

# WEEKLY MEAL PLAN

**Mon**

## Greek Vegetable Pizza

- 1 English cucumber
- 1/2 cup chopped plum tomatoes
- 1/2 cup chopped avocado
- 1/3 cup chopped green onions
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh mint
- 2 garlic cloves
- 1 lemon
- Flour tortillas
- Extra virgin olive oil
- 1/3 cup chopped black olives
- 3/4 cup crumbled feta cheese
- 1 cup low-fat plain Greek yogurt

**Tues**

## Autumn Vegetable Soup

- 2 medium leeks, 1 large carrot
- 1 large parsnip, 4 cloves garlic
- 1 cup cubed butternut squash
- 1 large sprig thyme or 1 teaspoon dried
- 1 tablespoon freshly chopped rosemary or 1 teaspoon dried
- 1 bunch kale
- 1 bay leaf
- 1 tablespoon extra virgin olive oil
- 5 cups water or vegetable stock
- (1) 15 ounce can cannellini beans
- Freshly grated parmesan cheese, for serving

**Wed**

## Slow Cooker Barbacoa Beef Burrito Bowls

- 4 cloves garlic, 1 small yellow onion
- Salsa, Corn, Lime
- Guacamole or avocado, Cilantro
- 2 chipotles en adobo sauce plus 1 tablespoon of the liquid from the can
- 1 tablespoon cumin
- 2 tablespoons apple cider vinegar
- 1 teaspoon dried Mexican oregano
- Rice, Black Beans
- Sour Cream/Plain Greek Yogurt
- Shredded Cheese
- 3-4 pound beef chuck roast

**Thurs**

## Cheesy Zucchini Quinoa Egg Mufins

- 1 cup shredded zucchini
- 1/2 yellow onion
- 1 cup cooked quinoa
- hot sauce
- 4 eggs plus 2 egg whites
- 1/4 cup milk
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded Monterey jack cheese

**Fri**

## Sweet Potato Deviled Eggs

- 1 large sweet potato
- Fresh chives
- 2 teaspoons Dijon mustard
- 1 teaspoon hot sauce (like Tabasco)
- 18 eggs
- 1/2 cup sour cream
- Crispy bacon bits
- 2 cups shredded Wisconsin Chipotle Cheese
- + more for garnish
- Alternative toppings: pickled red onions or pickled radishes, finely diced

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