

# WEEKLY MEAL PLAN

**Mon**

## Fusilli with Asparagus

- 1 bunch asparagus
- 1 leek
- 2 cups baby arugula or spinach
- 3 tablespoons lemon juice
- ¾ cup frozen peas
- 2 cloves garlic
- 2 teaspoons fresh thyme
- 12 ounces fusilli pasta
- 1 ¼ cups chicken broth
- 4 teaspoons olive oil, salt and pepper
- ½ cup crumbled goat cheese

**Tues**

## Spring Veggie Casserole

- 1 medium onion
- 2 cloves garlic
- 8 ounces baby bella mushrooms
- 1 pound asparagus spears
- fresh parsley, for garnish
- ½ cup frozen peas
- 1 cup quick cook brown rice
- 2 ½ cups low-sodium vegetable broth
- 1 (15-ounce) can chickpeas
- 1 ½ cups shredded mozzarella cheese
- ½ cup shredded parmesan cheese

**Wed**

## Goat Cheese Tomato Pasta

- 1 small white onion
- 1 clove garlic
- 1 (14 oz) can diced tomatoes
- 1 tsp dried basil
- 1 tsp dried oregano
- salt and pepper, to taste
- 8 oz your favorite pasta shape
- 2 oz goat cheese
- 2 tbsp heavy cream (or milk)

**Thurs**

## Curried Salmon

- 3 cloves garlic
- 3 green onions
- ¼ cup fresh basil
- 1 handful baby spinach
- 2 tablespoons fresh lime juice
- 1 tablespoon curry powder
- 3 cups cooked white rice
- ¾ cup full-fat coconut milk
- 1 (.75-pound) salmon fillet

**Fri**

## Shrimp Teriyaki

- 1 teaspoon freshly grated ginger
- 1 medium bell pepper
- 1 cup snap peas
- 2 green onions
- 1 garlic clove
- 1 tablespoon orange zest
- ¼ cup freshly squeezed orange juice
- 12 - 16 ounces peeled, deveined shrimp
- 3 tablespoons canola oil
- ½ teaspoon red pepper flakes
- ¼ cup reduced sodium soy sauce
- 4-6 tablespoons maple syrup or sweetener of choice
- 1 ½ tablespoons rice wine vinegar
- 1 ½ tablespoons mirin
- 1 cup white or brown rice, cooked according to package instructions

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