

WEEKLY MEAL PLAN

Mon

Beef Bourguignonne

- 1 1/2 lb. bag pearl onions
- 16 ounces cremini mushrooms
- 1 tablespoon fresh thyme (or 1 tsp. dried)
- 1 tablespoon fresh Italian parsley (or 1 tsp. dried)
- 2 bay leaves
- 5 tablespoons olive oil
- 1/4 cup flour
- 1 tablespoon tomato paste
- 2 cups uncooked pearl barley
- 1 cup beef stock
- 3 cups pinot noir or other dry red wine
- 2 lbs. beef stew meat

Wed

Potato Leek Soup

- 1 onion
- 3 leeks
- 3 carrots
- 3 stalks celery
- 3 cloves garlic, minced
- 5 small or 3 medium potatoes
- 1 tablespoon fresh thyme
- 5 cups vegetable broth
- 2 cups whole wheat bread cut into 1" chunks
- olive oil
- 1/4 cup shredded Parmesan cheese

Thurs

Strawberry Spinach Salad

- 2 cups fresh asparagus
- 2 heaping cups fresh spinach
- 2 cups fresh strawberries
- 1 spring onion
- 1 lemon
- 1/2 cup pea shoots
- 2 tablespoons sliced almonds
- 2 tablespoons olive oil
- 1 tablespoon honey
- salt and pepper
- 1 ounce goat cheese

Tues

Teriyaki Stir Fry

- 1 medium red onion
- 1 pound brussels sprouts
- 4 cups bite-sized broccoli florets
- 1 bunch green onions
- 1 large clove garlic
- 1 to 1 1/2 teaspoons minced fresh ginger
- 1 (15 ounce) can chickpeas
- 3/4 cup raw cashews
- Rice or quinoa, for serving
- 1/3 cup pineapple juice
- 3 1/2 tablespoons low-sodium soy sauce or tamari,
- 1 tablespoon rice vinegar
- 1 1/2 tablespoons honey
- 2 teaspoons cornstarch
- 1 large boneless, skinless chicken breast

Fri

One Pot Jambalaya

- 1 yellow onion
- 1 green bell pepper
- 3 stalks celery
- 1/4 cup fresh parsley
- 2 tablespoons olive oil
- 1 cup brown rice
- 1-1/2 cups low-sodium chicken broth
- 1/2 cup dry white wine
- 1 14-ounce can diced tomatoes
- 2 teaspoons Cajun seasoning
- 1 teaspoon dried thyme
- 1/2 pound shrimp
- 1-1/2 pounds boneless skinless chicken breasts
- 12 ounces andouille sausage

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