

Sunday	<p>Chicken Yaki Udon</p> <p>2 Chicken breasts 200g Carrots 1 Garlic clove 1 Scallion 1 Zucchini 15ml Toasted sesame oil 9g White sesame seeds 225g Fresh udon noodles 1 Roasted pepper 60ml Teriyaki sauce</p> <p>View Recipe</p>
Monday	<p>Maple Brown Butter Sweet Potatoes</p> <p>450g Sweet potatoes 1 Scallion 1 Bunch of dill 1 Cucumber 1 Lemon 2 Tomatoes 15ml Maple syrup 95g White quinoa 60ml Apple-tahini vinaigrette</p> <p>View Recipe</p>
Tuesday	<p>Soy-Glazed Chicken</p> <p>4 Chicken thighs (or 2 breasts) 200g Shredded red cabbage 2 Garlic cloves 2 Scallions 2 Cucumbers 50g Ground cherries 157g Jasmine rice 30ml Rice vinegar 15ml Sweet soy sauce 14g Honey</p> <p>View Recipe</p>
Wednesday	<p>Thai-Style Coconut Tofu Curry over Jasmine Rice</p> <p>100g Diced carrots 225g Asian greens (yu choy or gai lan) 15ml Ginger paste 1 Bunch of cilantro 1 Block of tofu (non-GMO) 165ml Coconut milk 30ml Rice vinegar 100g Edamame (or green peas) 160g Jasmine rice 18g Mild yellow curry paste</p> <p>View Recipe</p>

Thursday	<p>One Pan Beef Spinach Skillet Lasagna</p> <p>285g Ground beef 90g Baby spinach 3 Garlic cloves 1 Bunch of basil 213ml Tomato sauce 120g Lasagna sheets 100g Ricotta 90g Mozzarella</p> <p>View Recipe</p>
Friday	<p>Ginger Soy Poached Cod</p> <p>2 Cod fillets 225g Bok choy tips 170g Green beans 20g Ginger 1 Scallion 157g Jasmine rice 30g Vegetable demi-glace 30ml Soy sauce (low sodium) 7g Honey</p> <p>View Recipe</p>
Saturday	<p>Hoisin Ground Beef Cabbage Scallion Buns</p> <p>250g Ground beef 150g Shredded green cabbage 1 Garlic clove 2 Scallions 225g Baby bok choy 30ml Rice vinegar 3g Black & white sesame seeds 45ml Hoisin sauce 454g Pizza dough</p> <p>View Recipe</p>