

WEEKLY MEAL PLAN

Mon

Coconut Chicken Curry

- 1 cup snow peas
- 1/2 white onion
- 1/2 red bell pepper
- 2 teaspoons garlic
- 1 teaspoon fresh ginger
- cilantro
- 1 (14 oz.) can coconut milk
- 3 tablespoons red curry paste
- 1 tablespoon peanut oil
- 2 teaspoons curry powder
- white rice for serving
- 2 boneless skinless chicken breasts (about 1 pound)

Tues

Tortellini Primavera

- 1 onion, sliced
- 2 cups chopped broccoli florets
- 2 carrots, diced
- 2 cups asparagus spears
- 1 cup frozen peas
- 9 oz. cheese tortellini
- 4 cups vegetable broth
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 cup heavy cream
- 1 cup Parmesan cheese

Wed

Sweet Potato Skins

- 3 medium sweet potatoes
- 1 (10 ounce) package frozen chopped spinach
- 1/2 cup chopped artichoke hearts from a can
- dash of worcestershire sauce
- 1/4 cup panko breadcrumbs
- 1/4 cup ricotta cheese
- 1/4 cup cream cheese
- 1/4 cup grated parmesan cheese

Thurs

Greek Spaghetti Squash

- 1 large spaghetti squash,
- 3 cloves garlic
- Zest of 1 lemon
- 3 tablespoons fresh lemon juice
- 1/4 cup kalamata olives
- 1/4 cup sun-dried tomatoes
- 5 ounces baby spinach
- 1/4 teaspoon red pepper flakes
- 2 tablespoons pine nuts
- 2 tablespoons olive oil
- 1 large boneless, skinless chicken breast

Fri

Quinoa Chili

- 1 medium yellow onion
- 2 cloves garlic
- 1 tablespoon olive oil
- 2 tablespoons chili powder
- 1/2 tablespoon smoked paprika
- 2 chipotle peppers in adobo sauce
- 28-ounce can fire roasted crushed tomatoes
- 15-ounce can tomato sauce
- 15-ounce can kidney beans
- 15-ounce can black beans
- 15-ounce can cannellini beans
- 1/2 cup uncooked quinoa

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