

Weeknight Quinoa Meal Plan



Monday

Roasted Red Pepper Quesadillas

[See the recipe >>>](#)



Tuesday

Vegan Quinoa Burgers

[See the recipe >>>](#)



Wednesday

Shrimp & Vegetable Fried Rice

[See the recipe >>>](#)



Thursday

Chicken & Sausage Cassoulet

[See the recipe >>>](#)



Friday

Vegetable Quinoa Spring Rolls

[See the recipe >>>](#)