

WEEKLY MEAL PLAN

Mon

Chicken Broccoli Corn Chowder

- 1 medium onion
- 1/2 cup chopped mushrooms
- 1 1/2 cups chopped broccoli
- 2 cups cubed butternut squash (1/2" chunks)
- 2 medium sweet potatoes
- 3/4 cup chopped green onions
- 1/2 cup plus 2 tablespoons chopped cilantro
- (1) 16 ounce bag frozen corn
- 1 tablespoon thyme
- 1/4 cup whole wheat flour
- 6 cups low sodium organic chicken broth
- 1 tablespoon butter
- 1 cup milk
- 1 1/2 cups diced roasted or grilled turkey bacon slices

Tues

Easy Slow Cooker Turkey Chili

- 1 medium onion
- 4 cloves garlic
- 1 medium zucchini,
- 1 cup fresh or frozen corn (thawed slightly if frozen)
- 1-2 limes
- (1) package McCormick's organic chili seasoning mix or your favorite brand
- (1) 28 ounce can crushed tomatoes
- (1) 15 ounce can tomato sauce
- (1) 15 ounce can black beans
- (1) 15 ounce can cannellini beans
- 1 - 1.5 lbs. lean ground turkey
- For serving (optional): Plain Greek yogurt or sour cream, fresh scallions, and lime wedges.

Wed

Apple Cranberry Apricot Chicken Salad Lettuce Wraps

- 5 ounces romaine heart leaves
- 1 medium granny smith apple
- 1/4 cup chopped celery, whole garlic clove
- 2 tablespoons curry powder
- 1/4 cup dried cranberries
- 1/4 cup chopped dried apricots
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 2 teaspoons poppy seeds
- 1 1/2 pounds boneless, skinless chicken breasts
- 1 cup plain Greek yogurt

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

Roasted Red Bell Pepper Soup

- 2 russet potatoes
- 2 stalks celery
- 1/2 red onion
- fresh cilantro, for garnish
- 2 tablespoons extra virgin olive oil
- 1 1/2 12 ounce jars roasted red peppers
- 4-5 sundried tomatoes
- 4 cups low sodium chicken or vegetable broth
- 1/2 cup heavy cream

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