

WEEKLY MEAL PLAN

Sunday, January 24th - Saturday, January 30th

	DINNER	PREP TIPS	LUNCH IDEAS
SUNDAY	15 Minute Shrimp & Veggie Stir Fry 1/2 cup cooked edamame	Prep veggies for tonight's dinner Cook quinoa for tomorrow night	Frozen Suggestions <i>For when cooking just isn't in the cards!</i> <ul style="list-style-type: none"> ◦ Daily Harvest Flatbreads ◦ Dr. Praeger's Veggie Burgers ◦ Hilary's Veggie Burgers ◦ Strong Roots Veggie Burgers ◦ Amy's Light & Lean Quinoa and Black Beans with Butternut Squash & Chard Bowl ◦ Evol Balance Bowl ◦ Kashi Chimichurri Quinoa Consider adding foods to round out your meal! When I eat a frozen meal, I'll supplement it with what's missing. It's usually a veg or fruit! <ul style="list-style-type: none"> ◦ Enjoy a whole piece of fruit, or 1 cup of cutup fruit! Frozen and canned count too! Just choose options that aren't sweetened! ◦ Enjoy 2 cups leafy greens, 1 cup of other raw veggies or cooked veggies.
MONDAY	Roasted Chickpea Curry Bowl 1 cup diced pineapple	Time to put those pineapple cutting skills to use! :)	
TUESDAY	Mediterranean Portobello Mushroom Pizzas 1 apple	Prep the mushrooms (stem & remove gills) the night before to save time tonight!	
WEDNESDAY	Sheet-Pan Salmon with Sweet Potatoes & Broccoli 1 cup berries	Consider cutting up the veggies Tuesday night or in the morning.	
THURSDAY	Slow Cooker Chicken Tacos Guac & Veggies	You'll be using the chicken in a couple of days to make the pitas, so if you need to, make extra!	
FRIDAY	Roasted Chickpea Curry Bowl (leftovers) 1 apple	See how I did that? Leftovers! ;)	
SATURDAY	Shredded Chicken Greek Pitats Roasted Greek Sheet-Pan Veggies	See how I did this? #TransformYourLeftovers!	

TIME SAVERS & TIPS

- Consider buying pre-chopped vegetables if it makes sense for you and your budget.
- You can prep/cut many veggies 1 or 2 days in advance. Hearty veggies like cauliflower, broccoli, onions, and peppers hold up well!
- Buy extra corn tortillas and store in your freezer. You'll always be a step closer to tacos or quesadillas that way!
- Frozen salmon is awesome! Just be sure to thaw completely before using. I usually pull it out of the freezer 1 day in advance. Remove it from its packaging, then place in a new zip-top bag or container with a lid and refrigerate until you're ready to use it. ALWAYS make sure you pat it dry with clean paper towels before cooking!

BOLD = Recipe

GROCERY LIST

PRODUCE

2 apples (may need more for family)
2 cups lightly packed baby arugula
1 avocado
1/4 cup fresh basil leaves
1 cup berries (may need more for family)
7 cups broccoli florets
4 cups carrot sticks
1 medium head cauliflower
3/4 cup chopped fresh cilantro
1 cucumber
3 cloves garlic
1 small knob minced fresh ginger
1 jalapeño
1 lemon
2 cups shredded lettuce + extra for tacos
2 limes
1 large red onion
1 tablespoon yellow onion
4 medium red, orange or yellow bell peppers
1 cup diced pineapple (per family member)
8 large portobello mushroom caps
2 medium sweet potatoes
8 ounces snow peas
6 cups baby spinach
Chopped tomatoes, for tacos

DAIRY

3/4 cup crumbled feta
1/2 cup shredded part-skim mozzarella cheese
1 large egg
1/4 cup Plain Greek yogurt + extra for tacos

MEAT & SEAFOOD

1 pound raw peeled and deveined medium shrimp
2 pounds boneless, skinless chicken breasts
1 1/4 pounds salmon fillet

