

WEEKLY MEAL PLAN

Mon

Strawberry Salad

- 2 1/2 cups fresh strawberries
- 3 cups spring greens
- 1 cup romaine lettuce (or one more cup spring greens)
- 1 cup chopped cucumber
- 1/2 small red onion
- 2 teaspoons fresh lemon juice
- 1/4 cup balsamic vinegar
- 1 tablespoon maple syrup
- 1 teaspoon dijon mustard
- 1/2 cup extra virgin olive oil
- 1 1/2 cups cubed focaccia or french bread
- 1/2 cup pecan pieces.
- 1/2 cup crumbled feta cheese

Tues

Veggie Pad Thai

- 1 yellow bell pepper
- 1 teaspoon fresh ginger
- 1 carrot
- 3 cups red cabbage, thinly sliced
- 2 cups edamame
- 1/2 bushel asparagus
- 2/3 cup soy sauce
- 1/4 cup sesame oil
- 2 tablespoons peanut butter
- 14 ounces rice noodles

Wed

Apple Open Faced Sandwich

- 2 cups lightly packed arugula plus extra for topping,
- 1/2 cup lightly packed baby spinach leaves
- 1 clove garlic
- 1/4 cup sunflower seeds
- thick-cut bread slices
- sliced roasted red peppers
- 2 tablespoons grated parmesan cheese
- crumbled goat cheese
- prosciutto slices

Thurs

Green Goddess Bowls

- 2 avocados
- 1 cup shelled edamame, cooked
- 1 large bunch tuscan kale
- 4 cloves garlic
- 1 cup herbs (basil, cilantro, parsley, chives - whatever you have/like!)
- 2 tablespoons fresh lemon juice (1 lemon)
- 2 green onions
- 1/3 cup plus 1 tablespoon olive oil
- 2 tablespoons red wine vinegar
- 1/3 cup olive oil
- 1 (14 oz) can garbanzo beans
- 1/3 cup walnuts
- 1 cup uncooked quinoa

Fri

Hawaiian Chicken Salad

- 1 garlic clove
- 1 cup fresh pineapple chunks
- 3 scallions
- 1/4 cup macadamia nuts
- 2 tablespoons Dijon mustard
- 1/2 teaspoon paprika
- 1/4 teaspoon ground cayenne pepper
- salt and pepper
- 1 cup plain Greek yogurt
- 1 1/2 pounds boneless, skinless chicken breasts

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