

Meal Plan

for a BUSY week

Recommendations
from an
ENFJ

Pasta e Ceci

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- 3+ tablespoons olive oil
- 1 medium yellow onion
- 3 garlic cloves
- 2 teaspoons fresh rosemary
- ½ teaspoon red-pepper flakes
- 1 (15-ounce) can chickpeas

- 1 packed cup canned whole tomatoes
- 1 cup ditalini pasta
- 4 cups roughly chopped escarole,
- Tuscan kale or radicchio
- Pecorino cheese for topping

Vegan 1-2-3-4-5 Tofu

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- 21 ounces firm tofu (1½ containers)
- 2 tablespoons oil
- 4 slices ginger
- 1 tablespoon Shaoxing wine
- 2 tablespoons Chinese black vinegar
- 3 tablespoons light soy sauce

- 4 tablespoons sugar
- 5 tablespoons water

Shrimp Scampi with Orzo

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- 1 pound large shrimp, peeled and deveined
- 3 tablespoons extra-virgin olive oil
- 1 lemon
- ½ teaspoon red-pepper flakes
- 4 garlic cloves

- 2 tablespoons unsalted butter
- 1 cup orzo
- ⅓ cup dry white wine
- 1 cup chicken stock *Adjusted
- 3 tablespoons fresh parsley

Baked Chicken Wings

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- 20 chicken wings
- 3 tablespoons butter
- paprika
- garlic powder
- your favorite sauce!
- carrots and/or celery

Turmeric Coconut Rice with Greens

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- 2 cups long-grain rice (such as basmati or jasmine)
- ½ cup unsweetened coconut flake
- 1 tablespoon sesame seeds
- 2 tablespoons coconut oil
- 1 bunch green onions

- turmeric (we double what recipe says)
- 1 (14-ounce) can full-fat coconut milk
- 1 bunch greens (kale, spinach, or swiss chard)
- 1 lime

Creamy Cajun Chicken Pasta

s/s

- 2 boneless skinless chicken breasts
- 1 package linguine (we recommend 8 oz. instead of 4 oz. like recipe says)
- 1 bunch green onions
- ½ cup heavy whipping cream
- 2 tablespoons sun-dried tomatoes

- dried basil
- garlic powder
- cajun seasoning (garlic powder + onion powder + white pepper + cayenne pepper + paprika + black pepper)
- ¼ cup parmesan