

# WEEKLY MEAL PLAN

**Mon**

## Sweet Potato Chili

- 1 white onion
- 1 red bell pepper
- 1 green bell pepper
- 2 sweet potatoes, peeled and diced
- avocado, and green onions, for topping
- 2 tsp cumin
- 1 tsp paprika
- 2 tbsp chili powder
- 1/4-1/2 tsp cayenne pepper
- 1 (15 oz) can black beans
- 1 (15 oz) can red kidney beans
- 1 (28 oz) can diced tomatoes
- 1 (14 oz) can tomato sauce
- 1 cup uncooked quinoa
- shredded cheese
- Greek yogurt/sour cream

**Tues**

## Saffron Quinoa Soup

- 1 large carrot
- 1 large stalk celery
- 1 leek
- 2 cloves garlic
- 1 large zucchini
- 8 ounces green beans
- 1 large tomato, fresh basil, for serving
- 4-5 cups vegetable stock
- 2 large pinches saffron
- 1/2 cup quinoa, uncooked
- 15 ounce can chickpeas

**Wed**

## Sweet Potato Pasta

- 1 medium red onion
- 2 cloves garlic
- 1 medium jalapeno
- 1 medium green pepper
- 1 cup frozen corn kernels
- chopped cilantro, for garnish
- 1 1/2 cups sweet potato puree
- 16 ounces whole wheat ziti
- 1 (15 ounce) can black beans
- 1/2 cup low-sodium vegetable broth
- 1 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 1 cup milk
- 1 cup shredded pepper jack cheese

**Thurs**

## Sweet Potato Home Fries

- 1-1/2 pounds sweet potatoes
- 1 large yellow onion
- 5 cloves garlic
- 3 tablespoons coconut oil (or olive oil)
- 1-1/2 teaspoons chili powder
- 1 teaspoon paprika
- 1 teaspoon sea salt
- eggs for serving

**Fri**

## Strawberry Bruschetta

- 1 cup strawberries
- 1/4 cup sliced basil leaves
- 2 teaspoons sugar
- 1 French baguette
- 1 tablespoon olive oil
- 2 teaspoons balsamic vinegar
- freshly ground black pepper
- 4 ounces goat cheese

.....

.....

.....

.....