

# WEEKLY MEAL PLAN

## Mon Butternut Squash Galette

- 1 medium butternut squash
- 1 lb. leeks
- 4 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 10 ounces all purpose flour
- 2 tablespoons honey
- 1/8-1/4 teaspoon cayenne pepper
- 2 sticks plus 2 tablespoons butter
- 1/3 cup skim milk
- 1 egg yolk
- 2 tablespoons plain Greek yogurt
- 1 cup grated Gruyere cheese

## Tues Chicken Black Bean Pumpkin Chili

- 1 yellow onion, finely diced
- 1 red bell pepper, deseeded and diced
- 2 cloves garlic, minced
- 1 1/2 cups frozen corn
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1/8-1/2 teaspoon cayenne pepper, depending on how spicy you like it
- 1 teaspoon salt
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can pinto beans, drained and rinsed
- 1 (15 ounce) can pumpkin puree
- 1 (15 ounce) can diced tomatoes
- 2 tablespoons olive oil
- cornbread or tortilla chips, to serve with
- 1 pound ground chicken
- chopped green onion, shredded cheddar cheese, sour cream/plain Greek yogurt for topping

## Wed Ultimate Veggie Hummus Turkey Sandwich

- 5 ounces baby spinach
- 3 tablespoons lemon juice
- 2 tablespoons shredded carrots
- 1/4 small cucumber 1/4 small red bell pepper
- 1/2 tomato, 2 tablespoons sprouts
- 1 tablespoon parsley, 1 garlic clove,
- (1) 15 ounce can garbanzo beans
- 1/4 cup tahini, 2 tablespoons extra virgin olive oil
- 2 slices thick cut bread

## Thurs Leek and Potato Soup

- 3 large leeks, tender white and light green parts only, chopped
- 1 pound potatoes, peeled and chopped
- 1/2 medium to large head of cauliflower, chopped
- 8 ounces cremini mushrooms, sliced
- 2 large red bell peppers, cut in half lengthwise and de-seeded
- 2 teaspoons fresh chives, diced for garnish
- 2 tablespoons extra virgin olive oil
- 5 cups low-sodium vegetable stock
- 1 cup low-fat or non-fat lactose-free cow's milk
- 2 tablespoons shaved Parmesan cheese to taste

## Fri Easy Minestrone Soup

- 1 small onion, 4 garlic cloves
- 2 carrots, 1 stalk celery
- 1 small zucchini, 1 cup grape tomatoes
- 2 cups baby spinach
- 2 tablespoon olive oil
- 1 teaspoon basil, 1 teaspoon oregano
- 1/2 teaspoon rosemary
- 5 cups vegetable broth
- 2 cups pinto beans, 1 cup kidney beans
- 1/2 cup pasta

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