

Week 3 - Menu

Monday - Santa Fe Casserole with Steamed Asparagus

Casserole:

- 1/2 cup red onion, chopped
- 1 tbsp. garlic
- 1/2 tbsp. extra virgin olive oil
- Pinch of salt
- 1/2 tbsp. chili powder
- 1/2 tbsp. pepper
- 1/2 can red beans, rinsed and drained
- 1/2 can kidney beans, rinsed and drained
- 3/4 cup milk
- 1 1/2 cups brown rice, cooked
- 2 eggs, beaten
- 1 1/2 cups shredded cheddar cheese
- 1/2 large green pepper, chopped

- 1 bunch asparagus, steamed

Tuesday - Garlic Penne Pasta with a side salad

Pasta:

- 16 oz. package of penne pasta (we use Bionaturae organic gluten-free penne)
- 1/4 cup olive oil, divided
- 3 cloves garlic, chopped
- 2 sun-dried tomatoes, chopped (I often use 3-4 tomatoes)
- 1 tbsp. dried parsley
- 1 tsp. crushed red pepper flakes (or less if you don't like as much spice)
- 1/2 tsp. black pepper
- 1/4 cup parmesan cheese (eliminate if you're dairy free)

Side Salad:

- 1 bag spinach or romaine salad mix
- 2 small tomatoes, chopped
- 1 cucumber, chopped
- Baby carrots, chopped
- Dressing of your choice (we use oil and vinegar)

Wednesday - Chicken with Grilled Peach and Chipotle Salsa with Sautéed Spinach

Chicken:

- 5 peaches, pitted and quartered
- Salt and pepper, to taste
- 1 chipotle pepper in adobe plus 1 to 2 tsp adobo sauce
- 2 green onions, thinly sliced
- 1/4 bunch cilantro
- 4 boneless, skinless chicken breasts
- 1 tbsp. olive oil
- 1/2 tsp. ground cumin

Spinach:

- 1 tbsp. butter
- 1 tbsp. olive oil
- 1 small shallot, chopped
- 10 oz. baby spinach

- Salt and pepper

Thursday - [Pulled BBQ Chicken Sandwiches](#) with [Roasted Squash](#)

BBQ Chicken Sandwiches:

- 4 skinless, boneless chicken breast halves
- 12 oz. bottle BBQ sauce
- 1/2 cup Italian dressing
- 1/4 cup brown sugar (optional)
- 2 tbsp. Worcestershire sauce
- 1/2 cup diced onion (optional)
- Burger bun of your choice (or use gluten-free bread)

Roasted Squash:

- 2 acorn squash
- 2 tbsp. butter, melted (or try Earth Balance if you're dairy free)
- 2 tbsp. honey
- 1 tsp. ground cinnamon
- Pinch of ground nutmeg
- 1/2 tsp. coarse salt
- 1/4 tsp. pepper

Friday - [Grilled Mahi Mahi](#) with a side of [Coconut Rice](#) and Steamed Broccoli

Mahi Mahi

- 16 oz. Mahi Mahi
- 1 dash pepper
- 1/4 tsp. salt
- 2 tsp. extra virgin olive oil
- 2 tsp. lemon juice
- 2 cloves garlic, minced

Coconut Rice

- 2 cups Thai Jasmine-scented white rice
- 1 cup coconut milk
- 2 cups water
- 1/2 tsp. salt
- 2-3 tbsp. dry, shredded coconut

- 2 heads broccoli, steamed

Saturday - [Pork Tenderloin](#), with [Au Gratin Potatoes](#) and Peas

Pork tenderloin

- 1 tsp. garlic powder
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. dried thyme
- Salt
- 1 1/4 lb. pork tenderloin
- 1 tbsp. olive oil
- 1 tsp. minced garlic

Au Gratin Potatoes

- 4 russet potatoes, sliced into 1/4 inch slices
- 1 onion, sliced into rings
- Salt and pepper to taste
- 3 tbsp. butter (use Earth Balance if you're dairy free)

- 3 tbsp. flour
- 2 cups milk (use almond or soy milk if you're dairy free)
- 1 1/2 cups shredded cheddar cheese

- Peas

Sunday - Italian Sausage with Peppers and Onions

- Italian sausage
- 1 onion
- 2 green peppers
- Olive oil
- Salt and pepper
- Lavash bread (or try a brown rice tortilla if you're gluten free)