

WEEKLY MEAL PLAN

Mon

Sriracha Stir Fry

- 2 cups chopped broccolini
- 1 bunch of asparagus
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, minced
- juice from ½ lime
- 1 block firm tofu
- 1 tablespoon rice vinegar
- 4 tablespoons soy sauce
- 3 teaspoons Sriracha
- ¼ cup peanut butter
- 2 tablespoons canola oil
- rice, quinoa, or noodles, cooked

Tues

Cashew Chicken

- 1 large red bell pepper
- 1 large yellow bell pepper
- 3 to 4 ounces organicgirl peppergreens or baby mustard greens or spinach
- 1 cup raw cashews
- 2 cups white or brown rice
- 4 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons ketchup
- 2 tablespoons honey
- 2 tablespoons olive oil
- 3 teaspoons cornstarch or arrowroot powder
- ½ teaspoon sesame oil
- 1 pound boneless, skinless chicken breasts,

Wed

Burrito Bowls

- 1 large avocado
- 1 small head cabbage
- 2 cups shredded carrot
- 1 bunch green onion
- 2 large cloves garlic
- ¼ cup lime juice
- ¼ cup olive oil
- Salsa
- 3 chipotle chilis in adobo sauce
- 2 cups uncooked brown rice
- 1 (14-ounce) can black beans
- Sea salt to taste
- 1 rotisserie chicken
- Shredded Cheese
- 1 (8-ounce) container sour cream

Thurs

Caprese Skillet

- 4 cloves garlic
- 16 ounces cherry tomatoes
- 1 cup loosely packed fresh basil leaves
- 1/2 pound dry rigatoni or your favorite pasta
- 4 tablespoons extra virgin olive oil
- 4 ounces fresh mozzarella

Fri

Mexican Couscous

- 1 medium red onion
- ½ cup fresh cilantro
- 1 cup frozen corn
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ¼ teaspoon smoked paprika
- 1 (15 ounce) can black beans
- 1 (14 ounce) can fire-roasted diced tomatoes
- 2 cups whole wheat pearl couscous
- 1 teaspoon red wine vinegar
- 1 ½ teaspoons honey
- 1 to 2 chipotle peppers in adobo sauce
- ½ cup feta crumbles

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