

WEEKLY MEAL PLAN

Mon

Roasted Vegetable Strata

- 2 small or 1 medium sweet potato
- 1 medium onion
- 1 red bell pepper
- 1 yellow bell pepper
- 2 cups sliced mushrooms
- 3 cups kale
- 3 tablespoons olive oil
- 2 teaspoons herbs de provence
- 6 cups bread, cut into 1" cubes
- 10 eggs
- 2 cups milk

Wed

Thai Red Curry

- 1 medium onion
- 2 garlic cloves
- (1) 1" piece fresh ginger
- 2 large carrots
- 2 medium red bell peppers
- 1 lime
- Chopped fresh basil, for garnish
- 3 tablespoons Thai red curry pastel
- 2 cans full fat coconut milk
- 1/2 cup low sodium vegetable broth
- 2 teaspoons low sodium soy sauce
- 1 15 ounce can chickpeas
- 3/4 cup raw cashews
- cooked brown rice, for serving

Tues

Mediterranean Chopped Salad

- 1 medium cucumber
- 1 romaine heart
- 1 pint grape or cherry tomatoes
- 1 garlic clove
- 1/4 cup diced red onion
- 1/2 cup chopped fresh parsley
- 1 can chickpeas
- 1/2 cup pitted kalamata olives
- 3 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 4 ounces feta cheese

Thurs

Healthy Mexican Casserle

- 4-5 plum tomatoes
- 1 teaspoon chopped chili peppers
- 1/2 cup frozen corn
- 1/4 cup chopped fresh cilantro for topping
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon cumin
- 1/4 teaspoon chili powder
- 1/4 teaspoon red pepper flakes
- 1/8 teaspoon coriander
- 1 can organic black beans
- 1 can organic pinto beans
- 1/4 cup reduced fat mexican blend cheese
- 1 pound lean ground turkey

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