BAKERY

4 whole wheat pitas
8 crunchy corn taco shells
16 corn tortillas

DRY GOODS

1/2 cup chicken broth
1/4 cup pitted Kalamata olives
3 tablespoons low-fat mayonnaise
3/4 cup pizza sauce
Salsa, for tacos
1 (15 ounce) can no-salt-added chickpeas
2 tablespoons tahini
1/2 cup sun-dried tomatoes
3 tablespoons tamari
2/3 cup quinoa
4 cups cooked brown rice
1 (14 ounce) can artichoke hearts

SPICES & BAKING

2 tablespoons canola
Olive oil
1 tablespoon sambal oelek
2 teaspoons toasted sesame oil
2 teaspoons red wine vinegar
1/2 teaspoon dried Italian seasoning
1 teaspoon toasted sesame seeds
4 teaspoons chili powder
2 1/2 teaspoons ground cumin
1 tablespoon curry powder
1/2 teaspoon garlic powder
2 teaspoons dried oregano
1/2 teaspoon smoked paprika
Cracked black pepper
Kosher salt

FROZEN

1 bag frozen edamame, shelled or in-shell

THE RECIPES

15-MINUTE SHRIMP & VEGGIE STIR-FRY

Servings: 4

Ingredients

1/4 cup water
3 tablespoons tamari or soy sauce
1 tablespoon minced fresh ginger or grated
1 tablespoon sambal oelek or Asian chile-garlic sauce
2 teaspoons toasted sesame oil
2 medium bell peppers
8 ounces snow peas (about 2 cups)
1 pound raw peeled and deveined medium shrimp thawed if frozen
Kosher salt
2 tablespoons canola or vegetable oil, divided
1 teaspoon toasted sesame seeds (optional)
4 cups cooked brown rice

Directions

Make the sauce:

Stir 1/4 cup water, 3 tablespoons tamari or soy sauce, 1 tablespoon grated peeled ginger, 1 tablespoon sambal oelek or Asian chile-garlic sauce, and 2 teaspoons toasted sesame oil together in a small bowl and set aside.

Make the stir-fry:

Cut 2 medium bell peppers into 1/2-inch wide strips. Trim 8 ounces snow peas. Pat 1 pound raw and peeled shrimp dry with paper towels and season lightly with kosher salt.

Heat a flat-bottomed wok or large frying pan over medium-high heat until a drop of water vaporizes immediately on contact. Drizzle in 1 tablespoon canola or vegetable oil, add the shrimp, and spread into a single layer. Cook undisturbed until browned on the bottom, 1 to 2 minutes. Transfer to a plate or bowl -- the shrimp will not be cooked through at this point.

Drizzle 1 tablespoon oil in the pan, add the bell peppers and snow peas, season with salt, and stir-fry until softened and tender-crisp, 1 to 2 minutes. Return the shrimp and any accumulated juices to the pan, add the sauce, and stir-fry until the shrimp are just cooked through and the sauce reduces and coats everything in the pan, 1 to 2 minutes. Garnish with 1 teaspoon toasted sesame seeds and serve over rice

ROASTED CHICKPEA CURRY BOWL

Servings: 4

Ingredients

2 tablespoons olive oil
1 tablespoon curry powder
1/2 teaspoon salt plus 1/4 tsp. divided
1 medium head cauliflower (1 3/4 lbs.) cut into florets (8 cups)
1 (15 ounce) can no-salt-added chickpeas rinsed
1 1/4 cups water plus 2 Tbsp. divided
2/3 cup quinoa rinsed
4 cups baby spinach coarsely chopped
2 tablespoons tahini
1 teaspoon lime zest plus 1 Tbsp. lime juice
1 clove garlic minced
1/8 teaspoon ground pepper

