

# WEEKLY MEAL PLAN

**Mon**

## Tortellini Minestrone

- ½ cup yellow onion
- 2 garlic cloves
- 1 zucchini
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup green beans
- 2 tablespoons tomato paste
- 1 (15 oz) can cannelloni beans
- 1 tablespoon olive oil
- 6 cups low sodium vegetable broth
- 1 ½ teaspoons Italian seasoning
- 9 ounces tortellini, fresh or frozen
- salt and pepper
- grated Parmesan cheese

**Wed**

## Sriracha Stir Fry

- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, minced
- ~2 cups chopped broccolini
- ~1½ cups chopped asparagus spears
- 1 lime
- 1 block firm tofu
- 4 tablespoons soy sauce
- 3 teaspoons Sriracha
- ¼ cup peanut butter
- 1 tablespoon rice vinegar
- 2 tablespoons canola oil
- rice, quinoa, or noodles, cooked

**Thurs**

## Italian Kale Salad

- 4 ounces kale mix
- 1 red onion
- 1/2 cup chickpeas
- 1 1/2 tsp. dijon mustard
- 1 tsp. honey
- 1/4 cup extra virgin olive oil
- 1/2 cup chopped salami
- 1/3 cup shaved parmesan
- 1 large tomato
- 1 lemon

**Tues**

## Spaghetti Squash Pad Thai

- 1 small spaghetti squash
- 1 red bell pepper
- 1 jalapeno
- 1 tablespoon fresh ginger
- 1-1/2 cup grated carrot
- 3 cloves garlic
- 2 tablespoons lime juice
- 4 tablespoons coconut oil
- 2 tablespoons raw cashews
- 2 tablespoons cashew butter
- 2 tablespoons liquid aminos (or low-sodium soy sauce)
- 1 tablespoon pure maple syrup or agave nectar
- 1 tablespoon red chili sauce (such as sriracha)
- ½ pound shrimp

**Fri**

## Mediterranean Bake

- 1 red onion
- 1 green pepper
- 1 red pepper
- 1 zucchini
- 1 cup chopped artichoke hearts (from a can)
- 1 ½ tablespoons honey
- ½ teaspoon dried oregano
- ¾ cup tomato sauce
- pita bread or naan, for serving
- 1 cup shredded mozzarella cheese
- ½ cup crumbled feta
- 1 package (4 links) cooked chicken sausage

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