

# Week 1 Meal Plan



**Mon**

Lunch - Hearty Vegetable Soup  
Dinner - Grilled Chicken Fajita Salad

**Tues**

Lunch - Grilled Turkey Burgers  
Dinner - Beef and Butternut Squash Stew

**Wed**

Lunch - Grilled Salmon Salad  
Dinner - Creole Rice with Shrimp

**Thur**

Lunch - Hearty Vegetable Soup  
Dinner - Roast Chicken with Root Veg

**Fri**

Lunch - Roasted Marinara with Zoodles  
Dinner - Spicy Cilantro Salmon

**Sat**

Lunch - Beef and Butternut Squash Stew  
Dinner - Grilled Chicken Fajita Salad

**Sun**

Lunch - Creole Rice with Shrimp  
Dinner - Grilled Turkey Burgers

# Shopping List Week 1



## Produce

- |   |  |
|---|--|
| <input type="checkbox"/> 4 Zucchini         | <input type="checkbox"/> 3 red peppers   |
| <input type="checkbox"/> 1 jalapeño         | <input type="checkbox"/> 2 orange pepper |
| <input type="checkbox"/> 1 butternut squash | <input type="checkbox"/> 3 yellow pepper |
| <input type="checkbox"/> fresh rosemary     | <input type="checkbox"/> 1 bunch celery  |
| <input type="checkbox"/> 3 parsnips         | <input type="checkbox"/> 3 lbs carrots   |
| <input type="checkbox"/> 3 lb red onion     | <input type="checkbox"/> fresh sage      |
| <input type="checkbox"/> 4 garlic           | <input type="checkbox"/> 4 limes         |
| <input type="checkbox"/> 15 roma tomatoes   | <input type="checkbox"/> 4 lemons        |
| <input type="checkbox"/> fresh parsley      | <input type="checkbox"/> romaine lettuce |
| <input type="checkbox"/> grape tomatoes     | <input type="checkbox"/> 2 avocado       |
| <input type="checkbox"/> salad mix          | <input type="checkbox"/> fresh cilantro  |
|   | <input type="checkbox"/> baby spinach    |

## Protein

- |   |  |
|---|--|
| <input type="checkbox"/> 8 b/s chicken breast | <input type="checkbox"/> 8 salmon filets     |
| <input type="checkbox"/> 3 lb Ground Turkey   | <input type="checkbox"/> 5lb roaster chicken |
| <input type="checkbox"/> 1 lb Cooked Shrimp   | <input type="checkbox"/> 4 lb lean beef      |

## Pantry/Spices

- |   |  |
|---|--|
| <input type="checkbox"/> cayenne pepper   | <input type="checkbox"/> paprika         |
| <input type="checkbox"/> cumin            | <input type="checkbox"/> basil           |
| <input type="checkbox"/> bay leaves       | <input type="checkbox"/> chili flakes    |
| <input type="checkbox"/> oregano          | <input type="checkbox"/> brown rice      |
| <input type="checkbox"/> salt             | <input type="checkbox"/> 2 chicken broth |
| <input type="checkbox"/> pepper           | <input type="checkbox"/> EVOO            |
| <input type="checkbox"/> onion powder     | <input type="checkbox"/> cooking spray   |
| <input type="checkbox"/> garlic powder    | <input type="checkbox"/> grapeseed oil   |
| <input type="checkbox"/> creole seasoning | <input type="checkbox"/> chick peas      |
| <input type="checkbox"/> thyme            |  |

# Hearty Vegetable Soup

Ingredients serves 4-6

- 1 spray organic cooking spray
- 1 large onion, chopped
- 3 gloves garlic, minced
- 4 cups water
- 3 tomatoes chopped
- 2 small sweet red peppers, finely chopped
- 2 med stalks celery chopped
- 2 med carrots chopped
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin
- 1 bay leaf
- 1 tablespoon finely chopped fresh sage
- 1/4 teaspoon salt
- 2 cups cooked garbanzo beans
- 2 tablespoons red onion (garnish)

## Directions

- Heat large heavy bottomed stock pot over med heat, lightly spritzed with organic cooking spray, add onion and garlic and cook until golden brown stirring regularly (about 8 minutes)
- Add all other ingredients stir and bring to a boil.
- Reduce heat and simmer for 30 minutes, remove bay leaf before serving.
- Serve hot, dividing soup evenly into four bowls.
- Top each with 1/2 tablespoon red onions.



