

WEEKLY MEAL PLAN

Mon

Thai Chicken Noodles

- 1 large zucchini
- 3 large carrots
- 1 red bell pepper
- 2 limes
- 1/3 head of red cabbage
- 1 inch fresh ginger
- 1/3 cup + 3 tablespoons soy sauce
- 1/2 cup peanut butter
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1/2 teaspoon red hot pepper flakes
- salt and pepper
- 2 boneless skinless chicken breasts

Tues

Wasabi Bowls

- 1 large bushel broccolini (or 1 large crown broccoli),
- 4 cloves garlic
- Two large handfuls baby spinach
- 1 bunch green onion
- 1 ripe avocado
- 1/2 small cucumber
- Microgreens
- 1 cup uncooked brown rice
- 1/3 cup tahini
- 3 tablespoons liquid aminos
- 2 tablespoons rice vinegar
- 2 to 3 teaspoons wasabi paste

Wed

Black Bean Burgers

- 1 large fuyu persimmon (if not in season, sub with mango!)
- 3 clementine oranges or 1 medium navel orange
- 2 green onions
- 1 small red bell pepper
- 1 anaheim chile
- 2 limes
- 1 avocado
- 1/4 cup cilantro
- 1 teaspoon honey
- 1 package store bought black bean veggie burgers
- burger bun
- 1/4 cup plain Greek yogurt

Thurs

Chard and Lentil Soup

- 1 large onion
- 2 medium carrots
- 1 medium zucchini
- 1 bunch swiss chard
- 2 cloves garlic
- 6 cups low-sodium vegetable broth
- 1 (14 ounce) can fire-roasted diced tomatoes
- 1 cup green lentils
- 1/2 teaspoon dried thyme
- parmesan cheese, for serving

Fri

Tortellini Primavera

- 1 onion
- 2 cups chopped broccoli florets
- 2 carrots
- 2 cups asparagus spears
- 1 cup frozen peas
- 4 cups vegetable broth
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 9 oz. cheese tortellini
- 1/2 cup heavy cream
- 1 cup Parmesan cheese

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