

WEEKLY MEAL PLAN

Sunday, January 17th - Saturday, January 23rd

	DINNER	PREP TIPS	LUNCH IDEA
SUNDAY	<p>Best Lentil Soup</p> <p>1 slice crusty whole grain bread</p>	<p>Double the batch and freeze extra to enjoy another time!</p>	<p>Build Your Own Bowl</p> <p><i>Have a different bowl every day with this "formula!"</i></p> <ul style="list-style-type: none"> • 1 cup cooked whole grains <ul style="list-style-type: none"> ◦ quinoa, wild rice, brown rice, bulgur, millet, etc • 1 cup leafy greens <ul style="list-style-type: none"> ◦ kale, spinach, arugula, romaine, looseleaf, etc • 1 cup extra veggies (cooked or uncooked) <ul style="list-style-type: none"> ◦ mushrooms, carrots, cabbage, bell pepper, tomatoes, onion, corn, broccoli, etc • 3 ounces protein meat or plant-based • 1 tablespoon salad dressing • Other stuff <ul style="list-style-type: none"> ◦ 1 tbsp nuts or seeds ◦ 1/4 cup crushed tortilla ◦ 1/4 cup fruit ◦ 1-2 tbsps crumbled or shredded cheese
MONDAY	<p>Sheet-Pan Chicken Fajita Bowls</p> <p>1 mandarin orange</p>	<p>Prep all of the veggies for this meal Sunday to save time Monday night!</p>	
TUESDAY	<p>Cilantro Bean Burgers with Creamy Avocado Slaw</p> <p>1 cup baked sweet potato fries</p>	<p>You can prep these patties over the weekend and then cook them off tonight!</p>	
WEDNESDAY	<p>Best Lentil Soup (leftovers)</p> <p>1 slice crusty whole grain bread</p>	<p>Consider making the Roasted Tomatoes for tomorrow night's dinner.</p>	
THURSDAY	<p>Roasted Tomato Caprese</p> <p>Easy Sauteed Fish Fillets</p>	<p>Prep all of the veggies for this meal Sunday to save time Monday night!</p>	
FRIDAY	<p>Cilantro Bean Burgers with Creamy Avocado Slaw (leftovers)</p> <p>1 cup baked sweet potato fries</p>	<p>Make zoodles for tomorrow night's dinner.</p>	
SATURDAY	<p>Balsamic Cod with Zucchini Noodles</p> <p>1 pear</p>	<p>Relax and enjoy your Saturday! :)</p>	

SNACK IDEAS

- 1/4 c. prepared guacamole + 1 tsp pumpkin seeds + 1 c. bell pepper strips
- 1 c. bran flakes + 1 tbsp dried cranberries + 1 tbsp sliced almonds + 3/4 cup milk or milk alternative
- 1 mandarin orange + 1 cheese stick
- 1 banana + 1 tbsp peanut butter
- 1/4 c. almonds + 1/4 c. dried apricots
- 1 corn tortilla + 1 oz sharp cheddar 1 c. baby spinach, 1 tbsp salsa
- LARA bar
- RX bar
- Nature Valley Oats & Honey Granola Bar
- 5.3 oz plain yogurt with 1/2 cup fruit of your choice
- 1 toasted whole grain waffle topped with 1 tbsp nut butter and 1/4 cup fruit

BOLD = Recipe

GROCERY LIST

PRODUCE

- 4 apples
- 4 avocados
- 2 small bananas
- 1 cup fresh basil leaves
- 2 cups blueberries
- 4 cups shredded cabbage
- 2 medium carrots
- 2 pints cherry tomatoes
- 1 bunch fresh cilantro
- 1 head garlic
- 1 small knob fresh ginger
- 4 cups chopped stemmed kale
- 2 lemons
- 2 medium yellow onions
- 1 pear
- 1 medium green bell pepper
- 6 each red bell pepper
- 5 cups baby spinach
- 4 sprigs thyme
- 4 cups zucchini noodles

DAIRY

- 8 ounces fresh buffalo mozzarella
- 1 1/3 cups shredded cheddar cheese
- 2 large eggs
- 1 1/2 cup low-fat plain Greek yogurt

MEAT & SEAFOOD

- 1 1/4 pounds chicken tenders
- 1 1/4 pounds cod
- 1 pound tilapia

FREEZER

- 3/4 cup frozen corn
- 2 cups sweet potato fries (*you'll need more depending on the number of people you're serving*)

BAKERY

- 2 slices crusty whole grain bread
- 4 whole-wheat buns
- 8 crunchy corn taco shells
- 8 corn tortillas