# Grilled Chicken Fajita Salad

Ingredients serves 4-6

- 2T EVOO (extra-virgin olive oil)
- 1 lime (Juice)
- 1 garlic clove minced
- ½ t cumin
- ½ oregano
- 3 boneless, skinless chicken breasts cut into thin strips
- 1 onion-cut into thin wedges
- 3 Bell peppers -1 red/ 1 orange/1 yellow , cut into thin strips
- Chopped Romaine lettuce
- tomatoes - fresh salsa
- 1 avocado, sliced
- fresh cilantro , chopped



## Directions

- Combine 1T EVOO, lime juice, garlic, cumin and oregano.
- Toss with chicken strips and marinate for at least 30 minutes.
- Heat remaining EVOO in a skillet on medium-high. Sauté onions and peppers until soft and translucent. Set aside and keep warm.
- In the same skillet, sauté chicken and marinade until chicken is thoroughly cooked.
- Serve immediately on chopped romaine salad.
- Top with tomatoes, fresh salsa, avocado, and fresh cilantro.

# Grilled Turkey Burgers

Ingredients serves 4

- 1 lb. ground turkey
- 1 handful of spinach, chopped finely
- 2 T parsley, minced
- 1 t rosemary, minced
- 1 t sea salt
- 1 t pepper
- EVOO

Avocado Mayo

- 2/3 cup mashed ripe avocado
- 2 tsp lemon juice
- 3/4 tsp onion powder
- 1/8 tsp garlic powder
- 1/4 tsp salt
- 1/4 cup water
- 2 tbsp oil, or additional water for a low-fat mayo

## Directions

- Thoroughly combine all the ingredients.
- Shape into patties.
- Heat evoo in a skillet over medium-high heat.
- Add the burgers and cook to 165F
- Serve wrapped in lettuce topped with avocado mayo and choice of toppings (lettuce, tomatoes, cucumber)



# Creole Rice

Ingredients serves 4-6

Rice Ingredients:

- 2 teaspoons grape seed
- 1½ cups uncooked brown rice
- 3 cups water
- ½ teaspoon sea salt
- Creole Seasoning
- 1 ½ teaspoons sea salt
- 1 ½ teaspoon granulated garlic powder
- ¾ teaspoon ground black pepper
- ¾ teaspoon granulated onion powder
- ½ teaspoon cayenne
- ¾ teaspoon dried oregano
- ¾ teaspoon dried thyme
- 2 teaspoons sweet paprika

Base Ingredients:

- 3 tablespoons grape seed or high quality oil
- 1 cup celery, diced
- 1 red bell pepper, diced
- 1 sweet yellow onion, diced
- 1 pound cooked, peeled shrimp

## Directions

- In a saucepan over med heat, add 2 teaspoons oil, rice, and salt.
- Stir and then add water. Cover the pan and turn heat to high until boiling. Reduce heat and cook the rice about 50 minutes until tender.
- Turn off the heat and let sit.
- Blend seasonings in a small bowl and set aside.
- Place the oil into a large sauté pan over med heat.
- Add the onion, celery, and bell pepper and the optional squash.
- Saute until tender about 5 or 7 minutes.
- Add the cooked rice to the pan and, sprinkle with the seasonings.
- Stir to blend and add the shrimp, cooking a few minutes to heat everything through



# Grilled Salmon Salad

Ingredients serves 4

- EVOO
- 4 Salmon
- Seasoning of choice
- Lemon slices
- 1 onion, cut in to wedges
- 1 bell pepper, sliced in thin wedges
- Grape tomatoes
- Salad Mix

Lemon Sauce (Dressing)

- 2 lemons, squeezed (about ½ cup)
- 1 ½ t dried basil
- ¾ c grape seed oil
- ¾ c evoo (extra virgin olive oil)
- 1 t sea salt 1 t pepper
- 1 garlic clove, minced

## Directions

- Cover a baking sheet with aluminum foil.
- Place salmon filets on foil and rub with EVOO.
- Sprinkle with a seasoning such as dill, parsley, seasoned salt, pepper.
- Top with lemon slices.
- Bake/ grill for about 35 minutes.
- In a skillet, heat up 1 T EVOO.
- Sauté the onions & peppers.
- Combine all ingredients for dressing and blend (it will thicken)
- When almost cooked, add the grape tomatoes. Serve all over salad.



