

WEEKLY MEAL PLAN

Mon

Chicken Fajita Pasta

- 1 medium red onion
- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 1 medium jalapeno
- 3 cloves garlic
- 1 lime
- fresh cilantro, for garnish
- green onions, for garnish
- 1 teaspoon cumin
- ¾ teaspoon smoked paprika
- ¼ teaspoon cayenne
- 1 (14.5 ounce) can diced fire-roasted tomatoes
- 1 ¾ cups low sodium veggie or chicken broth
- 8 ounces whole wheat fusilli pasta
- ½ cup milk of choice
- 2 large boneless skinless chicken breasts

Tues

Butternut Squash Tacos

- 2 cups butternut squash
- 3 cups kale
- ½ yellow onion
- 1 jalapeno
- 1 lime
- 1 clove of garlic
- cilantro
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ¾ teaspoon kosher salt
- black pepper
- hot sauce
- 1 cup black beans
- corn or flour tortillas

Wed

Noodles with Bolognese

- 8 ounces cremini mushrooms
- 1 yellow onion 2 cloves garlic
- 2 small zucchini
- 2 small yellow squash
- 3 tablespoons extra virgin olive oil
- (2) 28 ounce cans crushed tomatoes
- 1 tablespoon sugar
- 1 tablespoon tomato paste
- 1 tablespoon dried basil
- 1/2 tablespoon dried parsley
- 1/2 teaspoon dried oregano
- grated parmesan, for serving
- 1 lb. mild Italian turkey sausage

Thurs

Thai Chicken Curry

- ½ yellow onion
- 1-1/2 tablespoons fresh ginger
- 2 teaspoons ground cumin
- 1-1/2 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- 1 cup uncooked brown or basmati rice
- 1 (14-ounce) can full-fat coconut milk
- 1 pound boneless skinless chicken breasts

Fri

Pork Ramen Bowls

- 1 cup frozen or fresh edamame
- 1 teaspoon fresh ginger, minced
- ¼ cup scallions, thinly sliced
- 2 cloves garlic, minced
- 6 cups vegetable broth
- 2 tablespoons miso paste
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 10 oz ramen noodles
- 1-2 teaspoons Sriracha
- 4 eggs
- 1 pound boneless pork loin

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