

# WEEKLY MEAL PLAN

**Mon**

## Winter Kale Salad with Butternut Squash & Farro

- 4 cups kale
- 1 cup butternut squash
- 1/4 cup pomegranate seeds
- 1/2 cup farro
- 2 tablespoons candied pecans
- chia seeds
- 2 teaspoons apple cider vinegar
- 1/2 teaspoon maple syrup

**Tues**

## Persimmon and Spinach Salad

- 4-5 ounces baby spinach
- 1 large Fuyu persimmon
- 2 tablespoons fresh orange juice
- 1 teaspoon fresh lemon juice
- 1/3 cup dried cranberries
- 1/3 cup toasted pecan pieces
- 1 1/2 tablespoons apple cider vinegar
- 1 tablespoon maple syrup
- 1 1/2 teaspoons dijon mustard
- 1/4 cup extra virgin olive oil
- 1/3 cup crumbled goat cheese

**Wed**

## Southwestern Chicken and Kale Sald

- 18 cups tuscan kale
- 1 red bell pepper
- 1 1/2 cup frozen corn
- 1 lime
- 1 cup diced cherry tomatoes
- 4 green onions, diced
- 1/4 cup fresh cilantro, chopped
- 1 avocado, diced
- 1 (15 oz) can black beans
- 1/4 cup salsa
- 2 tablespoons taco seasoning
- 1/4 cup mayonnaise
- 1/2 cup plain Greek yogurt
- 2 cups shredded chicken breast
- 1 tablespoon milk

**Thurs**

## Roasted Beet and Orange Salad

- 6 medium sized beets (red and yellow)
- 2 heaping cups arugula
- 3 oranges
- 3 tablespoons fresh orange juice
- 1/2 cup walnuts
- cup + 2 tablespoons extra virgin olive oil
- 2 tablespoons white balsamic vinegar
- 1/2 cup goat cheese

**Fri**

## Spinach Mushroom Artichoke Galette

- 1/2 to 1 cup fresh baby spinach
- 2 to 3 baby bella mushrooms
- 1/2 garlic clove, finely grated
- 1/2 teaspoon finely grated lemon zest
- 1 1/4 cups all purpose flour
- 5 pieces artichoke hearts from a can
- (1) 10-12 lb. turkey

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## Sauteed Sweet Potato & Greens Breakfast Bowls

- 1 large sweet potato
- 3 ounces spinach
- 1 cup grape or cherry tomatoes
- 1 avocado
- 2 garlic cloves
- cilantro (for garnish)
- ¾ cup black beans
- 1 tablespoon olive oil
- ½ teaspoon cumin
- 2 eggs
- ¼ cup shredded cheddar cheese

**Tues**

## Autumn Corn Chowder

- 1 cup leeks, finely chopped, white parts only
- 10 ounces butternut squash, peeled and cubed
- 2 stalks celery, chopped
- 2 cups corn, fresh or frozen
- fresh parsley, finely diced for garnish
- 1 quart Reduced Sodium Chicken Stock
- 2 cups Reduced Sodium Chicken Stock
- 1 package Knorr® Rice Sides™ - Chicken flavor
- 5 slices reduced sodium thick cut bacon, chopped into pieces

**Wed**

## Spiralized Beet Quinoa Salad

- 1/2 medium onion
- 2 garlic cloves
- 2 medium sized beets
- 2 cups spinach
- 2 tablespoons extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 cup quinoa, uncooked
- 1/4 cup pecans
- 1/4 cup feta cheese

**Thurs**

## Butternut Squash Potato Leek Soup

- 3 cups leeks, white and light green parts
- 2 cloves garlic, minced
- 5 cups cubed, peeled and seeded butternut squash, about 1 medium
- 1 large russet potato
- bouquet garni (1 sprig thyme, 1 sprig flat leaf parsley, 6 peppercorns, & 1 bay leaf), optional
- 2 teaspoons freshly chopped thyme (or 1 teaspoon dried)
- pinch cayenne pepper
- 6 cups low sodium vegetable stock (I used 4 cups vegetable stock and 2 cups water)
- 1½ tablespoons extra virgin olive oil
- 2 cups cubed baguette or French bread
- 2 tablespoons unsalted butter
- ¼ cup heavy cream, optional (or lighten up with Greek yogurt)

**Fri**

## Korean Steak with Vegetable Noodle Bowls

- 2 shallots, finely diced
- 2 cloves garlic, minced
- 2 cups shiitake mushrooms
- 3 cups broccoli slaw mix
- 2 green onions, sliced, for topping
- 4 tablespoons sesame oil, divided
- 1/4 cup soy sauce
- 2 tablespoons honey (brown sugar would also work)
- 1 teaspoon hot chile sauce, such as Sriracha
- 2 tablespoons rice vinegar
- 6-8 oz package thin rice noodles or ramen noodles
- 1 lb. flank steak

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