

WEEKLY MEAL PLAN

Mon

Kale & Sweet Potato Frittata

- 3/4 cup peeled and diced sweet potato
- 1/4 cup diced red onion
- 2 heaping cups kale
- fresh cilantro, for serving
- salsa, for serving
- 10 eggs
- 1/2 lb. ground chorizo

Tues

Caprese Kabobs with Balsamic Glaze

- beefsteak tomatoes
- cucumber
- fresh basil leaves
- extra virgin olive oil
- french bread
- balsamic glaze
- fresh mozzarella cheese

Wed

Thai Chicken Tacos

- 2 cloves garlic
- 2 cups thinly sliced napa cabbage
- 1 stalk celery 1/2 cup matchstick cut carrots
- 1/4 cup lightly packed chopped cilantro
- 1 shallot 1 lime
- 2 tablespoons finely minced ginger
- 1/4 cup + 3 tablespoons soy sauce
- 3 tablespoons fish sauce
- 1/2 cup plus 1 tablespoon rice wine vinegar
- 7 1/2 tablespoons honey
- 2 tablespoons hoisin sauce
- 1/2 teaspoon sesame oil
- 1/2 cup creamy peanut butter
- 1/4 cup low sodium chicken broth
- 1 tablespoon red curry paste or curry powder
- 2 tablespoons chili paste
- 8 corn tortillas
- 3 cups cooked, shredded chicken breasts

Thurs

Mixed Berry Mason Jar Salad for 1

- 1.5 cups mixed berries (any combination!)
- 2 teaspoons fresh lemon juice
- 1/3 cup arugula
- 1/4 cup balsamic vinegar 1 mason jar
- 1 tablespoon maple syrup
- 1 teaspoon dijon mustard
- 1/4 cup plus 2 tablespoons olive oil
- 1/2 cup cooked cubed chicken
- 2-3 tablespoons feta cheese

Fri

Cilantro Pesto Steak Tacos

- 1 large bunch cilantro
- 3 cloves garlic 1 tomato
- 1 jalapeno, seeds removed juice of 1 lime
- 1/4 cup olive oil
- Flour or corn taco shells
- 1 - 1.5 lbs. flank or skirt steak
- Greek yogurt or sour cream, for topping

.....

.....

.....

.....