

WEEKLY MEAL PLAN

Mon

Thai Coconut Pot Sticker Soup

- 2 cups fresh spinach , 2 cloves garlic
- 1 medium onion , 1 medium red bell pepper
- 1 sweet potato, 1 lime
- cilantro for garnish
- 2 tablespoons extra virgin olive oil
- 2 tablespoons red curry paste
- 1 (14 ounce) can unsweetened coconut milk
- 4 cups vegetable broth
- 1 (13 ounce) package potstickers

Tues

Slow Cooker Mac & Cheese

- 1 lb. elbow macaroni
- (2) 12 ounce cans evaporated milk
- 2 teaspoons dijon mustard
- 1 teaspoon smoked paprika
- 3½ cups blend of shredded cheese, like cheddar, fontina and butterkase
- 2 cups 2% or whole milk

Wed

Caprese Quinoa Salad

- 1/2 cup red grape tomatoes
- 1/2 cup yellow grape tomatoes
- 1/4 cup torn fresh basil
- 1 clove garlic
- 2 cups uncooked quinoa
- 32 ounces vegetable broth
- 2 tablespoons olive oil
- 4 tablespoons balsamic vinegar
- 1/2 cup fresh mozzarella, sliced

Thurs

Ratatouille Lasagna

- 1 medium yellow onion
- 2 cloves garlic
- 1 medium eggplant
- 2 medium zucchini
- 1 yellow bell pepper
- 1 red bell pepper
- 3 sprigs fresh thyme or 1 teaspoon dried
- 12 leaves fresh basil, chopped, plus more for garnish
- 2-4 tablespoons extra virgin olive oil
- (2) 28 ounce cans crushed tomatoes
- 1 tablespoon tomato paste
- 1 tablespoon sugar
- 1 bay leaf
- (1) 13.25 ounce box lasagna
- (1) 15 ounce container ricotta cheese
- 2 cups grated mozzarella

Fri

Mexican Chicken & Quinoa Stuffed Peppers

- 1 yellow onion
- 6 bell peppers (any color will work!)
- diced avocado, for topping
- chopped cilantro, for topping
- 1/2 cup corn
- 1/2 cup dry quinoa
- 2 tablespoons olive oil
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1 cup canned black beans
- 1 1/2 cups cheddar cheese
- 1 lb ground chicken

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