

# Weekly MEAL PLAN

- MONDAY CRISPY BAKED SWEET POTATO  
BLACK BEAN TACOS
- TUESDAY GNOCCHI BROCCOLI & WHITE  
BEAN BAKE
- WEDNESDAY SESAME GINGER NOODLES WITH  
VEGETABLES
- THURSDAY MEDITERRANEAN CHOPPED  
SALAD PITAS
- FRIDAY GUACAMOLE PITA PIZZAS





# Monday

## BLACK BEAN SWEET POTATO TACOS

### INGREDIENTS

- 1 cup refried black beans
- 1 cup sweet potato puree, homemade or canned\*
- 1 cup grated cheese
- 8 corn tortillas
- Olive oil
- Avocado Salsa: (optional)
- 1 large avocado, diced
- 1 tomato, small diced
- 1/4 cup chopped red onion
- 1 clove garlic, minced
- 1 tablespoon chopped cilantro
- Juice of 1 lime
- Salt, to taste



### INSTRUCTIONS

1. Pre-heat oven to 450 F. Line a large baking sheet with parchment paper and brush with a small amount of olive oil. If corn tortillas aren't very pliable you may need to warm on the stove or microwave for about 5 seconds each before assembling tacos.
2. Spread about 1 tablespoon of refried beans on half of the tortilla and top with 1 tablespoon sweet potato and a sprinkling of cheese. Fold tortilla over and repeat with remaining ingredients. Brush the top of each taco with a small amount of olive oil and bake for about 10 minutes, flipping once.
3. Make the avocado salsa while tacos are baking. Add all ingredients to a medium sized bowl and mix until combined.
4. Let tacos cool for a few minutes before eating and top with avocado salsa, if desired. Recipe serves 2-3 people but can easily be adapted to make more.



# Tuesday

## BAKED GNOCCHI

### INGREDIENTS

- 4-5 cups broccoli florets
- 1 (16 oz) package gnocchi
- 1 (15 oz) can cannellini beans, drained and rinsed
- 1 (24 oz) jar tomato sauce
- 1 cup grated cheese, divided (your favorite kind)
- Salt and black pepper, to taste



### INSTRUCTIONS

1. Pre-heat oven to 400 degrees F. Bring a large pot of water to a boil. Add broccoli florets to the boiling water and let cook for about 2 minutes. Next, add the gnocchi and let cook until all the gnocchi has floated to the top, another 4-5 minutes.
2. Drain broccoli and gnocchi and add them back into the pot. Add in the cannellini beans, tomato sauce and 3/4 cup of the cheese. Stir everything together and pour into a large baking dish. Spread out with a large spoon and evenly sprinkle the remaining 1/4 cup cheese on top.
3. Place baking dish in the oven and bake until bubbly and cheese is melted, about 15-20 minutes. Season with salt and pepper, to taste.



# SESAME GINGER NOODLES

## INGREDIENTS

- 1 (8 oz) package rice noodles
- 1 teaspoon toasted sesame oil
- 1 medium red pepper, thinly sliced
- 2 medium carrots, grated (1–2 cups)
- 1 medium handful snow peas
- 1 1/2 cups thinly sliced purple cabbage
- 1 (15 oz) can chickpeas, drained and rinsed
- Cilantro and toasted sesame seeds for garnish, if desired
- **Stir Fry Sauce:**
- 1/3 cup water
- 1/3 cup tamari, I like to use low sodium
- 1/4 cup pure maple syrup
- 1/4 cup toasted sesame oil
- 1 clove garlic, finely grated
- 1 1/2 teaspoons finely grated ginger
- 1 1/2 teaspoons corn starch
- 1 teaspoon toasted sesame seeds



## INSTRUCTIONS

1. Fill a large pot with water and bring to a boil. Add rice noodles and boil until cooked through, 6-8 minutes.
2. While water is coming to a boil, heat a large skillet over medium heat and add sesame oil and veggies. Cook veggies until starting to soften, about 5 minutes.
3. While veggies are cooking, make the sauce by adding all ingredients to a small bowl and whisking until combined.
4. Drain the rice noodles and add them to the pan along with the sauce and chickpeas. Stir to make sure everything is mixed together and then cook over medium heat until sauce has thickened, about 5 minutes.
5. Garnish with cilantro leaves and toasted sesame seeds just before serving, if desired.





# CHOPPED SALAD PITAS

## INGREDIENTS

- 1 small head romaine lettuce, chopped
- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 tomato, diced
- 1 small cucumber, diced
- 1 small red pepper, diced
- 1/2 small red onion, diced
- 3/4 cup chopped kalamata olives
- 3/4 cup feta crumbles
- 2 tablespoons chopped fresh dill
- Pita bread, for serving
- **Dressing:**
- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- 1/2 teaspoon dried Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



## INSTRUCTIONS

1. Add dressing ingredients to a large bowl and whisk until combined. Next, add all remaining chopped salad ingredients to the bowl and stir until everything is mixed together.
2. Spoon chopped salad mixture into warm pita bread and enjoy!



# Friday

## GUACAMOLE PITA PIZZAS

### INGREDIENTS

- 2 large avocados
- Juice of 1 lime
- 1 clove garlic
- 1 teaspoon nutritional yeast
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt, or more if desired
- 4 large pitas
- Suggested toppings: black beans, corn, tomato, radish, cilantro, jalapeño, hot sauce, nutritional yeast



### INSTRUCTIONS

1. Add avocado, lime juice, garlic, nutritional yeast, cumin and salt to a food processor and blend until smooth, about 1 minute.
2. Spread 1/4 of the guacamole onto each pita (you can use more or less if desired) and then top with your favorite toppings.





# Shopping List

- Olive oil
- Fresh garlic
- Salt
- Black pepper
- 1 cup refried black beans
- 1 cup sweet potato puree, homemade or canned\*
- 1 cup grated cheese
- 8 corn tortillas
- 1 large avocado, diced
- 1 tomato, small diced
- 1/4 cup chopped red onion
- 1 clove garlic, minced
- 1 tablespoon chopped cilantro
- Juice of 1 lime
- 4–5 cups broccoli florets
- 1 (16 oz) package gnocchi
- 1 (15 oz) can cannellini beans, drained and rinsed
- 1 (24 oz) jar tomato sauce
- 1 cup grated cheese
- 1 (8 oz) package rice noodles
- 1 teaspoon toasted sesame oil
- 1 medium red pepper, thinly sliced
- 2 medium carrots, grated (1–2 cups)
- 1 medium handful snow peas
- 1 1/2 cups thinly sliced purple cabbage
- 1 (15 oz) can chickpeas
- 1/3 cup tamari
- 1/4 cup pure maple syrup
- 1/4 cup toasted sesame oil
- 1 clove garlic, finely grated
- 1 1/2 teaspoons finely grated ginger
- 1 1/2 teaspoons corn starch
- 1 teaspoon toasted sesame seeds
- 1 small head romaine lettuce, chopped
- 1 (15 ounce) can chickpeas
- 1 tomato, diced
- 1 small cucumber, diced
- 1 small red pepper, diced
- 1/2 small red onion, diced
- 3/4 cup chopped kalamata olives
- 3/4 cup feta crumbles
- 2 tablespoons chopped fresh dill
- Pita bread, for serving
- 2 tablespoons red wine vinegar
- 1/2 teaspoon dried Italian seasoning
- 2 large avocados
- Juice of 1 lime
- 1 clove garlic
- 1 teaspoon nutritional yeast
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt, or more if desired
- 4 large pitas
- Suggested toppings: black beans, corn, tomato, radish, cilantro, jalapeño, hot sauce, nutritional yeast