

Week 4

Meal Plan



Mon

Lunch - Turkey wrap with guacamole
Dinner - Blackened Tilapia & Asparagus

Tues

Lunch - Shrimpfried Rice
Dinner -Herbed Lemon Chicken

Wed

Lunch - Taco Salad
Dinner - Greek Turkey Burgers

Thur

Lunch - Chicken and Quinoa Powerbowl
Dinner - Chipotle Black Bean Skillet

Fri

Lunch - Turkey Wrap
Dinner - Oven Baked Fajitas and Salsa

Sat

Lunch - Chicken Salad Letuce Cups
Dinner - Teriyaki Salmon

Sun

Lunch - Turkey Wrap
Dinner - Herbed Lemon chicken

Shopping List Week 1



Produce

- 1/2 lb snow peas
- fresh cilantro
- baby spinach
- 1 head bib lettuce
- 3 lb red onion
- 4 garlic
- 2 bunch green onion
- 4 tomatoes
- 2 heads broccoli

Protein

- 16 b/s chicken breast
- 1 lb Tilapia Filets
- 1 lb ground beef
- 4 salmon filets
- 1 lbs Shrimp
- fresh deli turkey



- cayenne pepper
- cumin
- oregano
- salt
- pepper
- taco seasoning
- gluten free tortillas
- chili powder
- chipotle chilis
- paprika

- 2 bell pepper
- 1 bunch celery
- 3 lbs carrots
- 4 limes
- 4 lemons
- 5 avocado
- fresh cilantro
- parsley
- asparagus
- baby kale

Eggs and "Dairy"

- 6 eggs
-
- diary free pepper jack cheese

Pantry/Spices

- quinoa
- coconut aminos
- sesame oil
- brown rice
- kidney beans
- EVOO
- rice tortilla chips
- 2 can black beans
- 1 can diced tomatoes
- coconut oil
- roasted tomatoes
- basil pesto

Turkey Wraps

Ingredients 4 Servings

- 1 lb deli turkey slices
- 1 Head Bibb, butter or living lettuce
- 2 bell peppers
- 2oz pepper jack "cheese"
- (dairy-free by Lisannti)
- 1/2 Avocado, sliced



Directions

- De-seed & roast peppers on 400 for 20 mins, remove outer skin & set aside.
- On same roasting pan, Fold over 2-3 slices turkey, place 1/2 of one pepper & top lightly with shredded cheese.
- Bake on 350 for 5-10 mins until "cheese" is melted.
- Remove & place atop 1-2 large lettuce leaves and top with 2-3 avocado slices.
- Roll & enjoy! We love to serve this with fresh guacamole & rice chips.

Blackened Tilapia and Asparagus

Ingredients 4-6 Servings

- 1 lb tilapia filets
- 2-3 TB virgin coconut oil

Blackening Season Mix

- 1 TBS Paprika
- 1 TBS Sea Salt
- 1 tsp onion powder
- 1 tsp cayenne pepper
- 1 tsp white pepper
- 1 tsp black pepper
- 1 tsp oregano
- 1 tsp garlic powder



Directions

- Heat your pan on medium high and let the oil get hot.
- Pour out some of the spice mix onto a plate. Take your tilapia and press it into the spices on all sides.
- When the oil is hot and you will know because it will start to ripple, carefully add the tilapia to the pan.
- When the top of the tilapia starts to get some color, turn it over (3-5 mins/side seems about right).
- Don't be alarmed when you do and your tilapia is black, it's supposed to be! The second side will take less time to cook.

Shrimp Fried

Rice

Ingredients 4-6 Servings

- 1lb large shrimp
- 1 cup baby spinach
- ½cup onion, diced
- ½cup broccoli, diced
- ½cup carrots, diced
- 2 cups cooked brown rice
- 2 eggs
- 2 TBS coconut oil
- Salt/pepper, to taste
- Coconut aminos (optional in place of soy sauce)



Directions

- Shrimp-Peel & devein if needed, rinse/dry. Season w/ salt, pepper & other seasonings of choice.
- Heat skillet to medium heat and add 1-2 tbsp coconut oil.
- Cook shrimp for just 2-3minuteseach side, until no longer transparent.
- Fried Rice-Saute spinach, onions, broccoli & carrots.
- Add 1 cup cooked brown rice.
- Scramble 2eggsinto side of fying pan.
- Add butter and sesame seeds (optional).

