

# WEEKLY MEAL PLAN

**Mon**

## One Pot Supreme Pizza Quinoa

- 2 cups baby spinach
- ½ cup diced red onion
- ½ cup green bell pepper
- 1 clove garlic
- 1 cup uncooked quinoa
- 1 (2.25 ounce) can sliced black olives
- 1 (8 ounce) can tomato sauce
- 1 (6 ounce) can tomato paste
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- 1 teaspoon dried parsley
- ¼ teaspoon garlic powder
- pinch of red pepper flakes
- 2 Italian turkey sausage
- ¾ cup shredded part skim mozzarella cheese

**Tues**

## Asian Quinoa with Bok Choy

- 1 small onion
- ½ teaspoon fresh grated ginger
- 2 garlic cloves
- 2 cups bok choy
- 1 cup Chinese cabbage
- 8 oz. cremini mushrooms
- Diced green onions, for garnish
- 2 tablespoons sesame oil
- 1 cup quinoa
- ¼ cup Entwine Wines Pinot Grigio
- 1 ½ cups chicken broth
- 2 teaspoons soy sauce
- 1 teaspoon crushed red pepper (optional)

**Wed**

## Mexican Quinoa Lasagna

- 1 small onion
- 1/2 cup chopped portabello mushrooms
- 1 cup grape tomatoes, 1 cup frozen corn
- 2 tablespoons chopped cilantro
- 2 tablespoons extra virgin olive oil
- 1 cup uncooked quinoa
- 2 tablespoons chili powder, 2 teaspoons cumin
- 1/4 teaspoon cayenne pepper
- 1 cup black beans, 1 cup white beans
- (6) 6" gluten free tortillas (or regular)
- 1 lb. lean ground turkey or chicken
- ¾ cup grated sharp cheddar cheese

**Thurs**

## Slow Cooker Sweet Chili Chicken Drumsticks

- 2" piece fresh ginger, minced\*
- Freshly chopped cilantro, for garnish (optional)
- Lime wedges, for serving (optional)
- ⅔ cup low sodium soy sauce
- ⅓ cup Thai sweet chili sauce
- 2 teaspoons fish sauce
- Sesame seeds, for serving (optional)
- 4-5 lbs. chicken drumsticks

**Fri**

## Skillet Fajita Enchiladas

- 1 green bell pepper, 1 red bell pepper
- 1 large red onion
- 2-3 tbsp olive oil, 2 tbsp chili powder
- 1 tsp paprika, 1 tsp onion powder
- 1/2 tsp cumin, 1/4 tsp garlic powder
- 1/8-1/4 tsp cayenne pepper (depending on how spicy you want it)
- 1 large can (28 oz) red enchilada sauce
- 8-10 flour tortillas
- 2 cups shredded Mexican or Cheddar cheese
- 1 lb beef stew meat (or your favorite cut of beef), cut into cubes

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