

# Weekly Menu

	B	L	D
<b>Sunday</b>	Eggs w/ spinach Whole wheat English muffin	Chicken fingers Whole wheat pasta Sauce	Asian lettuce wraps
<b>Monday</b>	Green smoothie Fruit	Turkey tortillas Fruit Almonds	Chicken cutlets Broccoli
<b>Tuesday</b>	Berry smoothie Fruit	Chicken salad in pita Hummus Carrots and peapods	Greek Salad Rotisserie chicken leftovers
<b>Wednesday</b>	Green smoothie Fruit	Leftover Greek salad Hard boiled egg Avocado	Date night – Chipotle?
<b>Thursday</b>	Berry smoothie Fruit	Turkey tortillas Fruit Almonds	Turkey chili
<b>Friday</b>	PB smoothie?	Chicken salad in pita Hummus Carrots and peapods	Rosemary Chicken Acorn squash
<b>Saturday</b>	Eggs w/ spinach Whole wheat toast	Salad with rotisserie chicken veggies	Salmon/halibut Brown rice Broccoli slaw

## List

- Spinach
- Arugula
- 4 roma tomatoes
- Avocado (3)
- Celery
- Carrots
- Zucchini
- Onion - 2
- Cucumber – 2
- Sundried tomatoes
- Garlic cloves – 6
- Acorn squash
- Snow peas
- Iceberg lettuce
- Red pepper
- Frozen berries
- 2 bags chicken breast
- 1 bag chicken tenders
- Halibut fillets
- 1 lb ground turkey
- Turkey lunch meat
- Fruit (snacks)
- Nuts (snacks)
- Hummus
- Feta cheese
- Almond milk
- Eggs
- Plain greek yogurt
- Asian sesame dressing
- Parmesan cheese
- Rotisserie chicken
- 46 oz tomato juice
- Peanut butter
- Box WW rotini
- Jar pasta sauce
- Can chili beans
- Can olives
- 15 oz artichoke hearts
- Pita pockets
- Whole wheat tortillas
- Whole wheat English muffins

## Pantry

- Honey
- Earth Balance spread
- Whey protein
- Lemon juice
- Olive oil
- Oregano
- Chopped mint
- Rosemary
- sage
- Salt / Pepper
- Mayo
- Chili powder
- Garlic powder
- Wheat flour
- Sesame seeds
- Basil
- Red wine vinegar

**Smoothies**

Green: 1 c. almond milk, one banana or avocado, ½ c. fruit (berries or peaches), ½ c. kale or spinach, scoop protein, 1 T honey (optional)

Berry: 1 c. almond milk, ½ c. frozen berries, one banana, scoop protein powder, 1 T honey (optional)

**Snacks**

1 whole wheat muffin, 1 T almond butter/PB, 1 t. ground flax, ½ banana, sprinkle with cinnamon

**Chicken Salad Pita**

- 1 lb chicken, cooked and diced
- 2 large celery ribs, diced
- ½ c. onion, finely diced
- ½ cucumber, diced
- 4 T organic or vegan mayo
- Salt and pepper to taste
- Lemon juice to taste
- 4 whole wheat pitas
- Lettuce leaves

Mix first 7 ingredients together. Serve in pitas garnished with lettuce.

**Turkey Tortilla Wrap**

- ½ avocado
- 2-3 T. plain Greek yogurt
- 2 t lemon juice
- Salt and pepper to taste
- 4 oz sliced turkey meat (nitrate free)
- Roma tomato, sliced
- 2 handfuls spinach or other dark greens
- 2 whole wheat tortillas

Mash avocado, yogurt, lemon and salt/pepper until smooth. Spread on the tortilla. Layer turkey, tomato and greens. Roll up and serve.

**Greek Pasta Salad**

- 4 T olive oil
- 2 T lemon juice
- 1 T oregano
- 1 T chopped mint
- Salt and pepper

Whisk together to make the vinaigrette. Set aside.