DRY GOODS

- 1/4 cup quick-cooking oats
- 6 cups low-sodium chicken
- 2 cups dried red lentils
- 2 tablespoons pizza sauce
- 2 (15 ounce) cans no-salt-added black beans
- 1 (28 ounce) can no-salt-added diced tomatoes
- 1 (15-ounce) can tomato sauce
- 4 (5 ounce) cans unsalted light tuna packed in water
- 2 tablespoons almond butter
- 1/2 cup balsamic vinegar
- 1 1/2 cups peanut butter
- 2 tablespoons toasted pumpkin seeds
- 1/2 teaspoon Italian seasoning
- 4 ounces whole-wheat spaghetti
- 1/4 cup crushed tortilla chips

SPICES & BAKING

- 2 teaspoons chili powder
- 4 teaspoons ground cumin
- 1 tablespoon curry powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon freshly ground pepper
- 1/2 teaspoon ground pepper
- 1 teaspoon dried thyme
- Kosher salt
- 1/3 cup all-purpose flour
- 2 cups extra virgin olive oil

THE RECIPES

BEST LENTIL SOUP

Prep 10 min | Cook 25 min | Total 35 min

Servings: 8

Ingredients

2 medium carrots
1 medium yellow onion
4 cloves garlic
2 cups dried red lentils (about 1 pound)
3 tablespoons olive oil
1 tablespoon curry powder
1 teaspoon ground cumin
1 teaspoon dried thyme
1/2 teaspoon kosher salt
1 (15-ounce) can tomato sauce
6 cups low-sodium chicken or vegetable broth
5 cups baby spinach (about 5 ounces)

Directions

1. Peel and dice 2 medium carrots and 1 medium yellow onion. Mince 4 cloves garlic.
2. Place 2 cups dried red lentils (about 1 pound) in a fine-mesh strainer. Pick through the lentils, discarding any broken or discolored ones. Rinse under cool water until the water runs clear, about 1 minute. Set aside to drain while you cook the vegetables.
3. Heat 3 tablespoons olive oil in a large pot or Dutch oven over medium-high heat until shimmering. Add the carrots and onion and sauté until softened, about 5 minutes. Add the garlic, 1 tablespoon curry powder, 1 teaspoon ground cumin, 1 teaspoon dried thyme, and 1/2 teaspoon kosher salt. Cook until fragrant, about 1 minute. Add the lentils, 1 (15-ounce) can tomato sauce, and 6 cups broth, stir to combine, and bring to a simmer. Cover and reduce the heat to maintain a gentle simmer. Cook, stirring occasionally until the lentils are tender, 18 to 22 minutes.
4. Remove from the heat and stir in 5 cups spinach until wilted. Serve immediately.

SHEET PAN CHICKEN FAJITA BOWLS

Servings: 4

Ingredients

2 teaspoons chili powder
2 teaspoons ground cumin
3/4 teaspoon salt divided
1/2 teaspoon garlic powder
1/2 teaspoon smoked paprika
1/4 teaspoon ground pepper
2 tablespoons olive oil divided
1 ¼ pounds chicken tenders
1 medium yellow onion sliced
1 medium red bell pepper sliced
1 medium green bell pepper sliced
4 cups chopped stemmed kale
1 (15 ounce) can no-salt-added black beans rinsed
1/4 cup low-fat plain Greek yogurt
1 tablespoon lime juice
2 teaspoons water

Directions

1. Place a large rimmed baking sheet in the oven; preheat to 425 degrees F.
2. Combine chili powder, cumin, 1/2 tsp. salt, garlic powder, paprika, and ground pepper in a large bowl. Transfer 1 tsp. of the spice mixture to a medium bowl and set aside. Whisk 1 Tbsp. oil into the remaining spice mixture in the large bowl. Add chicken, onion, and red and green bell peppers; toss to coat.
3. Remove the pan from the oven; coat with cooking spray. Spread the chicken mixture in an even layer on the pan. Roast for 15 minutes.
4. Meanwhile, combine kale and black beans with the remaining 1/4 tsp. salt and 1 Tbsp. olive oil in a large bowl; toss to coat.
5. Remove the pan from the oven. Stir the chicken and vegetables. Spread kale and beans evenly over the top. Roast until the chicken is cooked through and the vegetables are tender, 5 to 7 minutes more.
6. Meanwhile, add yogurt, lime juice, and water to the reserved spice mixture; stir to combine.
7. Divide the chicken and vegetable mixture among 4 bowls. Drizzle with the yogurt dressing and serve.

