

- 1 medium butternut squash
- 3 tablespoons olive oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- Cilantro and green onions, for topping
- 1 teaspoon salt
- 4 cups vegetable broth
- 2 tablespoons apple cider vinegar
- 2-3 chipotles in adobo sauce
- 8oz Plain Cream Cheese

Tues

Cauliflower and Kale Salad

- 1/2 head cauliflower
- 1/2 yellow onion
- 1/2 cup pomegranate arils
- 2 heaping cups fresh kale
- 3 tbsps freshly squeezed lemon juice
- 1 tablespoon coconut oil
- 1/4 cup extra-virgin olive oil
- 1/2 cup pumpkin seeds
- 1/2 cup chopped dried apricots

Fri

Chicken Fajita Soup

- 1 yellow onion
- 3 bell peppers (assorted colors)
- 2 jalapeno peppers
- 6 cloves garlic
- 3 tablespoons chili powder
- 2 tablespoon cumin
- 2 teaspoons oregano
- 2 teaspoons coriander
- ¼ teaspoon cayenne pepper
- 2 teaspoons kosher salt
- 1 14-ounce can garbanzo beans
- 1 28-ounce can diced tomatoes
- 3 cups low sodium chicken broth
- 2 lbs bone-in chicken pieces

Wed

30 Minute Pork Chops

- 16 ounces mushrooms
- 1 medium shallot
- 1 clove garlic
- 1 teaspoon fresh lemon juice
- 3 tablespoons extra virgin olive oil
- 1/2 cup flour
- 1/2 cup bourbon
- 1 cup chicken stock
- 1 1/2 teaspoons cornstarch
- Serve with rice or farro!
- 4-6 pork loin chops
- 2 tablespoons heavy cream

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