

# Week 3

## Meal Plan



**Mon**

Lunch - Taco Stuffed Sweet Potatoes  
Dinner - Hummus Crusted Chicken

**Tues**

Lunch - Creamy Chicken Soup  
Dinner - Grilled Salmon & Avocado sauce

**Wed**

Lunch - Butternut squash and Turkey Chili  
Dinner - Chicken Tenders with Zucchini

**Thur**

Lunch - Stuffed Bell Peppers  
Dinner - Chicken Burrito Bowl

**Fri**

Lunch - Creamy Chicken Soup  
Dinner - Chicken Fried Cauliflower Rice

**Sat**

Lunch - Kale Pad Thai  
Dinner - Chicken Tender and Sweet Potato Fries

**Sun**

Lunch - Butternut Squash and Turkey Chili  
Dinner - Hummus Crusted Chicken

# Shopping List Week 1



## Produce

- 5 sweet potatoes
- 1 butternut squash
- 5 zucchini
- 1 head lettuce
- 3 lb red onion
- 4 garlic
- 2 bunch green onion
- 4 tomatoes
- 2 heads cauliflower

## Protein

- 12 b/s chicken breast
- 3 lb Ground Turkey
- 1 lb ground beef
- 4 salmon filets
- 2 lbs chicken tenderloins

- cayenne pepper
- cumin
- oregano
- salt
- pepper
- taco seasoning
- flax meal
- almond flour
- chili powder
- nutritional yeast
- chipotle chilis
- paprika
- dried parsley

- 8 bell pepper
- 1 bunch celery
- 3 lbs carrots
- 4 limes
- 4 lemons
- 5 avocado
- fresh cilantro
- parsley
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## Eggs and Frozen

- 6 eggs
- 1 egg whites
- frozen peas and carrots

## Pantry/Spices

- quinoa
- coconut aminos
- sesame oil
- brown rice
- 3 chicken/vegetable broth
- EVOO
- 1 cans coconut milk
- 2 can black beans
- 1 can diced tomatoes
- 1 can tomato paste
- coconut oil
- hummus

# Hummus Crusted Chicken

## Ingredients 4 Servings

- 4 boneless, skinless chicken breasts
- Sea salt and pepper
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 1 medium onion, chopped
- 1 cup hummus
- 1 tbsp olive oil
- 2 lemons
- 1 tsp smoked paprika



## Directions

- Preheat oven to 230°C Prepare one large baking dish or two smaller baking dishes with olive oil spray. Pat the chicken dry.
- Season the chicken breasts with generous pinches of sea salt and pepper.
- In a large bowl, toss the zucchini, squash and onion with olive oil until evenly coated. Season with sea salt and pepper. If using one baking dish, place all of the vegetables on the bottom of the dish in an even layer.
- Lay the four chicken breasts evenly on top, then spread each chicken breast with the hummus so that the entire breast is covered. Squeeze the juice of one lemon over the chicken and vegetables. Sprinkle the entire dish with smoked paprika.
- If desired, thinly slice one lemon and place the slices in between the chicken and vegetables. If using two pans, use one for the chicken and one for the vegetables.
- Bake for about 25-30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.

# Taco Stuffed Sweet Potatoes

Ingredients 4-6 Servings

- 1 lbs ground turkey
- 4 medium sweet potatoes
- 1/2 onion, diced
- 1 tomato, diced
- 1 cup fresh lettuce, shredded
- 1/2 cup chopped green onion
- Taco seasoning
- Fresh salsa & guacamole



## Directions

- Preheat your oven to 375 F.
- Scrub and pat potatoes dry. Pierce potatoes all over with a fork and bake in the oven, directly on rack, until soft (about 40 to 45 min. depending on the size of your potatoes).
- Melt some cooking fat (coconut oil) in a skillet over medium-high heat. Add the onions and cook until soft and fragrant, about 3 to 4 minutes.
- Add the ground turkey to the skillet and cook until browned.
- Sprinkle the taco seasoning onto the beef and stir to combine. You may want to add 1 or 2 tbsp. of water if the meat is too dry
- Cook the ground turkey another minute or two and set aside.
- Using a sharp knife, make a lengthwise slit in each potato and push ends of each potato toward each other to open.
- fill the potatoes with the ground beef and top with all the remaining vegetables top with salsa and guacamole

# Creamy Chicken Soup

## Ingredients 4-6 Servings

- 2 Chicken Breast Cooked;
- 1 onion, chopped;
- 4 carrots, sliced;
- 1 sweet potato diced;
- 4 cups chicken stock;
- 1/4 cup coconut milk;
- 2 garlic cloves, minced;
- 2 tbsp. fresh chives, minced;
- 2 tbsp. Coconut oil
- Sea salt and freshly ground black pepper;



## Directions

- Season chicken breasts with salt/pepper and bake on 400 for 35mins or until cooked through.
- Remove chicken from oven and chop into cubes.
- Heat the coconut oil in a large saucepan over medium-high heat.
- Add the garlic and onion and cook until soft, 2 to 3 minutes.
- Place the carrots and sweet potato in the saucepan and cook for another 2 to 3 minutes.
- Pour in the chicken stock and bring to a boil.
- Lower the heat to a simmer, and let simmer for 15 to 20 minutes, or until the vegetables are soft.
- Add the chicken and cook until warm.
- Stir in the coconut milk, and season to taste.
- Serve the soup with fresh chives sprinkled on top.

