

WEEKLY MEAL PLAN

MONDAY - SWEET POTATO LENTIL CHILI

- 1 medium onion
- 3 cloves garlic
- 1 large green bell pepper
- 1 large jalapeno
- 1 bunch cilantro
- 1 avocado
- 2 medium size sweet potatoes
- 3 teaspoons cumin
- 2 teaspoons smoked paprika
- 2 teaspoons chili powder
- 2 teaspoons dried oregano
- 1 can chipotle chilis in adobo sauce
- 1 (14.5) can diced fire roasted tomatoes with green chiles
- 1 cup dry brown lentils
- 3 cups vegetable broth

TUESDAY - KALE AND EGGPLANT ZITI

- 1 medium onion
- 2 cloves garlic
- 1 medium eggplant (about 1 pound)
- 1 bunch kale (about 10 ounces)
- chopped fresh basil or parsley, for garnish
- 12 ounces uncooked whole wheat ziti
- ¾ cup low sodium vegetable broth
- 1 (28 ounce) can crushed tomatoes with basil
- ¼ teaspoon red pepper flakes
- ½ cup shredded parmesan cheese
- 1 ½ cups shredded mozzarella cheese

WEDNESDAY - BLACK BEAN BURGERS

- 2 tablespoons red onion
- 2 cloves garlic
- 1 (14-ounce) can black beans, drained and rinsed
- 1 cup cooked brown rice
- 1 chipotle chili in adobo sauce
- 1 teaspoon ground cumin
- ½ teaspoon sea salt
- 4 burger buns

THURSDAY - FARRO FRIED RICE

- 2 cloves garlic, minced
- 1 teaspoon freshly grated ginger
- 1 bunch bok choy, chopped
- 3 green onions
- 1 cup organic frozen vegetable medley
- 8 ounces mushrooms
- 1 cup farro
- 4-6 tablespoons extra virgin olive oil
- 5-6 tablespoons reduced sodium soy sauce
- 1 teaspoon crushed red pepper flakes
- 3 large eggs

FRIDAY - SAUSAGE AND KALE FETA PASTA

- 3 large kale leaves
- 1 lb spaghetti pasta (or your favorite pasta shape)
- 8 oz container Philia Savory Feta Spread (OR 4 oz container crumbled feta cheese, ¼ cup cream or milk, ¼ tsp dried rosemary, ¼ tsp dried basil)
- ¼ cup heavy cream or milk
- 1 lb Italian sausage links, casings removed