

## Healthy Weekly Meal Plan from My Kitchen Love

**RAINBOW**  
eat the rainbow!  
**DELICIOUS**

### Slow Cooker Chicken Tanga Tacos

Squash Carbonara with Crispy Prosciutto and Sage

Cauliflower and Goat Cheese Frittata with Chive Gremolata

Sweet Potato Lettuce Wraps

Persimmon and Watercress Salad with Candied Walnuts  
and Goat Cheese

#### Produce

- onion (1 large) (1 small)
- garlic cloves (3) (2)
- lettuce (topping) (1 head)
- tomatoes (1/2 lbs)
- lime (1)
- butternut squash (2 lbs)
- cauliflower (1 small head)
- sweet potatoes (3 lbs)
- shallot (1)
- persimmon (1)
- watercress (1 bunch)
- Optional Toppings (cucumber, tomatoes, avocado, carrots, cilantro, bell peppers)

#### Herbs

- cilantro (topping)
- sage (1 T)
- chives (1 C)

#### Spices

- dried thyme (2 t)
- dried basil (1 t)
- cayenne (1/4 t)

#### Dairy

- sour cream (1/3 C)
- milk (3 T) (1 C)
- cheese (topping)
- Pecorino cheese (1/4 C)
- eggs (8)
- cream (1 C)
- goat cheese (4 oz) (2 oz)

#### Pasta & Grains

- fettuccine or linguine (12 oz)

#### Meat

- chicken (3 lbs chicken- whole/ breasts)
- prosciutto (4 oz) (2 pieces)
- ground chicken or turkey (1 lb)

#### Bread & Tortillas

- flour tortillas (8 small)

#### Pantry Items

- peeled whole tomatoes (28 oz)
- chipotle peppers in adobo sauce (4 oz)
- olive oil (2 T) (4 t) (1/4 C)
- chicken or veggie broth (2 C)
- red vinegar (3 T)
- Thai peanut sauce (1/2 C)
- brown sugar (1 T)
- whiskey (1 t, optional)
- champagne vinegar (2 T)