# Grilled Salmon with Avocado Sauce



## Ingredients 4 Servings

- 4 salmon fillets;
- 1/3 cup coconut milk;
- ½ - 1 cup chicken stock
- 1 cups of brown rice

### Creamy avocado sauce

- 2 Avocados
- 2 tbsp. lime juice;
- 2 tbsp. Olive oil
- 2 tsp onion powder;
- 2 tsp garlic powder;
- Salt and Pepper

## Directions

- Preheat grill to medium heat. If no grill you can also pan-fry in coconut oil.
- Season the salmon fillets and sprinkle with zest of lime.
- Add rice and chicken stock to a pan and cook as directed.
- Place on the preheated grill and cook for 12 to 15 minutes.
- While salmon fillets are grilling, Add avocado, coconut milk, olive oil, lime juice, garlic powder, onion powder, salt and pepper to taste in a blender or food processor and pulse until sauce is creamy. If the sauce is not creamy enough, add more coconut milk, 1 to 2 tbsp. at a time.
- Let the salmon rest for 2 to 3 minutes before serving over a bed of rice.
- Serve the salmon topped with avocado-coconut sauce, and top with lime wedges.

# Butternut and Turkey Chili

## Ingredients 4-6 Servings

- 2 lb ground turkey
- 2 tbsp olive oil
- 1 small butternut squash, peeled and cub
- Salt and pepper
- 1 large yellow onion, chopped
- 1 yellow bell pepper, chopped
- 1 orange bell pepper, chopped
- 1 tbsp ground cumin
- 1 tsp dried oregano
- 2 medium cloves garlic, minced or grated
- 100 g chipotle chilis
- 2 cups vegetable broth
- 2 cups cooked black beans
- 4 scallions
- 1 avocado, diced



## Directions

- Heat the olive oil over medium heat in a large soup pot.
- Season butternut squash with salt and pepper and cook in olive oil, stirring occasionally, until lightly browned. Add the onion and peppers, cooking until softened.
- Add the cumin, oregano, and garlic and cook until aromatic.
- Add the chipotle peppers, stock, and beans and cook until the squash is tender.
- Mash the beans gently with a wooden spoon against the side of the pot to thicken, then season with salt and pepper. Ladle into bowls and serve with scallions and avocado.

# Chicken Tenders with Zucchini

Ingredients 4 Servings

Chicken Tenders

- 2 pounds chicken tenderloins
- 1 cup almond flour
- 1 tablespoon flax meal
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 tsp salt and pepper
- 1/2 tsp dried parsley
- 2 eggs
- olive oil



## Directions

- Preheat oven to 425 degrees (F) and line 2 large baking sheets with parchment paper.
- In a shallow wide bowl, mix together the almond flour, flax meal, paprika, garlic powder, sea salt, parsley, and ground black pepper.
- In another small mixing bowl, lightly beat the eggs.
- Blot the chicken with paper towels and dip in the egg.
- Make sure the tenderloins are thoroughly coated in the egg mixture
- Dredge in almond flour breading, pressing to adhere.
- Divide the breaded chicken tenders onto 2 baking sheets and lightly spray with olive oil.
- Place in the oven and bake for 8-9 minutes. Flip the tenders over & lightly spray again with olive oil and bake for another 8-9 minutes, or until the internal temperature reaches 180 degrees (F)

**\*\*Zucchini on next page\*\***



# Chicken Tenders with Zucchini

## Ingredients 4-6 Servings

- 4 large zucchini, cut into 2-inch long
- 4 large egg whites, whisked with 1 tablespoon almond milk or water
- 1 1/2 cups coarsely-ground almond meal
- 1/2 teaspoon fine sea salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper



## Directions

- Preheat your oven to 450 degrees F.
- Line a large baking sheet with foil and spray with a non-stick olive oil spray. Set aside.
- In one shallow bowl, whisk together the egg whites and almond milk/water. Set aside.
- In a second shallow bowl, whisk together, almond meal, salt, pepper, garlic powder, cayenne. Set aside.
- Taking each zucchini stick, soak it in the egg mixture.
- Then roll in the almond meal mixture and flip, pressing to adhere where necessary.
- Place on the prepared baking sheet.
- Once all the zucchini sticks have been dredged, spray olive oil.
- Bake for 35-40 minutes or until crispy and brown. If after 40 minutes, the zucchini still hasn't browned. Turn the broiler on high and broil until brown.
- Keep a close eye, as they can burn quickly. Remove from heat and let cool for just a second.

