

WEEK OF NOVEMBER 2ND

EASY MEAL PLAN

MON

Quinoa Stuffed Peppers

A colorful and delicious healthy dinner, full of Mediterranean flavors like lemon, parsley and feta.

TUE

Black Bean and Sweet Potato Enchiladas

A staple in our house for many years! I serve them to meat lovers and vegetarians alike and no one can get enough!

WED

PC Swedish Turkey Meatballs

Lean comfort food that feels like a guilty pleasure but is actually guilt-free!

THU

PC Cashew Chicken with Broccoli

An absolutely delicious dinner that's nutty, nutritious and bursting with flavor!

FRI

Mushroom Spinach White Pizza

creamy ricotta with sauteed mushroom and spinach is a match made in heaven! Takes less than 30 minutes to make.

SAT

Crockpot Beef Stew

Cooking it in the slow cooker makes it super tender with a rich, silky sauce... and it takes hardly any effort to make!

