

Week 5 - Menu

Monday: Butternut Squash Enchiladas with steamed spinach

- 4 cups peeled and chopped butternut squash
- 6 whole wheat tortillas (try brown rice tortillas if you're gluten free)
- 1/4 cup salsa
- 11 oz. can of corn, drained
- 1 can salsa verde
- Salt and pepper, to taste

- Spinach, steamed

Tuesday: Easy Tomato Basil Cream Pasta with a side salad

Pasta:

- 2 servings uncooked spaghetti (or gluten-free spaghetti)
- 1 large tomato or 2 smaller ones
- 1/2 cup raw cashews
- 1/4 cup water
- 1 tbsp. tomato paste
- 1 tbsp. olive oil
- 2-4 garlic cloves, minced
- 1 tsp. salt, or to taste
- 3-4 tbsp. water or wine
- 1-2 tsp. ground pepper
- 1 cup packed fresh basil, chopped

Side Salad:

- 1 bag spinach or romaine salad mix
- 2 small tomatoes, chopped
- 1 cucumber, chopped
- Baby carrots, chopped
- Salad dressing or oil and vinegar

Wednesday: Chicken with Quinoa and Peas

- 1 tbsp. olive oil
- 1 pound skinless, boneless chicken tenders
- 1 tsp. paprika
- 1 cup uncooked quinoa
- 1 1/2 cups Swanson's chicken stock
- 1 (24 oz. jar) Prego Veggie Smart Smooth & Simple Italian Sauce
- 1 (10 oz.) package frozen peas, thawed

Thursday: Easy Slow-Cooker Jambalaya

- 2 pounds boneless, skinless chicken thighs
- 1 pound smoked sausage, cut into 2 inch slices
- 1 large onion, chopped
- 1 large bell pepper, seeded and chopped
- 3 stalks celery, chopped
- 2 cups chicken broth
- 1 tbsp. Cajun or Creole spice mix
- 1 tsp. dried thyme
- 1 tsp. dried oregano
- 1 pound large shrimp, peeled and deveined

- 1 3/4 cups long-grain rice
- Parsley, optional

Friday: [Blackened Tilapia with Buttered Carrots](#) and Cornbread

- 1 1/2 pounds carrots, cut into sticks if large
- 1 tbsp. unsalted butter (or try Earth Balance if you're dairy free)
- 1 tbsp. chopped fresh oregano
- Kosher salt and black pepper
- Four 6 oz. tilapia fillets, split lengthwise
- 2 tbsp. blackening seasoning
- 3 tbsp. canola oil

Cornbread (not gluten-free):


- 1 cup flour
- 1 cup cornmeal
- 1/4 cup white sugar
- 1 tsp. baking soda
- 3/4 tsp. salt
- 1 cup plain nonfat yogurt
- 2 eggs, beaten

Saturday: [Spicy Thai Peanut Sauce with Chicken and Rice](#)

- 1/4 cup unprocessed natural creamy peanut butter
- 1/4 cup soy sauce
- 1/2 tbsp. ground ginger
- 2 tbsp. minced garlic
- 2 tbsp. olive oil
- 2 tbsp. apple cider vinegar
- 2 tbsp. hot chili oil
- 3 tbsp. honey
- 4 chicken breasts
- 2 cups chopped broccoli
- 3 chopped green onions
- 2 shredded carrots
- One 14oz. package Thai rice noodles

Sunday: [Tuna Mac and Cheese Bake](#) with green beans

- One package (7 1/4 oz.) macaroni and cheese dinner mix (try Annie's Rice Pasta if you're gluten free and substitute their cheese with Daiya if you're dairy free)
- 1 can (12 oz.) light water-packed tuna, drained and flaked
- 1 can (10 3/4 oz.) condensed cream of mushroom soup, undiluted (try [this](#) if you're dairy free)
 - Dairy free version:
 - 3 tbsp. dairy free margarine
 - 1/4 cup canned mushrooms
 - 1 tbsp. onion, chopped
 - 3 tbsp. flour
 - 1/4 tsp. salt
 - Dash pepper
- 1 1/3 cups 2% milk (try almond or soy milk if you're dairy free)
- 9 oz. package frozen peas
- 9 oz. package frozen pearl onions
- 1 can (4 oz.) mushroom stems and pieces, drained
- 1 can (2.8 oz.) French-fried onions, divided

 Fresh green beans, steamed or roasted