Directions

1. Preheat oven to 425 degrees F. Coat a large rimmed baking sheet with cooking spray.
2. Whisk oil, curry powder, and 1/2 tsp. salt in a large bowl. Add cauliflower and chickpeas; toss to coat. Spread evenly on the prepared baking sheet. Roast, stirring once, until tender and browned in spots, about 20 minutes.
3. Meanwhile, combine 1 1/4 cups water, quinoa, and the remaining 1/4 teaspoon salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 12 to 15 minutes. Remove from the heat and fluff the quinoa with a fork. Stir in spinach, cover, and let stand for 5 minutes.
4. Meanwhile, whisk tahini, lime zest, lime juice, garlic, pepper, and the remaining 2 Tbsp. water in a small bowl.
5. Divide the quinoa mixture among 4 dinner bowls. Top with the cauliflower-chickpea mixture and a drizzle of the tahini dressing.

Source: www.eatingwell.com

SHEET-PAN SALMON WITH SWEET POTATES & BROCCOLI

Servings: 4

Ingredients

3 tablespoons low-fat mayonnaise
1 teaspoon chili powder
2 medium sweet potatoes, peeled and cut into 1-inch cubes
4 teaspoons olive oil, divided
1/2 teaspoon salt, divided
1/4 teaspoon ground pepper, divided
4 cups broccoli florets (8 oz.; 1 medium crown)
1 ¼ pounds salmon fillet, cut into 4 portions
2 limes, 1 zested and juiced, 1 cut into wedges for serving
1/4 cup crumbled feta or cotija cheese
1/2 cup chopped fresh cilantro

Directions

1. Preheat oven to 425 degrees F. Line a large rimmed baking sheet with foil and coat with cooking spray.
2. Combine mayonnaise and chili powder in a small bowl. Set aside.
3. Toss sweet potatoes with 2 tsp. oil, 1/4 tsp. salt, and 1/8 tsp. pepper in a medium bowl. Spread on the prepared baking sheet. Roast for 15 minutes.
4. Meanwhile, toss broccoli with the remaining 2 tsp. oil, 1/4 tsp. salt, and 1/8 tsp. pepper in the same bowl. Remove the baking sheet from oven. Stir the sweet potatoes and move them to the sides of the pan. Arrange salmon in the center of the pan and spread the broccoli on either side, among the sweet potatoes. Spread 2 Tbsp. of the mayonnaise mixture over the salmon. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes.
5. Meanwhile, add lime zest and lime juice to the remaining 1 Tbsp. mayonnaise; mix well.
6. Divide the salmon among 4 plates and top with cheese and cilantro. Divide the sweet potatoes and broccoli among the plates and drizzle with the lime-mayonnaise sauce. Serve with lime wedges and any remaining sauce.

MEDITERRANEAN PORTOBELLO MUSHROOM PIZZAS

Serves: 4

Ingredients

8 large portobello mushroom caps (about 4 oz. each) gills removed (see Tip)
2 tablespoons olive oil plus 1 tsp. divided
1/2 teaspoon ground pepper divided
1/2 cup pizza sauce
2 cups lightly packed baby spinach chopped
1/2 cup sun-dried tomatoes (about 8) chopped
1 (14 ounce) can artichoke hearts rinsed and chopped
1/2 cup shredded part-skim mozzarella cheese
1/4 cup crumbled feta cheese
1/2 teaspoon dried Italian seasoning
1 tablespoon lemon juice
2 cups lightly packed baby arugula
1/4 cup fresh basil leaves thinly sliced

Directions

1. Preheat oven to 400 degrees F. Line a large baking sheet with foil and set a wire rack on it. Brush tops of portobello caps with 1 Tbsp. oil and place them, undersides-up, on the rack. Roast for 10 minutes. Flip and roast for 5 minutes more.
2. Remove the portobellos from the oven and carefully flip them back over so that the undersides are up. Season with 1/4 tsp. pepper. Spread 1 Tbsp. sauce inside each cap. Divide spinach, sun-dried tomatoes, artichokes, mozzarella, and feta among the caps. Sprinkle with Italian seasoning. Return the portobellos to the oven and bake until the cheese is melted and starting to brown, 10 to 15 minutes.
3. Meanwhile, whisk the remaining 1 Tbsp. plus 1 tsp. oil, the remaining 1/8 tsp. pepper, and lemon juice in a medium bowl. Add arugula and toss to coat.
4. Garnish the portobello pizzas with basil and serve with the arugula salad.

