

WEEKLY MEAL PLAN

Mon

Smoky Beet and Quinoa Veggie Burgers

- 1 yellow onion, diced
- 1 cup mushrooms
- 1 cup cooked shredded beets
- 1 medium red bell pepper, diced
- 2 cloves garlic, minced
- 1 cup cooked quinoa
- 1 can light red kidney beans, drained & rinsed
- 1 teaspoon soy sauce
- 1 tablespoon olive oil
- 2 tablespoons barbecue sauce
- 1 teaspoon chili powder
- 1 cup almond flour
- Coconut oil
- Burger buns

Tues

Lemon Basil Pasta Salad Jar

- 1 small zucchini
- 1 small summer squash
- 1 1/2 cups mixed cherry tomatoes
- 2/3 cup chopped red onion
- 2/3 cup fresh basil, plus more for garnish
- 1/4 cup freshly squeezed lemon juice
- 1 clove garlic
- 2 cups bowtie pasta
- 1/2 cup plus 1 tablespoon extra virgin olive oil
- 1 cup mozzarella balls

Wed

Cajun Quinoa with Sausage and Kale

- 1 medium red onion
- 1 medium red bell pepper
- 1 medium orange bell pepper
- 2 cloves garlic 2 cups chopped fresh kale
- fresh chopped parsley, for garnish
- (1) 14 ounce can fire roasted diced tomatoes
- 1 cup uncooked quinoa
- 2 cups low sodium veggie or chicken broth
- 1 1/2 teaspoons cajun seasoning
- 1/2 teaspoon smoked paprika
- 1/4 cup milk
- 2 links cooked andouille sausage

Thurs

Brown Rice, Kale, and Roasted Tomatoes with Feta

- 1 pint grape tomatoes
- 4 sprigs fresh thyme
- 4 cups kale
- 2 tablespoons fresh parsley
- 1 tablespoon honey
- 1 tablespoon olive oil
- 2 cups brown rice
- 1/3 cup feta cheese

Fri

Strawberry Panzanella Salad

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

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