

# WEEKLY MEAL PLAN

**Mon**

## Spring Green Pesto Pasta

- 2 cups lightly packed chopped kale leaves
- 1 cup lightly packed baby spinach leaves
- 1 medium red onion
- 1 lb. asparagus
- 3 cups chopped bite-size broccoli florets
- 1 medium lemon
- 1 clove garlic
- 1 cup raw walnuts
- 14 ounces whole wheat rigatoni

**Tues**

## Grilled Baby Bok Choy Salad with Honey Miso Dressing

- (1) 5 count package Jade Asian Greens Baby Bok Choy
- 16 ounces baby spinach
- 1/2 cup shredded tricolor carrots
- 1/4 cup shredded red cabbage
- 1/4 cup peeled and shelled edamame
- 1 blood orange
- 1 inch piece fresh ginger root
- 2 cloves garlic
- 2 tablespoons miso paste
- 1/4 cup raw cashews
- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon raw honey

**Wed**

## Balsamic Honey Chicken Peach Skewers

- 1 very large peach 1 red bell pepper
- 1/2 red onion 1 garlic clove
- 1 teaspoon fresh lemon juice
- 1/4 cup balsamic vinegar
- 2 tablespoons olive oil 2 tablespoons honey balsami glaze, for serving (optional)
- 1 cup uncooked quinoa or rice, cooked according to package instructions, for serving
- 2 large boneless, skinless chicken breasts

**Thurs**

## Grilled BLT Panzanella

- 3 large tomatoes 1 romaine heart
- 1/2 lemon 2 cloves garlic
- 2 tablespoons fresh basil
- 1 loaf french bread
- 2 tablespoons olive oil
- 1/4 cup buttermilk
- 1 tablespoon mayo
- 2 tablespoons plain yogurt or sour cream
- 6 ounces bacon

**Fri**

## Chiptole Lime Chicken Taco Bowl

- 5 limes 1 1/3 cups chopped mango
- 1/2 cup diced red bell pepper
- 1/4 cup chopped red onion
- 1/4 cup fresh guacamole
- 4 tablespoons chopped cilantro
- 1 cup long grain rice
- 1/2 cup black beans
- 1 tablespoon olive oil
- 2 teaspoons chipotle paste
- 1/2 teaspoon chipotle chili powder
- 2 medium chicken breasts
- 1/3 cup sour cream
- 1/4 cup grated Monterey Jack or Mexican cheese blend

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