

WEEKLY MEAL PLAN

MONDAY - ROASTED BROCCOLI PASTA

4 cup broccoli florets
2 lemons
3 garlic cloves
8 ounces whole grain pasta such as elbows
15 ounce can chickpeas (garbanzo beans)
1/4 cup pine nuts
1/4 cup olive oil

TUESDAY - TACO SALADS

8 cups romaine lettuce,
Frozen corn
1 avocado
1 large tomato
Green Onions
Cumin
Chili powder
Garlic powder
Dried oregano
Paprika
Tortilla chips
1 1/2 pound ground beef (or 1 can black beans for vegetarian option)
Sour cream
Shredded Cheddar cheese

WEDNESDAY - WHITE BEAN SALSA VERDE CHILI

1 medium onion
2 green peppers
1 1/2 cups frozen corn kernels
2 (15 ounce) cans white beans
1 cup uncooked green lentils
1/2 cup uncooked quinoa
4 cups low-sodium vegetable broth
1 cup salsa verde
2 teaspoons cumin
1/2 teaspoon smoked paprika
Desired toppings

THURSDAY - HONEY CHICKEN TERIYAKI BOWL

1 red bell pepper
1 teaspoon fresh grated ginger
1/4 cup low sodium soy sauce
2 tablespoons pineapple juice (or 2 tablespoons more honey)
1 1/2 tablespoons rice wine vinegar
3 tablespoons cornstarch
Cashews, for topping
1 lb. chicken breast

1 1/2 cups fresh pineapple chunks
Scallions
1/4 cup plus 2 tablespoons honey
1 1/2 tablespoons mirin
4 tablespoons canola oil
Rice for serving

FRIDAY - SWEET POTATO ENCHILADAS

1 medium sweet potato
1/2 medium yellow onion
1/2 teaspoon ground cumin
1 cup canned black beans
1 (10-ounce) can red enchilada sauce
1 cup pepper jack cheese

2.5 ounces baby spinach,
1/2 large red bell pepper
1/2 teaspoon chili powder
4 large flour tortillas
3 tablespoons olive oil