

WEEKLY MEAL PLAN

Mon

Summer Farro Salad

- 1 pint blueberries
- 1 avocado
- 1 pint grape tomatoes
- 3/4 cup raspberries
- 2 garlic cloves
- 8 ounces farro
- 1 1/3 cup grape seed oil
- 1/4 cup apple cider vinegar
- 1 tablespoon honey

Tues

Coconut Curry Summer Squash Soup

- 1 yellow onion
- 2 cloves garlic
- 1 1/2 lbs. summer squash (such as yellow crooked neck, patty pan, etc.)
- 1 lime
- Chopped fresh basil, for serving
- 1 tablespoon extra virgin olive oil
- 3/4 teaspoon curry powder
- 4 cups low sodium vegetable stock
- 1/4 cup full fat coconut milk, plus more for serving

Wed

Summer Quinoa Chili

- 1 yellow onion
- 1 small yellow squash
- 3 medium roma tomatoes
- 2 cloves garlic
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- olive oil
- 1 (14 ounce) can dark red kidney beans
- 4 cups chicken or vegetable broth
- 3/4 cup quinoa, uncooked
- plain Greek yogurt/sour cream, cheese, for topping

Thurs

Skillet Green Chile Chicken Chilaquiles

- 1 avocado
- Diced tomatoes
- Cilantro
- 14-16 corn tortillas or 3-4 cups thick tortilla chips
- 1 1/4 cups green salsa
- 1/2 cup low sodium chicken broth
- 1/2 cup black beans
- Queso fresco
- Sour cream
- 1/2 cup shredded pepper jack cheese
- 1 1/2 cups shredded cooked chicken

Fri

Baked Salmon Salad with Roasted Potatoes

- Fresh mixed greens
- Roasted red potatoes
- Tomato Wedges
- Micro Greens
- 1/4 cup apple cider vinegar or red wine vinegar
- 3/4 cup extra virgin olive oil, plus more for salmon
- 1 lb. skin-on salmon fillet/s
- Hard boiled egg

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