

WEEKLY MEAL PLAN

Mon

Roasted Vegetable Quesadillas

- 1 medium red onion
- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 1 medium jalapeno
- 1 large sweet potato
- 4 cloves garlic
- 1 teaspoon cumin
- 3/4 teaspoon smoked paprika
- 1/2 teaspoon chili powder
- 15 ounce can black beans
- homemade enchilada sauce, for serving
- 10-12 large whole wheat flour tortillas
- 2 cups shredded mild white cheddar cheese

Tues

Vegetable Parmesan Quinoa

- 1-2 cups broccoli florets, chopped
- 1 small onion
- 3 cloves garlic
- 1 large zucchini
- 1 cup sliced mushrooms
- 2 cups quinoa
- 4 cups organic chicken or vegetable stock
- (1) 15 ounce can small white beans
- 1/2 cup chopped sundried tomatoes (not in oil)
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/4 cup freshly shredded parmesan cheese

Wed

Chicken Verde Enchilada Bake

- 1 lb. tomatillos
- 1 medium onion
- 3 garlic cloves
- 1 large jalapeno
- 1/2 cup plus 1 tablespoon chopped cilantro
- 1 1/2 limes
- 1 cup heirloom or regular cherry tomatoes
- 1/4 cup chopped red onion
- 1 tablespoon canola oil
- 2 teaspoons granulated sugar
- 1 1/2 teaspoons cornstarch
- 1/2 teaspoon dried oregano
- 6 corn tortillas
- 1 lb. boneless skinless chicken breasts
- 1 1/2 cups grated mexican cheese
- Greek yogurt or sour cream, for serving

Thurs

Thai Peanut Chicken Noodles

- 1/3 cup cilantro
- 2 cloves garlic
- 2 teaspoons fresh ginger
- 1 red or yellow bell pepper
- 2 medium carrots
- 3/4 cup frozen peas
- 1/3 cup peanut butter (smooth or crunchy)
- 1/4 cup soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon chili garlic sauce (like sriracha)
- 1 tablespoon honey or agave
- 2 tablespoons fresh lime juice
- 2 tablespoons olive oil
- 10 ounce whole wheat spaghetti noodles, cooked
- 1/2 cup chopped peanuts
- 12 ounce boneless skinless chicken breast

Fri

Strawberry Tropical Fruit Salad

- 4 ounces fresh spinach
- 1 1/2 cups fresh strawberries
- 3/4 cup chopped mango
- 1/2 cup chopped papaya
- 1/2 cup chopped nectarine
- 1/4 cup uncooked quinoa
- 1/2 cup macadamia nuts
- 1/4 cup olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey

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