

# WEEKLY MEAL PLAN

**Mon**

## Pasta Primavera

- 1 1/2 cups sliced cremini mushrooms
- 1 cup asparagus, cut into 2" pieces
- 1 zucchini
- 1/2 red bell pepper
- 1 carrot
- 1/3 cup minced shallot
- 3 tablespoons fresh basil plus more for serving
- 1/2 cup frozen peas
- 8 ounces spinach fettuccine
- 2 tablespoons extra virgin olive oil
- 1/4 cup dry white wine
- 3/4 cup low sodium chicken stock
- 1 1/2 tablespoons flour
- 3/4 cup milk
- parmesan cheese, for serving

**Wed**

## Mexican Bean Salad

- 1 red bell pepper, chopped
- 1 cup tomatoes, chopped
- 1 avocado
- 3/4 teaspoon minced fresh ginger root
- 1/4 cup fresh lime juice
- zest of one lime
- 1/4 cup packed cilantro leaves
- 1 clove garlic
- 15 ounce can black beans
- 1 15 ounce can kidney beans
- 1 15 ounce can small white beans
- 1/4 cup olive oil
- 2 teaspoons balsamic vinegar
- salt to taste

**Tues**

## Sweet Potato Black Bean Pasta

- 1 medium red onion
- 2 cloves garlic
- 1 medium jalapeno
- 1 medium green bell pepper
- 1 cup fresh or frozen corn kernels
- chopped cilantro, for garnish
- 1 1/2 cups sweet potato puree
- 16 ounces whole wheat ziti
- 15 ounce can black beans
- 1/2 cup low sodium vegetable broth
- 1 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 1 cup milk
- 1 cup shredded pepper jack cheese

**Thurs**

## Italian Salsa Verde Shrimp

- 1 bunch Italian flat leaf parsley
- 2 cloves garlic
- 1 lemon
- 2 tablespoons capers
- 7 tablespoons extra virgin olive oil
- 1-2 teaspoons agave syrup or sweetener of choice
- 1 cup uncooked rice or 1/2 pound dry pasta, cooked according to package instructions
- 1 pound shrimp, peeled and deveined

**Fri**

## Havarti and Mushroom Flatbread

- 8 ounces cremini mushrooms
- 2 medium shallots
- 1 clove garlic
- 1 sheet puff pastry
- 3 tablespoons sherry wine
- 1 egg yolk
- 3 tablespoons unsalted butter
- 1/2 cup havarti cheese

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