

WEEKLY MEAL PLAN

Mon

Strawberry Quinoa Salad

- 2 limes
- 1 cup strawberries
- 1 mango
- 1 avocado
- mint (for garnish)
- 1 ½ cups cooked quinoa (about ½ cup dry quinoa)
- ¼ cup extra virgin olive oil

Wed

Chicken Chickpea Salad

- 6 to 8 ounces mixed greens or baby spinach
- 1 mango
- ½ of a small red onion
- 2 tablespoons lime juice
- 1 can chickpeas
- 2 ½ teaspoons cumin
- 1 teaspoon smoked paprika
- 1 tablespoon red wine vinegar
- 1 tablespoon honey
- 1 large boneless skinless chicken breast
- ½ cup crumbled feta

Tues

Greek Chicken Skewers

- 3 cloves garlic
- 2 teaspoons fresh thyme (or 1 tsp. dried)
- 2 teaspoons fresh oregano (or 1 tsp. dried)
- 2 lemons
- 1 cup cherry tomatoes
- 1 medium zucchini
- 1/2 yellow bell pepper
- 1/4 red onion
- 2 tablespoons chopped fresh dill
- 1/2 cup cucumber
- 1/4 cup olive oil
- 1 tablespoon canola oil
- pita bread, for serving
- 1 lb. chicken breast
- 1 cup plain Greek yogurt

Thurs

Bacon Asparagus Frittata

- 1 pound asparagus
- 1/2 cup red onion
- Avocado, for serving
- 10 eggs
- 4 slices thick cut bacon

Fri

Steak Tacos

- One large bunch of cilantro (about 2 cups)
- 3 cloves garlic
- 1 jalapeno, seeds removed
- juice of 1 lime
- ¼ cup olive oil
- ½ teaspoon salt
- flour taco shells
- approximately 1 to 1½ pounds flank or skirt steak
- tomatoes, sour cream, cilantro, avocado, etc. for topping

.....

.....

.....

.....