Herbed Lemon Chicken



Ingredients 4 Servings

- 4 chicken breasts
- 2 lemons
- Rosemary
- 2 Tsp minced garlic
- Bundle of asparagus
- Olive Oil
- Crushed red pepper
- salt/pepper

Directions

- Pre-heat oven to 425 (220)
- Slice lemon into wheels
- salt/pepper both sides of chicken breasts
- In a baking dish drizzle olive oil. Cover bottom of pan with wheels of 1 lemon, add half the garlic and half the rosemary. Place chicken breasts on top of lemon wheels. Take remaining lemon wheels and place on top of the chicken breasts with leftover garlic and rosemary.
- Place asparagus spears on a baking sheet, drizzle with olive oil, salt, pepper, crushed red pepper flakes and garlic to taste.
- Bake for 35-40 mins depending on thickness of chicken breasts 8
- Half way through cooking the chicken breasts, add the asparagus to the oven and bake together for the remainder of time..

Taco Salad

Ingredients 4-6 Servings

- 1 lb lean ground beef
- 1 (15 oz) can kidney beans, drained & rinsed
- 1-2 TBS taco seasoning
- 1 head romaine or other leaf lettuce
- 1 roma tomato, seeded, diced
- 2-3 green onions, diced
- Faux 'cheese' shreds
- Rice chips
- Optional Toppings: Homemade salsa &/or guacamole



Directions

- Over medium heat, brown meat and drain.
- Return meat to skillet.
- Add kidney beans, taco seasoning & $\frac{1}{4}$ cup water and heat through on low-medium for 10 mins.
- Layer bowls with a few rice chips, lots of lettuce and top with meat/bean mix, tomatoes, green onions, cheese and other desired toppings.

Chicken & Quinoa Powerbowl

Ingredients 4 Servings

- 12 oz grilled chicken breasts
- 4 Tbsp lemon juice (fresh squeezed)
- 1 tsp garlic powder
- 1 tsp paprika 1 tsp onion powder
- 1 cup dry quinoa
- 16 oz chicken broth
- 2 (14.5oz) cans fire-roasted tomatoes
- 2 cups chopped carrots
- 4 cups tightly packed chopped kale
- 3 tsp olive oil
- 3 Tbsp minced fresh garlic
- 2/3 cup basil pesto
- Salt & pepper, to taste



Directions

- In a large baggie, place grilled chicken breast, lemon juice, garlic powder, paprika and onion powder. Seal bag and shake -set aside.
- In a saucepan, combine dry quinoa and chicken broth. Cover and bring to a boil. Once boiling, reduce to simmer for 15 minutes.
- Remove from heat and set aside. In a large pot add olive oil, kale and carrots. Sauté until carrots are al dente, add garlic and S&P to taste and mix well.
- Add roasted tomatoes, quinoa, chicken mixture and combine.
- Cook for 2 minutes. Add pesto (homemade version is linked in ingredients list or you can buy store bought) and stir. Serve immediately.

Greek Turkey

Burgers

Ingredients 4-6 Servings

- 1 lb ground turkey
- dried oregano
- garlic powder
- onion powder
- salt and pepper
- bib lettuce
- 2 Tomatoes
- fresh basil
- garlic



Directions

- mix ground turkey with herbs and spices
- sear in cast iron skillet or on bbq until cooked through
- dice tomatoes and mix with chopped fresh basil, chopped garlic and a dash of oil
- season with salt and pepper
- wrap burger in bib lettuce topped with bruschetta

Chipotle Blackbean Skillet

Ingredients 4 Servings

- 1 tablespoon olive or coconut oil
- ¼ medium onion, diced
- 1 cup brown rice, cooked
- Juice from ½ lime
- ¼ cup water
- 2 teaspoons chipotle powder
- ½ cup black beans, (drained and rinsed)
- 1-2 handfuls spinach
- ¼ cup cilantro
- 4 eggs
- Avocado or salsa, for topping



Directions

- In an 8" cast iron skillet, heat olive oil over medium heat.
- Add onion and cook for 5-6 minutes.
- Add rice, lime, and chipotle powder, black beans, and water.
- Cook and stir until rice and black beans are heated.
- Incorporate spinach and cilantro, stirring until spinach begins to wilt. Create well in the centre of the skillet and crack egg(s) into the center. cover, and let cook until egg whites are set and yolk is done to desired firmness, 7-12 minutes.
- Sprinkle with extra cilantro and serve.
- Top with avocado or salsa, if desired.

