

WEEKLY MEAL PLAN

Mon

Beef and Barley Stew with Biscuit Croutons

- 2- 3 carrots 2 celery stalks
- 1 small leek 1 medium onion
- 2 to 3 garlic cloves 2 potatoes
- 2 sprigs fresh Italian parsley + more for garnish
- 2 sprigs fresh rosemary 2 sprigs fresh thyme
- Zest of 1 lemon Zest of 1 orange
- 2 tablespoons extra virgin olive oil
- 2 cinnamon sticks ½ teaspoon ground allspice
- 2 dried bay leaves dried parsley flakes
- 2 cups dry white wine 3 cups chicken stock
- 1½ 28 oz. cans crushed tomatoes
- 2 cups cooked pearl barley
- 1 cup cooked beans and lentils (or more if desired)
- 3 or 4 already made biscuits, cut into large-ish cubes
- ¼ cup (1/2 stick) salted butter, melted
- 1 pound boneless beef chuck, cut into 1-inch cubes
- 2 to 4 oz pancetta or bacon, cut into ½-inch pieces

Tues

Caprese Quinoa Salad

- 1/2 cup red grape tomatoes
- 1/2 cup yellow grape tomatoes
- 1/4 cup fresh basil
- 1 clove garlic
- 2 cups uncooked quinoa
- 32 ounces vegetable broth
- 2 tablespoons olive oil
- 4 tablespoons balsamic vinegar
- 1/2 cup fresh mozzarella

Wed

Fig Prosciutto & Arugula Focaccia Bread Pizza

- 5 large figs
- 2 handfuls fresh arugula
- 1/2 teaspoon sugar
- 1.5 teaspoons instant yeast
- 4 tablespoons extra virgin olive oil
- 2 cups all purpose flour
- balsamic glaze, for drizzling
- 4-6 ounces fresh mozzarella
- 3 slices prosciutto

Thurs

Green Goddess Quinoa Bowls

- 2 avocados 1 cup shelled edamame, cooked
- 1 large bunch kale 4 cloves garlic
- 2 tablespoons lemon juice
- 1 cup fresh herbs (such as cilantro, parsley, basil)
- 2 tablespoons chopped green onions
- 1 cup uncooked quinoa
- (1) 14 ounce can garbanzo beans
- 1/3 cup plus 1 tablespoon olive oil
- 2 tablespoons red wine vinegar
- 1/3 cup walnuts

Fri

Watermelon Berry Salad

- 3 cups strawberries
- 1 ½ cups watermelon chunks
- ½ cup blueberries
- 5 ounces baby spinach and arugula
- ¼ cup mint
- 2 tablespoons fresh lemon juice
- 1/4 cup honey
- 6 ounces cheese, any kind

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