

# WEEKLY MEAL PLAN

**Mon**

## Grilled Apple, Beet & Arugula Crostini

- 1 (6.5 ounce) package marinated beets
- 2 large apples
- 2 ounces baby spinach and arugula mix
- ¼ cup olive oil
- ¼ cup pistachios
- 3 tablespoons honey
- 1 French baguette
- 1/3 cup goat cheese

**Tues**

## Leek, Potato, & Fennel Soup

- 4 leeks
- 1½ fennel bulbs
- 2 cloves garlic
- 3 to 4 Yukon gold potatoes
- thinly sliced radishes, for garnish
- finely diced green onions or chives, for garnish
- 2 tablespoons extra virgin olive oil
- 3¼ cups (or 1 quart/32 fl. oz. box) vegetable broth

**Wed**

## Crock Pot White Bean Soup

- 4 cloves garlic
- 1 small onion
- 2 stalks celery
- 4 carrots
- 2 sprigs fresh thyme
- 1 pound dry white beans
- 1 bay leaf
- 1 tablespoon oregano
- 4 cups organic vegetable broth
- 2 cans organic BPA free diced tomatoes

**Thurs**

## 30 Minute Sheet Pan Tuna Nicoise

- 1 lb. (8 ounces) fingerling potatoes
- 8 ounces green beans
- 1 cup cherry tomatoes
- 2 teaspoons fresh lemon juice
- mixed salad greens, for serving
- 8 tablespoons extra virgin olive oil, divided
- 1 teaspoon herbs de provence
- ½ cup nicoise or kalamata olives
- 2 tablespoons white balsamic vinegar
- 1 teaspoon dijon mustard
- 1 teaspoon maple syrup
- 1 lb. ahi tuna steaks
- 4 large eggs

**Fri**

## Thai Peanut Turkey Rice Bowls

- 1 large sweet potato
- 1 red bell pepper
- 2 cups snow peas
- cilantro, for topping
- 2 cloves garlic, mince
- 1 tablespoon lime juice
- 1 tablespoon rice wine vinegar
- 5 tablespoon olive oil
- 1/4 cup soy sauce
- 1/4 cup plus 2 tablespoons peanut butter
- 1/2-1 tablespoon Sriracha, depending on how spicy you like it
- 1 tablespoon soy sauce
- 3-4 cups cooked jasmine rice (or your favorite kind of rice)
- 24 ounces Turkey Breast Tenderloin (or chicken breast)
- 1/2 cup plain yogurt

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