- ½ box (8 oz) whole wheat pasta, cooked according to package
- Cucumber, quartered
- Roma tomato, diced
- 4-6 oz feta cheese, cubed
- Olives, pitted and diced
- 15 oz can artichoke hearts

Toss pasta with vinaigrette. Add other ingredients and toss again. Chill until serving.

## Turkey Chili

Brown 1 pound turkey and diced onion.

Peal and dice a zucchini. Heat up with the turkey.

Add to 1 can chili beans, 2 T chili powder, and 46 oz tomato juice.

Bring to a boil. Reduce heat. Simmer for an hour and serve.

## Golden Chicken Cutlets

- 2-3 chicken breasts
- 1 t salt
- 1 t pepper
- 1 t garlic powder
- ½ c. whole wheat flour
- 2 t. olive oil

Slice the chicken breasts in half horizontally. Mix the seasonings and flour in a bowl. Dip both sides of the chicken in the flour mixture and shake off.

Heat the oil over medium heat. Cook until they start to turn white, then turn chicken and finish cooking.

## Asian Chicken Lettuce Wraps

- ½ c. snow peas, strings removed
- 3 c. chicken, shredded
- ½ c. red pepper, sliced
- ½ c. julienne carrots
- ¼ c. onion or scallions, thinly sliced
- Asian sesame dressing
- Sesame seeds
- Iceberg lettuce head

Bring a pan of salted water to a boil. Drop in the snow peas and cook for 30 seconds. Drain and immediately put in ice water to stop cooking. Drain again and slice thinly.

Mix in ingredients with dressing. Sprinkle with sesame seeds.

Wrap in leaves of lettuce and serve.

## Lemon Pepper Halibut

- 4 halibut fillets
- 4 c. arugula
- 2 T olive oil
- ½ c sundried tomatoes
- 3 garlic cloves
- ¼ c. basil
- ¼ c. red wine vinegar
- Salt and lemon pepper

Brush halibut with 1 T olive oil and sprinkle with salt and pepper. Bake for 20-30 min. at 400.

Place tomatoes, garlic and basil in blender, add 1 T water and 1 T olive oil. Pulse blender to mix well.

Place fillets on bed of arugula and top with tomato dressing.

**Rosemary Chicken**

- 2 chicken breasts
- 1 T rosemary
- 1 T sage
- 3 garlic cloves
- 1 T oil (recommended grapeseed)
- 2 T red wine vinegar
- ½ t honey
- ½ t salt
- ¼ t pepper

Mix all ingredients except chicken. Add chicken and coat thoroughly. Cover and refrigerate for 1 hour. Suggested to grill.

**Roasted Broccoli**

Cut head of broccoli. Toss with 2-3 T olive oil, 2 cloves garlic, and salt/pepper.  
Lay out on a baking sheet. Cook at 375 for 30 minutes.

**Basic Broccolini**

Fill a large pot ¾ full of water and bring to a boil. Add 2 t sea salt when boiling.  
Cut off the stems of the broccolini. Drop into the boiling water for 2 ½ minutes.  
Drain immediately and dress with salt, pepper and 1 T drizzled olive oil.

**Chicken Fingers**

- 1 t oil
- 1 pound chicken tenders
- ½ c whole wheat or Panko bread crumbs
- ½ c. grated Parmesan cheese
- 1 ½ c marinara pasta sauce

Preheat the oven to 450. Oil the pan.  
Combine breadcrumbs and parmesan cheese. Toss the chicken in this mixture and place on the pan.  
Bake for 15-18 minutes, turning halfway through.  
Serve with warm marinara sauce and a green salad.

**Easy Zucchini**

Wash and trim ends of 3 small zucchinis. Cut in half lengthwise, then dice into ½ inch pieces.  
Heat 2 T olive or coconut oil in pan until shimmering. Sautee zucchini, stirring until slices are brown and zucchini is softened but still crisp. Add 1-2 cloves garlic and cook for 1 min.  
Serve sprinkled with salt, pepper and parsley.

**Roast Asparagus**

Line baking sheet with foil. Prepare asparagus spears and lay on pan. Drizzle with 2 t olive oil, salt and pepper.  
Bake at 425 for 5 minutes.