CILANTRO BEAN BURGERS

Servings: 4

Ingredients

1 (15 ounce) can no-salt-added black beans rinsed
2 cloves garlic minced, divided
1/2 teaspoon ground cumin
1/2 teaspoon salt divided
1/8 teaspoon ground pepper
1/4 cup crushed tortilla chips or panko breadcrumbs
1/4 cup quick-cooking oats
2 tablespoons toasted pumpkin seeds chopped
2 tablespoons chopped fresh cilantro plus 1/2 cup divided
1 large egg, lightly beaten
1/4 cup low-fat plain Greek yogurt
1/2 avocado
1 teaspoon lime zest
2 tablespoons lime juice
2 tablespoons water
4 cups shredded cabbage (green and/or red)
2 teaspoons olive oil
4 whole-wheat buns halved and toasted

Directions

1. Combine beans, half the garlic, cumin, 1/4 teaspoon salt, and pepper in a medium bowl. Mash with a fork until all the beans are smashed. Stir in crushed chips (or panko), oats, pumpkin seeds, 2 tablespoons cilantro, and egg.
2. Divide the mixture into 4 portions, then shape into patties. Place on a plate and refrigerate for 30 minutes before cooking.
3. Meanwhile, combine the remaining 1/2 cup cilantro, the remaining garlic, yogurt, avocado, lime juice, and water in a blender or food processor. Puree until smooth. Transfer to a large bowl. Stir in lime zest and the remaining 1/4 teaspoon salt. Add cabbage and toss to combine.
4. Heat oil in a large nonstick skillet over medium-high heat. Add the patties and cook for 6 minutes. Turn them over, reduce heat to medium, cover and cook until golden brown and warmed through, 5 to 6 minutes more. Serve the burgers on buns (or bunless!), topped with 1/4 cup cabbage slaw each. Serve the remaining slaw on the side.

ROASTED TOMATO CAPRESE

Serves: 4

Ingredients

2 pints cherry tomatoes

4 sprigs thyme

4 garlic cloves smashed

1/4 cup extra-virgin olive oil

Kosher salt

8 ounces fresh buffalo or cow mozzarella, room temperature, torn into large pieces

kosher salt

4 large slices rustic, whole grain bread brushed with oil, toasted in oven (for serving)

Directions

1. Preheat oven to 350°. Toss tomatoes, thyme, garlic, and oil on a rimmed baking sheet to coat and season lightly with kosher salt. Spread out in a single layer and roast until tomatoes are bursting and lightly browned, 40–45 minutes; let cool.
2. Arrange mozzarella on a platter and spoon warm tomato mixture with juices over; sprinkle with salt. Serve with olive-oil-toasted bread for soaking up all those extra juices.

Do Ahead: Tomatoes can be roasted 1 day ahead. Cover and chill. Gently reheat before using.

Source: www.bonappetit.com

EASY SAUTEED FISH FILLETS

Serves: 4

Ingredients

1/3 cup all-purpose flour

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

1 ¼ pound tilapia, haddock or other white-fish fillets, cut into 4 pieces

1 tablespoon extra-virgin olive oil

Directions

1. Combine flour, salt and pepper in a shallow dish. Thoroughly dredge fillets; discard any leftover flour.
2. Heat oil in a large nonstick skillet over medium-high heat. Add the fish, working in batches if necessary, and cook until lightly browned and just opaque in the center, 3 to 4 minutes per side. Serve immediately.

Source: www.eatingwell.com

BALSAMIC COD WITH ZUCCHINI NOODLES

Serves: 4

Ingredients

1/2 cup balsamic vinegar
1 (28 ounce) can no-salt-added diced tomatoes drained
1/2 teaspoon Italian seasoning
1 1/4 pounds cod cut into 4 pieces
1/4 teaspoon salt
1/8 teaspoon ground pepper
4 ounces whole-wheat spaghetti
4 cups zucchini noodles (12 oz.)
1 cup fresh basil leaves thinly sliced

Directions

Preheat oven to 425 degrees F. Coat a 9x13-inch baking dish with cooking spray. Bring a large pot of water to a boil.

Bring vinegar to a boil in a small saucepan over medium-high heat. Reduce heat to maintain a lively simmer; cook until reduced by half, 8 to 10 minutes.

Meanwhile, add tomatoes and Italian seasoning to the prepared baking dish; stir to combine. Nestle chicken into the tomatoes; sprinkle with salt and pepper. Bake for 20 minutes.

While the fish bakes, cook spaghetti according to package directions. Drain and return to the pot. Off the heat, add zucchini noodles and stir quickly. Cover and keep warm until ready to serve.

Divide the spaghetti and zucchini noodles among 4 plates. Top with the fish mixture. Drizzle with the balsamic reduction and sprinkle with basil.

Source: www.eatingwell.com (adapted)