

# WEEKLY MEAL PLAN

**Mon**

## Spinach Avocado Goat Cheese Quesadillas

- 2 cloves garlic
- 1/2 cup chopped onion
- 4 cups baby spinach
- 2 avocados
- 1 tablespoon extra virgin olive oil
- (4) 7" tortillas, any kind
- 1/4 cup goat cheese
- 1/4 cup Greek yogurt

**Tues**

## Turkey Sausage Jalapeno White Bean Chili

- 1 medium red onion, 2 cloves garlic
- 1 small red bell pepper, 1 small yellow bell pepper
- 1 jalapeño, 1 cup cubed butternut squash
- 2 tablespoons freshly chopped cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon extra virgin olive oil
- 1 tablespoon chili powder
- 1½ teaspoons ground cumin
- 1 teaspoon smoked paprika
- 1 tablespoon tomato paste
- 15 ounce can cannellini beans, drained and rinsed
- 2 cups chicken stock, divided
- 16 ounces turkey sausage, casings removed

**Wed**

## Rainbow Sesame Soba Noodle Salad

- 1 small zucchini, 1 small summer squash
- 1 1/2 cups shredded red cabbage
- 1 carrot, 12-14 snow peas
- 2 green onions, 1 teaspoon fresh ginger, minced
- 2 cloves garlic, 9 ounces soba noodles
- sesame seeds, for topping
- 2 tablespoons soy sauce
- 2 tablespoons sesame oil, 1 teaspoon agave

**Thurs**

## Sweet Potato and Black Bean Quinoa Bowls

- 1 large sweet potato
- 1/4 cup plus 2 tablespoons cilantro, chopped, plus additional for serving
- 1 lime
- 1 teaspoon extra virgin olive oil
- 1 teaspoon chili powder
- 3/4 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon agave nectar or honey
- 3/4 cup red quinoa
- 1 cup black beans
- 1/4 cup plain non fat Greek yogurt

**Fri**

## Black Bean Quinoa Burgers

- 1 pound peeled sweet potato wedges
- 1 or 2 carrots, 2 scallions
- 1 head butter lettuce
- ½ cup rainbow quinoa
- Burger spice blend (granulated garlic - cumin - coriander)
- ½ teaspoon sweet smoked paprika (optional)
- 1½ cups cooked black beans
- ½ cup whole wheat panko bread crumbs
- 5 ounces roasted red peppers, 4 whole wheat buns
- Creamy Parmesan sauce (mayonnaise - Parmesan - Dijon mustard - salt - black pepper)
- 2 eggs, 4 slices cheddar cheese

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