

# WEEKLY MEAL PLAN

**Mon**

## Veggie Lo Mein

- 1 medium red onion
- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 1 large carrot
- 1 ½ cups thinly sliced red cabbage
- 1 ½ cups packed fresh baby spinach leaves
- chopped fresh cilantro, for garnish
- 1 ½ teaspoons minced fresh ginger
- 2 large cloves garlic
- 12 ounces uncooked whole wheat spaghetti
- roughly chopped peanuts or cashews, for garnish
- ¼ cup low-sodium soy sauce
- 3 tablespoons hoisin sauce
- ¼ to ½ teaspoon red pepper flakes

**Tues**

## Thai Chopped Salad

- 5 cups brussels sprouts
- 3 cups dino kale
- 1 large carrot
- 1 mango
- ¼ cup fresh cilantro
- zest of 1 lime
- ¼ cup fresh lime juice
- 2 tablespoons fresh ginger
- 1 clove garlic
- 1 cup full fat coconut milk
- ½ cup creamy peanut butter
- 1 teaspoon yellow curry powder
- 2 tablespoons soy sauce
- 1 tablespoon white vinegar
- 1 tablespoon olive oil
- 1 boneless skinless chicken breast

**Wed**

## Chorizo Hash

- 2 medium sweet potatoes
- 1 red bell pepper
- 1 avocado
- ½ cup chopped red onion
- 3 tablespoons chopped cilantro
- 1 tablespoon fresh lime juice
- 3 tablespoons olive oil
- 2 tablespoons sriracha sauce
- 1 tablespoon honey
- 4 eggs
- ¾ cup sour cream
- ½ pound ground chorizo

**Thurs**

## Fish Taco Bowls

- ½ pineapple
- 1 large avocado
- 1 small tomato
- ¼ cup chopped red onion
- 2 limes
- 3 tablespoons chopped fresh cilantro
- 3 ½ tablespoons canola oil
- 1 cup black beans
- 1 cup uncooked long grain white rice
- 1 lb. hailibut filets (or your favorite white fish)
- paprika

**Fri**

## Chicken Parmesan Subs

- fresh basil, for topping
- 3 cloves minced garlic
- ½ cup Panko Breadcrumbs
- 1 egg
- 2 teaspoons Italian seasoning
- 2-3 tablespoons olive oil
- 24 ounce jar marinara sauce
- 5 hoagie buns
- 8 ounces mozzarella cheese, sliced
- 1 lb ground chicken
- ½ cup shredded Parmesan cheese
- 1 tablespoon heavy cream (or milk)

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