

WEEKLY MEAL PLAN

Mon

Artichoke & Pesto Chicken Salad

- 8 ounces artichokes, chopped
- 3 tablespoons pesto
- 1/4 cup mayonnaise
- Loaf of whole grain bread
- 1/4 cup Greek yogurt
- 3 boneless skinless chicken breasts, cooked

Tues

Grilled Peach Crostini

- 2 large peaches
- 1.5 ounces baby arugula
- 1 small French baguette
- 1 cup balsamic vinegar
- 1/3 cup olive oil
- 3 ounces thinly sliced prosciutto
- 4 ounces goat cheese

Wed

Chickpea Burger

- 1/2 small onion
- 1/4 cup grilled or roasted eggplant
- 1/4 cup zucchini (1/2 medium or large zucchini)
- 1/4 cup chopped fresh parsley
- 1 teaspoon lemon zest
- (2) 15 ounce cans chickpeas
- (1) 15 ounce can sweet corn
- 1/2 teaspoon paprika
- 1/2 teaspoon ground coriander
- 1/2 teaspoon cumin
- 1 heaping cup panko or other breadcrumbs, plus more if needed
- 1/4 cup flaxseed meal
- 1 egg

Thurs

Easy Roasted Tomato Garlic Pasta

- 2 cups organic grape tomatoes
- 2-3 cloves garlic
- 1/4 cup fresh basil
- 1 tablespoon grape seed or extra virgin olive oil
- 1 teaspoon dried oregano
- 1 can white beans
- 1 package pasta
- feta or parmesan cheese

Fri

Greek Veggie Hummus Wrap (Serves 1)

- 1 medium bell pepper, red or yellow
- small handful baby spinach
- 4 slices cucumber
- 2 large cherry tomatoes
- sliced or chopped red onion
- 2 tablespoons homemade or store bought hummus
- 4 kalamata olives
- 1 whole wheat tortilla, soft taco size
- 1 tablespoon crumbled feta cheese

.....

.....

.....

.....