

Real Food Meal Plan May

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				Black Bean Flautas with Avocado Dipping Sauce	Brunch Tart With Spinach, Olives and Leeks	Chicken & Spinach Stromboli with Alfredo Dipping Sauce
Chicken and Spinach Enchiladas	Green Enchiladas	Green Pizza with a Cauliflower Base	Grilled Cheese Crepes with Chard and Dill	Italian Wedding Soup	Rosemary Chicken Chowder with White Beans	Spinach, Feta, and Tarragon Frittata
Spinach-and-Green-Pea Empanadas	Tortilla Flat Stacks with Avocado & Lime Black Beans	Tuna Veggie Melt	Ultimate Grilled Cheese and Ham Panini with Parsnip Fries	Vegetarian Salisbury Steak	Crustless Italian Quiche	Curried Chicken, Chickpea, and Rice Soup
Pasta with Zucchini, Tomatoes and Creamy Lemon-Yogurt Sauce	Veggie Tacos with Queso Fresco	White Velvet Soup à la My New Roots	Zucchini Carrot Soup	Chickpea and Potato Mulligatawny Soup	Clean Eating Slow Cooker Tortilla Chicken Stew	Knoephla (Potato Dumpling Soup)
Lentil, Barley, and Coconut Soup						