Oven Baked Fajitas

Ingredients 4-6 Servings

- 4 chicken breasts, cut into strips
- 2 Tbsp olive or coconut oil
- 2 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp dried oregano
- 1/4 tsp seasoned salt
- 1 (15 oz) can diced tomatoes with green chilies (or diced tomatoes and 1 jalapeno)
- 1 medium onion, sliced
- 1/2 red bell pepper, cut into strips
- 1/2 green bell pepper, cut into strips
- GF Tortillas
- Optional Toppings: Cilantro, chopped; Avocado, sliced; Homemade Salsa*



Directions

- Preheat the oven to 400 degrees.
- Place chicken strips in a greased 13x9 baking dish.
- In a small bowl combine the oil, chili powder, cumin, garlic powder, dried oregano, and salt. Drizzle the spice mixture over the chicken and stir to coat.
- Next add the tomatoes, peppers, and onions to the dish and stir to combine.
- Bake uncovered for 20-25 minutes or until chicken is cooked through and the vegetables are tender.

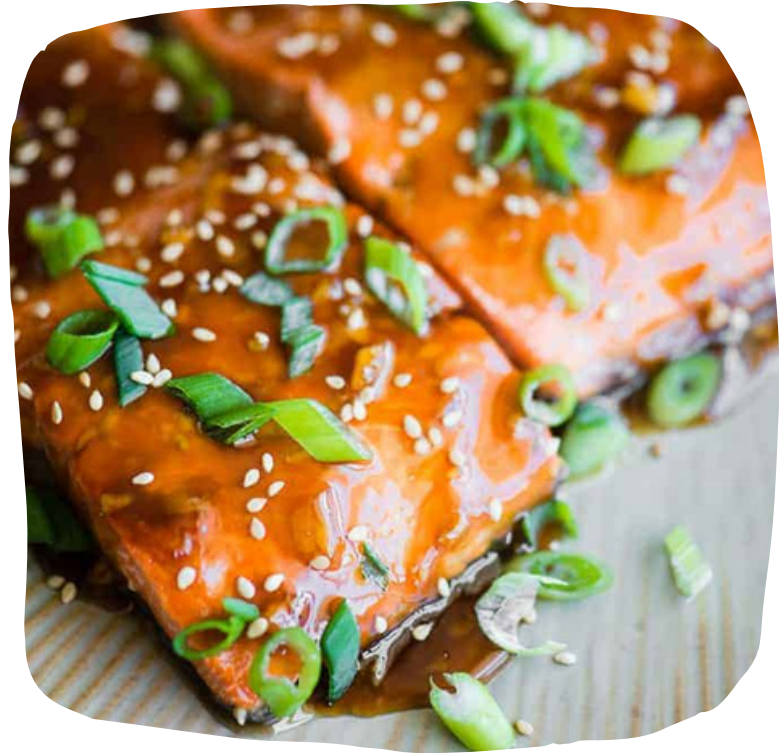
Teriyaki Salmon with Rice

Ingredients 4-6 Servings

- 4 fillets salmon
- 2 cloves garlic, minced
- 2-3 Tbsp Braggs Liquid Amino Acids
- 2 T water
- 2 t stevia
- ½t ground ginger
- 2 t evoo
- 2 cloves garlic, minced
- 1 package fresh snow peas
- 1 c sliced carrots
- ½ c sliced onion
- 1 c mushrooms, sliced
- Cooked Brown Rice

Directions

- In a pan or zip lock bag, mix garlic, ½ Braggs liquid amino acids, water, stevia and ginger. Add salmon fillets and coat well. Set aside for at least 30 minutes.
- Place salmon and marinade in baking dish and cook for 20 minutes or until salmon is done. You can also pan cook the salmon.
- In a skillet, heat olive oil on med. Add garlic and cook for a minute.
- Add veggies and other ½ of Braggs liquid amino acids. Stir to coat and cook til they change to a bright color and are still a bit crunchy.
- Serve veggies and salmon over brown rice.



Avocado Salad in Lettuce Cups



Ingredients 4 Servings

- 2 Boneless skinless Organic Chicken Breasts
- 1 Avocado
- 1/4 Sweet Onion - Chopped
- 2 Tbs. Cilantro
- Juice of 1/2 Lime
- Salt/Pepper to taste
- Lettuce (Boston Bib Recommended)

Directions

- Cook chicken breast until done (fry with coconut oil, bake in oven, place in slow cooker)
- let cool, and then chop.
- Mash avocado until smooth, mix with onion, cilantro, lime juice, salt and pepper.
- mix avocado mixture with chopped chicken.
- Place in lettuce cups and enjoy!