

WEEKLY MEAL PLAN

Mon

30-Minute Pasta Primavera

- 8 ounces mushrooms
- 1/2 lb. asparagus
- 1 large leek
- 1 cup fresh or frozen peas
- 3 cloves garlic
- 1 lemon
- parsley, for garnish
- 2 tablespoons extra virgin olive oil
- 4 cups low sodium chicken or vegetable stock
- 8 ounces dry pasta (I used orrechiette)
- 3 tablespoons heavy cream
- 1/4 cup freshly grated parmesan

Tues

One Skillet Creamy Bacon and Kale Gnocchi

- 2 cups chopped kale
- 1 small onion
- 3 cloves garlic
- 2 tablespoons olive oil
- 2 tablespoons flour
- 1 lb. potato gnocchi, fresh or frozen
- Parmesan cheese, for topping
- 6 slices bacon
- 3 cups milk (1%, 2% or whole is recommended)

Wed

Spring Superfood Bowl

- 4 ounces spinach or spinach salad mix
- 1/2 cup alfalfa sprouts
- 6 oz. package + 1/3 cup blueberries
- 1 avocado
- 1/2" piece of ginger
- 1/4 cup uncooked quinoa
- 1/2 cup chickpeas
- 1/2 cup sliced almonds
- 1/4 cup olive oil
- 1 tablespoon maple syrup
- 2 tablespoons raw apple cider vinegar

Thurs

Pineapple Cashew Quinoa Fried Rice

- 1/2 medium onion
- 3 cloves garlic
- 1" piece fresh ginger
- 1 cup chopped fresh pineapple
- 1 large carrot
- 1 medium red bell pepper
- 1/2 cup thinly sliced green onion
- chopped fresh basil, for serving
- 1/2 cup frozen peas
- 5 1/2 cups cooked quinoa
- 1 cup raw cashews
- 3-5 tablespoons low sodium soy sauce
- sriracha, for serving
- 4 large eggs

Fri

Sweet Potato Brussel Sprout Quinoa Bowl

- 1 clove garlic
- 1/2 onion
- 1 tablespoon diced fresh ginger
- 2 cups diced sweet potato
- 1 cup sliced brussels sprouts
- 1 cup uncooked quinoa
- 1 1/2 cups vegetable or chicken broth
- 1 tablespoon olive oil
- 2 tablespoons dried cranberries
- 1/4 cup sliced almonds

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