

WEEKLY MEAL PLAN

Mon

Sausage Pasta

- 8 ounces baby bella mushrooms
- fresh basil (optional)
- 1 jar pasta sauce
- 8 ounces gluten-free rotini (or spiral) pasta
- 1/4 cup freshly grated Parmesan cheese
- 1 lb. Italian sausage links

Tues

Asian Rice Salad

- 1 cup shelled edamame, (fresh or frozen)
- 1 red bell pepper
- 2 clementines or one small navel orange
- 2 green onions
- fresh cilantro (1/4 cup chopped)
- 1 clove garlic
- fresh ginger
- 1 cup uncooked black rice
- 1 1/2 tablespoons rice wine vinegar
- 1/2 tablespoon reduced sodium soy sauce
- 1 tablespoon fresh orange juice
- 2 teaspoons honey or agave syrup
- 1/4 cup extra virgin olive oil
- 1 teaspoon sesame oil (optional)
- sesame seeds for garnish (optional)

Wed

Orange Noodle Bowls

- 1 medium red onion
- 2 cloves garlic
- 3 1/2 cups chopped broccoli florets
- 2 medium oranges
- 1 teaspoon freshly grated ginger
- 1 1/2 cups frozen shelled edamame
- 1/4 cup creamy peanut butter
- 1 tablespoon honey
- 1 tablespoon low sodium soy sauce
- 1 tablespoon rice vinegar
- 10 ounces whole wheat linguini
- chopped peanuts and/or sesame seeds, for garnish

Thurs

Salmon Tacos

- 1 lime
- cilantro and jalapeños, for garnish
- avocado, tomatoes, for topping
- 1-3 tsp Sriracha
- 1 tsp honey
- 1 1/2 tsp cumin 1 tsp chili powder
- 1 tsp brown sugar
- 16 corn tortillas
- salsa
- 1 pound salmon
- 8 oz plain Greek yogurt

Fri

Lemon Chicken Stir Fry

- 1 1/2 cups chopped broccoli florets
- 1 lemon
- 1 clove garlic,
- 1 teaspoon freshly grated ginger
- quinoa
- 3/4 cup low sodium chicken broth
- 2 tablespoons honey
- 2 tablespoons low sodium soy sauce
- 2 tablespoons rice vinegar
- 1 1/2 teaspoons sesame oil
- 1 teaspoon sriracha (optional)
- 1 tablespoon cornstarch
- 1 pound boneless skinless chicken breasts

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