

WEEKLY MEAL PLAN

Mon

Butternut Squash Black Bean Quinoa Quesadilla

- 4 cups spinach
- 2 green onions
- 2 cloves garlic
- 2 cups roasted butternut squash
cilantro, for serving
- 1 cup quinoa
- 1 cup black beans
- 4 whole grain tortillas

Tues

Fish Tacos with Strawberry Avocado Salsa

- 1 cup fresh strawberries
- 1 medium avocado
- 1/4 cup chopped red onion
- 1 small jalapeno
- 3 limes
- 1/4 cup chopped cilantro
- shredded cabbage
- 1-2 teaspoons chili powder
- 1 tablespoon canola oil
- corn tortillas
- 1 - 1 1/2 lbs. fish filets (I used cod)
- 1/2 cup plain Greek yogurt

Wed

Open Faced Caprese Sandwiches

- 1 large tomato
- 2 tablespoons chopped fresh basil
- 1 tablespoon sugar
- 1 cup balsamic vinegar
- 4 slices whole grain bread
- sea salt
- 8 ounces fresh mozzarella log

Thurs

Mediterranean Grilled Shrimp Quinoa Salad

- 1 large cucumber
- 1 avocado
- 1 cup cherry tomatoes
- 1/3 cup parsley
- 2 lemons 1/2 clove garlic
- (1) 15 ounce can garbanzo beans
- 1/2 cup uncooked quinoa
- 1/2 cup + 2 tablespoons olive oil
- 1/4 cup red wine vinegar
- 2 teaspoons dried oregano
- 1/2 lb. shrimp
- 1/2 cup feta cheese

Fri

Avocado Banana Chia Bread

- 2 large ripe bananas
- 1 ripe avocado
- 2 cups white whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 3/4 cup coconut sugar
- 1 teaspoon vanilla extract
- 1/4-1/2 cup hemp seeds and chia seeds blend
- 1/4 cup milk (or almond milk)
- 2 large eggs

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