

# WEEKLY MEAL PLAN



**Mon**

## Thai Coconut Peanut Chicken Noodles

- 2 tbsp fresh minced ginger
- 1 tbsp fresh lime juice, 2 cloves garlic
- 1 red bell pepper, 1 carrot
- 3/4 cup snow peas, 1/2 cup fresh cilantro green onions, for topping
- 1 can light coconut milk
- 3/4 cup peanut butter
- 3 tbsp soy sauce
- dash of hot sauce, according to heat preference
- 1/2 cup chicken broth or water
- 12 oz whole wheat spaghetti or rice noodles
- 2 tbsp canola oil
- 2 chicken breasts

**Tues**

## Berry Green Buddha Bowl

- 2 lemons, 1 1/2 ripe avocados
- 3 to 4 ounces baby kale or your favorite greens
- 1/3 cup chopped strawberries
- 1/3 medium cucumber
- 2 tablespoons chopped fresh mint
- 1 tablespoon chopped fresh parsley,
- 1/2 cup cooked quinoa
- 1/3 cup chickpeas
- 1/2 teaspoon chia seeds.

**Wed**

## Veggie Lo Mein

- 1/2 small to medium sized red onion
- 1/2 medium sized zucchini
- 1/2 medium sized summer squash
- 1 cup sugar snap peas
- 1 cup shiitake mushrooms
- 1 to 2 garlic cloves
- 1/2 red bell pepper, 1/2 green bell pepper
- 1/2 cup red cabbage, 2 small carrots
- Green onions, diced for garnish
- 1/2 pound linguine noodles, cooked
- 1/4 cup mushroom broth
- 3 tablespoons soy sauce
- 2 tablespoons hoisin sauce
- 2 tablespoons vegetarian Chinese oyster sauce

**Thurs**

## Kale & Cheddar Mac & Cheese

- 12 ounces fresh kale
- fresh rosemary
- 1 box (1 lb.) elbow pasta
- 2 tablespoons ground flax
- 1 1/4 cups finely shredded cheddar cheese
- 6 ounces plain Greek yogurt
- 2 tablespoons parmesan cheese

**Fri**

## Slow Cooker Chicken Tortilla Soup

- 1 medium yellow onion, 2 cloves garlic
- 1 1/2 cups fresh or frozen corn
- 1 jalapeno (optional), 1-2 limes
- 1 14 oz. can diced fire roasted tomatoes in their juice
- 2 teaspoons cumin, 1 tablespoon chili powder
- 1/8 teaspoon ground red pepper
- 4 cups lower sodium chicken broth
- 1 14 oz. can black beans
- tortilla chips, grated cheese, chopped fresh cilantro, hot sauce, lime wedges, or avocado for garnish
- 2 large bone-in or boneless skinless chicken breasts



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