

WEEKLY MEAL PLAN

Mon

Spring Detox Bowls

- 1 head lacinato (dino) kale
- 1 head Russian red kale
- 1/2 red bell pepper
- 6 small radishes
- 1 medium carrot
- 1/2 small cucumber
- 1 large ripe avocado
- 1 large red beet
- 1/4 cup fresh lemon juice
- 1 clove garlic
- 1/4 cup packed fresh parsley leaves
- 1/2 raw walnut halves
- 1/4 cup + 1 tablespoon avocado oil
- 2 teaspoons pure maple syrup
- 2 teaspoons stone ground mustard

Tues

Stuffed Shells

- 1 medium red bell pepper
- 3 cloves garlic
- 1 bunch lacinato or regular kale (9 to 10 ounces)
- 1/2 cup thinly sliced green onions
- 3/4 cup sweet potato puree (store-bought or homemade)
- 24 jumbo pasta shells
- 25 ounces marinara sauce
- 1/2 cup low-sodium vegetable broth
- 1 large egg
- 1 1/4 cups ricotta cheese
- 2 cups mozzarella cheese

Wed

Taco Salads

- 1 tomato, diced
- 1 avocado, diced
- 8 cups chopped romaine lettuce
- green onions, for topping
- 1 cup corn (frozen, fresh, or canned)
- salsa, for topping
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon oregano
- tortilla chips, crushed for topping
- shredded Cheddar cheese, for topping
- 1 1/2 lbs ground beef
- sour cream, for topping

Thurs

Carrot Pesto Pizza

- 3 medium tomatoes
- 1 cup basil leaves
- 3/4 cup carrot tops
- 1/4 cup olive oil
- 1/3 cup walnut halves
- 1 tablespoon miso paste
- 1 garlic clove
- 4 whole wheat naan breads
- red pepper flakes
- 1 1/3 cup shredded part-skim mozzarella cheese
- 1/3 cup shredded parmesan cheese

Fri

Quiche Primavera

- 1 large leek
- 8 ounces cremini mushrooms
- 1 clove garlic
- 1 1/2 cups fresh baby spinach
- 8 cherry tomatoes
- 1 tablespoon extra virgin olive oil
- 8 large eggs
- 1/2 cup skim milk
- 1/2 cup grated cheese

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