

WEEKLY MEAL PLAN

Mon

Spicy Korean Noodle Salad

- 1 to 2 tablespoons lime juice, plus wedges for serving
- 1 tablespoon grated fresh ginger
- 2 cloves garlic
- 2 cups mache rosettes + a handful for the garnish
- ½ cup red bell peppers, thinly sliced or chopped
- ½ cup yellow bell peppers, thinly sliced or chopped
- ¾ cup English cucumber, diced or julienned
- ¾ cup carrots, diced or julienned
- ¾ heaping cup shredded red cabbage
- ¼ cup scallions, diced
- ¼ cup low sodium soy sauce
- 1 tablespoon fish sauce 3 tablespoons honey
- 2 tablespoons brown rice vinegar
- 4 teaspoons sesame oil
- 2 tablespoons gochujang + more if desired
- 1 (8 oz) box gluten free rice noodles
- Sesame seeds
- Roasted peanuts (unsalted)

Tues

Warm Spinach Mushroom Wheat Berry Salad

- 2 garlic cloves
- 2 medium zucchini
- 1 cup mushrooms
- 2 cups spinach
- ¼ cup fresh basil
- ¼ cup green scallions
- 1½ cup wheat berries
- 2 tablespoon extra virgin olive oil
- ¼ cup pine nuts
- ¼ cup freshly shredded parmesan cheese

Wed

Grilled Nectarine, Prosciutto & Pesto Flatbread

- 5 cups arugula, loosely packed
- 1 tablespoon fresh lemon juice 1 clove garlic
- 1 medium nectarine, seeded and sliced
- 2 tablespoons toasted pistachios (I used pre-toasted, unshelled)
- 6 tablespoons extra virgin olive oil
- (4) naan flatbreads
- 1 cup grated fontina cheese 4 slices prosciutto

Thurs

Salmon Nicoise Quinoa Salad

- 1 lemon 1 medium shallot, diced
- 2 Roma tomatoes, quartered 2 cups red potatoes
- 1 1/2 cups fresh green beans
- 1 cup dry quinoa 1 tsp Herbs de Provence
- ½ cup plus 2 tbsp olive oil
- 2 tbsp red wine vinegar 1 teaspoon Dijon mustard
- ½ teaspoon dried thyme, dried basil, and dried oregano
- 1/2 cup olives (Niçoise if possible)
- 4 hard boiled eggs
- 4 salmon filets, ~4 oz each

Fri

Spanish Chicken & Rice

- cilantro, 1 red onion,
- 3 small bell peppers 4 cloves garlic
- 2 tablespoons lime juice
- 4 cups chicken broth
- 2 cups long-grain brown rice
- 1 cup green olives
- 1 (15 oz) can diced tomatoes
- 3 tablespoons olive oil
- 2 teaspoons red pepper flakes
- 1 teaspoon ground cumin, ½ teaspoon saffron threads
- 2 bay leaves
- 2 ½ pounds chicken pieces, skin on and bone in

.....

.....

.....

.....