# Roast Chicken With Root Veg



## Ingredients serves 4-6

- 5 Carrots cut into 1/2 in pieces
- 3 parsnips, peeled and cut into 1/2 in pieces)
- 2 onions cut into 1/2 in pieces and 1 halved
- 4 cloves of garlic, smashed
- 6 sprigs of rosemary
- 3/4 cup organic chicken broth
- 1 (5 lb) roasting chicken, rinsed and patted dry
- Salt and pepper
- Olive Oil for brushing

## Directions

- Preheat oven to 400 degrees.
- In a baking pan, toss the carrots, sweet potato and onion pieces, parsnips, garlic and 3 sprigs of rosemary with the broth; spread evenly in the pan.
- Season the chicken cavity with salt and pepper.
- Stuff with the halved onion and remaining 3 sprigs rosemary and place breast side down in the middle of the pan.
- Brush the top of the chicken all over with olive oil and season with salt.
- Roast for 30 min. Turn the chicken breast side up and brush with olive oil; season generously with salt and pepper.
- Return the pan to the oven and continue to roast until the juices run clear, about 1 hour more.
- 8. Cut the chicken into pieces and serve with



# Beef and Butternut Squash Stew



## Ingredients serves 4-6

- 2lb Butternut Squash, peeled and cubed
- 3 - 4 tbsp. Olive Oil
- 1 large onion, chopped
- 2lb lean beef chuck
- 32oz Beef or Chicken Stock
- 2 garlic cloves, crushed
- sprig fresh thyme, or dried
- sprig of rosemary, or dried
- 1 tsp salt
- 1 tsp pepper

## Directions

- Prepare the squash by peeling it, removing the seeds and cutting it into cubes.
- If your beef is not already cut into pieces then cut it up into cubes, and the same for the onion.
- Heat the oil on a medium heat in a large pot with a solid bottom, then add the onion and sauté for a couple minutes, now add the beef and brown it for a couple of minutes.
- Add the beef stock, herbs, salt and pepper. Cook it on the stove top on a low simmer for about an hour with a lid on the pot, do not boil.
- Finally add the butternut squash and cook for a further 30 minutes or until beef is tender.

# Spicy Cilantro Lime Baked Salmon

## Ingredients serves 4-6

- 1-pound wild caught salmon
- Juice and - zest of 1 lime
- 1/4 cup cilantro, stems removed
- 1/2 jalapeno, seeds removed
- 1 garlic clove
- 1-1/2 tablespoon olive oil
- Salt and pepper to taste



## Directions

- Preheat the oven to 400.
- Place the lime, cilantro, jalapeno, garlic and olive oil in a food processor blend until combined.
- Season with salt and pepper.
- Rinse and pat the salmon dry and place it skin down in a large glass casserole dish
- Spoon the lime mixture on top of the salmon and place in the oven.
- Bake for about 15 minutes or until cooked through.
- Serve with your favorite roasted vegetable.

# Roasted Marinara with Zoodles

Ingredients serves 4-6

- 10 Roma Tomatoes, halved lengthwise
- Salt and Pepper
- Olive Oil, for drizzling
- 1/4 cup Olive Oil, divided
- 1 Sweet Onion, chopped
- 1 Yellow Bell Pepper, cut into small dice
- 2 Large Carrots, cut into small pieces
- 1 1/2 tsp Sea Salt
- 2 Sprigs Rosemary, chopped
- 1 tsp Oregano, chopped
- Pinch Chili Flakes
- 2 Cloves Garlic, minced
- 1/2 cup water
- 2 Bay Leaves

## Directions

- Preheat the oven to 300 degrees.
- Place tomatoes cut side up on a baking sheet, sprinkle salt and pepper over the tops of the tomatoes and drizzle with a little olive oil.
- Roast in the preheated oven for 2 hours, until they are soft, fragrant, and browned on top. Remove from oven and let cool for 10 minutes.
- Place tomato halves, oil, and juices in a blender and pulse until roughly pureed. Set aside.
- Heat 2 tablespoons of olive oil in a large frying pan on medium/high heat.
- Add the onion, peppers, and carrots and sauté for 4-5 minutes, or until the onion is translucent.
- Add the salt, rosemary, oregano, and chili flakes to the pan and sauté for another 3-4 minutes. The vegetables should start lightly caramelizing.
- Add the garlic and sauté for an additional 30 seconds.
- Add the water, bay leaves, and the roasted tomato sauce to the pan and reduce the heat to medium.
- Cover and let simmer for 20 minutes.
- Remove the bay leaves and adjust seasonings, adding more salt if desired.
- Serve over zucchini noodles or your choice of brown rice pasta.

