

WEEKLY MEAL PLAN

Mon

Squash and Pear Salad

- 1 small butternut squash
- 5 ounces baby spinach
- 1 large bosc pear
- 1/3 cup dried cranberries
- 2 sage leaves
- 1 teaspoon orange zest
- 1/4 cup fresh orange juice
- 3 tablespoons balsamic vinegar
- 2 teaspoons pure maple syrup
- 1/3 cup olive oil
- 1/4 teaspoon ground cinnamon
- 1 cup cooked lentils
- 1/3 cup feta cheese

Tues

Quinoa Cashew Chicken

- 1 large onion
- 2 large carrots
- 4 to 5 cups broccoli florets
- 1 medium orange
- 1 clove garlic
- 1 teaspoon grated fresh ginger
- thinly sliced green onions, for garnish
- 3/4 cup cashews
- sesame seeds, for garnish
- 2 tablespoons low sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 cup uncooked quinoa
- 2 cups low-sodium vegetable broth
- 2 large boneless skinless chicken breasts

Wed

Lentil Stuffed Squash

- 2 spaghetti squash
- 1 yellow onion
- 3 medium carrots
- 2 cloves garlic
- curry powder
- cumin
- coriander
- 2 cups red lentils
- 4 cups vegetable broth
- 1 can coconut milk
- 1 (14 oz) can garbanzo beans
- 2 stalks celery
- 3 cups baby spinach

Thurs

Winter Harvest Salad

- 5 ounces baby kale
- 2 tangerines
- 1 lemon
- 1 cup wild rice
- 1/2 cup dried cranberries
- 1/4 cup sliced almonds
- 3 tablespoons pepitas
- 2 teaspoons honey
- 1 teaspoon red wine vinegar, black pepper
- 1 orange
- 1/4 cup red onion

Fri

Salsa Verde Tortilla Soup

- 1 lb. tomatillos
- 3 cloves garlic
- 1/2 cup chopped cilantro
- juice of 1 lime
- 1 1/2 cups of corn (fresh, canned, or frozen)
- 1 tablespoon canola oil
- 2 teaspoons granulated sugar
- 1 1/2 teaspoons cornstarch
- 1/2 teaspoon dried oregano
- 2 cups low sodium chicken stock
- 15 ounce can black beans
- tortilla chips, for serving
- 1 lb. boneless skinless chicken breasts
- Greek yogurt or sour cream, for serving (optional)
- 1 medium onion
- 1 large jalapeno

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