# Classic Stuffed Peppers

Ingredients 4 Servings

- 1/2 c. uncooked rice
- 2 tbsp. extra-virgin olive oil
- 1 medium onion, chopped
- 2 tbsp. tomato paste
- 3 cloves garlic, minced
- 1 lb. ground beef
- 1 (14.5-oz.) can diced tomatoes
- 1 1/2 tsp. dried oregano
- Kosher salt
- Freshly ground black pepper
- 4 bell peppers, tops and cores removed
- nutritional yeast for topping (tastes like parmesan cheese)

## Directions

- Preheat oven to 400°. In a small saucepan, prepare rice according to package instructions. In a large skillet over medium heat, heat oil. Cook onion until soft, about 5 minutes. Stir in tomato paste and garlic and cook until fragrant, about 1 minute more. Add ground beef and cook, breaking up meat with a wooden spoon, until no longer pink, 6 minutes. Drain fat.
- Return beef mixture to skillet, then stir in cooked rice and diced tomatoes. Season with oregano, salt, and pepper. Let simmer until liquid has reduced slightly, about 5 minutes.
- Place peppers cut side-up in a 9"-x-13" baking dish and drizzle with oil. Spoon beef mixture into each pepper then cover baking dish with foil.
- Bake until peppers are tender, about 35 minutes. Uncover and bake until cheese is bubbly, 10 minutes more.
- Garnish with nutritional yeast and parsley before serving.



# Chicken Fried Cauliflower Rice

## Ingredients 4-6 Servings

- 1 medium head cauliflower
- 2 egg whites
- 1 egg
- Coconut oil to coat the pan
- 1 tablespoon coconut oil
- 1 teaspoon garlic, minced
- 1 c. cooked chicken breast, diced and skin removed
- 1/2 c. sliced scallions (green onion)
- 1 c. chopped celery
- 1 c. frozen carrots and peas
- 3 tablespoons coconut aminos
- 2 teaspoons sesame oil
- Black pepper, to taste



## Directions

- Wash and dry the cauliflower. Remove core and coarsely chop into florets. Blot with paper towels to completely dry. OR place in Food Processor – Be sure to not over process or it will get mushy. OR grate with a cheese grater.
- Combine the egg and egg whites in a small bowl. Beat with a fork. Set aside
- Coat a large non-stick wok or large non-stick pan with coconut oil and heat over medium-high heat. Stir in cauliflower rice and garlic. Stir-fry for 3 minutes, constantly stirring.
- Add chicken and stir-fry for 1 minute. Add in scallions, frozen peas/carrots, (breaking them up) celery, and coconut aminos. Cook for about 3 minutes until heated through, continuously tossing gently to coat and cook all ingredients.
- Push mixture to the sides of wok or pan. Coat the open side of pan with more oil. Add eggs to that side of pan. Cook and stir about 1 minute or until the eggs are completely cooked. Mix eggs into cauliflower mixture. Add sesame oil, a little black pepper and stir fry ingredients all together.

# Chicken Burrito Bowl

## Ingredients 4-6 Servings

- 4 Chicken Breast
- 1 cup Chicken Stock
- Taco Seasoning
- 1 cup diced tomatoes
- 1/2 cup diced onion
- 1 cup guacamole
- 2 cups cooked quinoa
- 1 can of rinsed and drained black beans
- 1/2 cup green onions



## Directions

- put chicken, broth and taco seasoning in slow cooker or instant pot
- IF slow cooker cook for 4-6 hours and shred chicken with a fork, if instant pot cook for 30 minutes and shred
- put shredded chicken back into liquid and continue cooking until liquid is almost gone
- put quinoa in bowl and top with shredded chicken and remaining ingredients

# Kale Pad Thai

## Ingredients 4-6 Servings

- 1 bunch of kale, shredded
- 1 cup garbanzo beans
- 1 cup cashews, roasted or plain
- 1 bunch of celery, chopped
- 1/2 cup sunflower seeds
- 1/2 cup scallion, chopped fine
- 1 cup mung bean sprouts
- 1 cup shredded carrot
- 1/4 cup cilantro
- 1 lime
- Chopped garlic
- Sesame oil
- Red pepper flakes
- 1 tbsp your favourite nut butter

## Directions

- Add oil to wok on high heat. Toss in all veggies.
- Add garlic, scallions, sprouts, and red pepper to taste.
- Toss in wok and sauté for 3 minutes.
- Add nut butter, garbanzo beans, nut and seeds.
- Serve with cilantro on top.

