

WEEKLY MEAL PLAN

Mon

Cheesy Pesto Vegetarian Spaghetti Squash Boats

- 1 spaghetti squash
- 8 ounces mushrooms
- 3 cloves garlic
- 1 bunch lacinto kale
- 1 tablespoon fresh lemon juice
- 1/4 cup plus 3 tablespoons extra virgin olive oil
- 1 cup white beans, rinsed and drained
- 3 tablespoons toasted walnut pieces
- 1/4 cup grated parmesan
- 2/3 cup grated mozzarella cheese

Tues

Indian Curry Chicken Bowls

- 2 cloves garlic, minced
- 1 large sweet potato
- 1 head of cauliflower
- 1 lime
- 1/2 cup fresh cilantro
- Garlic powder
- 1 tbsp dijon mustard
- 2 tbsp honey
- Curry powder
- 1/4 tsp cayenne pepper (more if you like spice)
- Coconut oil
- Olive oil
- 1 (14 oz) can garbanzo beans, rinsed
- 2 cups jasmine rice, uncooked
- 1 3/4 cup water
- 1 (14 oz) can light coconut milk
- 8 oz plain Greek yogurt
- 4 chicken breasts

Wed

One Pot Lemon Chicken Tortellini Soup w/Greens

- 5 ounces spinach and greens blend
- 1/2 cup yellow onion
- 2 cloves garlic
- 3/4 cup chopped carrots
- 1/2 cup chopped celery
- 1/4 cup freshly squeezed lemon juice
- 1 to 2 tablespoons lemon zest
- 5 cups low sodium chicken broth
- 1 tablespoon olive oil
- 1 1/2 teaspoons dried thyme
- 9 ounces tortellini (fresh or frozen)
- 2 cooked chicken breasts

Thurs

One Pot Pasta

- 1 onion, 4 cloves garlic
- 8 ounces cremini mushrooms
- 2 to 3 cups cherry tomatoes (any kind)
- 2 to 3 cups fresh spinach
- 2 handfuls of fresh basil + more for garnish
- 1 box (1 lb.) whole grain spaghetti
- 1/2 teaspoon crushed red pepper flakes + more if desired
- 2 to 3 tablespoons extra virgin olive oil

Eri

Sweet Potato Noodle & Egg Tacos

- 1 medium sweet potato
- 2 medium avocados
- 1/2 red onion
- 1/8 orange
- 2 tablespoons salsa
- 1 teaspoon paprika
- 2 1/2 teaspoons olive oil
- 8 flour tortillas
- 6 large eggs
- 3 slices cooked bacon
- 1/2 cup grated cheese

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