SLOW COOKER CHICKEN TACOS

Serves: 8

Ingredients

1 tablespoon chili powder
2 teaspoons ground cumin
1/2 teaspoon garlic powder
1/2 teaspoon smoked paprika
1/2 teaspoon kosher salt
1/4 teaspoon cracked black pepper
2 lbs boneless, skinless chicken breasts
1/2 cup chicken broth
16 corn tortillas, warmed

Toppings: shredded lettuce, salsa, plain Greek yogurt, chopped tomatoes

Directions

1. Combine the chili powder, cumin, garlic powder, paprika, salt and black pepper together in a large bowl. Add the chicken and toss to coat all over.
2. Transfer the chicken to a 4 quart or larger slow cooker and pour chicken broth around it (not directly on top of the chicken). Cover and cook on low for 6 hours on low and 2-3 hours on high.
3. Remove lid. Transfer to chicken to a cutting board. Shred with two forks.
4. Serve in warmed tortillas with toppings of your choice.

Source: Sara :)

GUACAMOLE AND VEGETABLES

Serves: 4

Ingredients

1 ripe avocado, sliced in half and seeded
2 teaspoons fresh lime juice
1/4 teaspoon Kosher salt
1/4 cup fresh cilantro, chopped
1 tablespoon jalapeño, finely chopped
1 tablespoons yellow onion, minced
4 cups carrot sticks

Directions

Scoop the avocado flesh into a bowl and gently mash. Stir in the lime juice and salt. Mix in the cilantro, onion and jalapeño. Serve with veggies and enjoy!

NOTE: Serve with a variety of veggie sticks. Carrots, celery, bell peppers, jicama, etc.

Source: Sara :)

SHREDDED CHICKEN GREEK PITAS

Serves: 4

Ingredients

1/4 cup plain Greek yogurt
1 teaspoon lemon zest
1 tablespoon fresh lemon juice
1 clove garlic, finely minced
kosher salt and black pepper
2 cups shredded chicken, warmed
4 whole wheat pitas, cut in half and warmed
2 cups shredded lettuce
1 cup cucumber, thinly sliced
1/4 cup pitted Kalamata olives
1/4 cup crumbled feta cheese

Directions

1. Combine the yogurt, lemon zest, lemon juice, garlic and 1/4 teaspoon salt and 1/8 tsp black pepper in a small bowl.
2. Portion chicken among pitas. Top each with a little sauce, then garnish with lettuce, cucumber, olives and feta cheese.

NOTE: Use the shredded chicken you made for tacos for THIS meal! :)

Source: Sara :)

ROASTED GREEK SHEET-PAN VEGGIES

Serves: 4

Ingredients

3 cups broccoli florets
2 red bell peppers, cut into squares
1 large red onion, cut into bite-size chunks
2 teaspoons dried oregano
1/2 teaspoon kosher salt
1/4 teaspoon pepper
2 teaspoons red wine vinegar

Directions

1. Preheat oven to 425 degrees F.
2. Toss broccoli, bell peppers, onion, dried oregano, salt and pepper in the bowl with the olive oil until the vegetables are evenly coated.
3. Spread the vegetables out on 1-2 baking sheets, dividing evenly. Roast, stirring once or twice, until the vegetables are tender and browned in spots, 17 to 20 minutes. Drizzle with vinegar.

Source: Adapted from Eating Well.