

Weekly Menu (2)

	B	L	D
Sunday	Baked Broccoli Frittata	Shrimp and avocado salad	Asian lettuce wraps
Monday	Cherry lime smoothie	Turkey tortillas Fruit Almonds	Fiesta crockpot tacos
Tuesday	Berry smoothie Fruit	Chicken salad in pita Hummus Carrots and peapods	Turkey meatball soup
Wednesday	Green smoothie Fruit	Leftover soup Hard boiled egg Avocado	Date night
Thursday	Berry smoothie Fruit	Turkey tortillas Fruit Almonds	Fajita salad
Friday	Pina Coloda Oatmeal	Chicken salad in pita Hummus Carrots and peapods	Chicken caccitore royal
Saturday	Eggs w/ spinach Whole wheat toast	Salad with rotisserie chicken veggies	White chicken chili

List

- Spinach
- Frozen berries
- 4 roma tomatoes
- Avocado (lots)
- Celery
- Carrots
- Onion - 4
- Cucumber – 2
- Broccoli head
- Garlic cloves – 2
- Green and green pepper
- cilantro
- Iceberg lettuce
- 2 Fresh lime
- Shredded cabbage
- 3 bags chicken breast
- Bag turkey meatballs
- Halibut fillets
- shrimp
- 1 lb ground turkey
- Turkey lunch meat
- Unsweet coconut
- Peanut butter
- Fruit (snacks)
- Nuts (snacks)
- Hummus
- Almond milk
- Coconut milk
- Eggs
- Plain greek yogurt
- Rotisserie chicken
- Jar salsa
- 2 can blk beans, corn
- Can pineapple
- 15 oz artichoke hearts
- 4 c. garbanzo beans
- 2 cans stewed tomato
- 2 cans Green chili
- Can hominy, cream corn, can white beans
- 8 oz salsa verde mild
- 15 oz diced tomatoes
- 3 box ckn broth
- Tomato paste
- Pita pockets
- Whole wheat tortillas
- Whole wheat English muffin
- tortillas
- Pizza toppings

Pantry

- Honey
- Earth Balance spread
- Whey protein
- Parm cheese
- Olive oil
- Oregano
- Parsley
- Sesame tahini
- Brown rice
- Salt / Pepper
- Mayo
- Chili powder
- Garlic powder
- Wheat flour
- Sesame seeds
- Flax seeds
- Chili powder
- Red wine vinegar

<p><u>Power Bites</u></p> <p>1 cup (dry) oatmeal 2/3 cup toasted coconut flakes 1/2 cup sunflower seeds 1/2 cup peanut butter 1/2 cup ground flaxseed or wheat germ 1/2 cup dark chocolate chips 1/3 cup honey 1 tsp. vanilla</p> <p>Stir all ingredients together in a medium bowl until thoroughly mixed. Let chill in the refrigerator for half an hour. Once chilled, roll into balls of whatever size you would like. (Mine were about 1" in diameter.) Store in an airtight container</p>	<p><u>Artichoke Hummus</u></p> <ul style="list-style-type: none"> • 1 (15-ounce) can chickpeas/ garbanzo beans • 1 cup artichoke hearts, drained and chopped • 2 cloves fresh garlic • crushed 2 tablespoons lemon juice • 1 tablespoon olive oil • 1 tablespoon water • 1 tablespoon sesame tahini • Ground black pepper and salt to taste <p>COMBINE ALL INGREDIENTS in a food processor and pulse until smooth. Transfer to a bowl. Chill and serve with mixed veggie sticks such as celery, jicama, and carrots</p>
<p><u>Baked Broccoli Fritta</u></p> <ul style="list-style-type: none"> •6 large eggs •1 medium red onion, diced fine •1 clove garlic, •crushed 1 tablespoon fresh parsley, •chopped 2 cups broccoli, chopped •Dash of salt and ¼ teaspoon ground black pepper •1 teaspoon extra-virgin olive oil •3 tablespoons Parmesan cheese <p>PREHEAT OVEN TO 350 °. Heat olive oil in a wide non-stick frying pan over medium heat. Add onion and cook, stirring often, until onion begins to soften (about 3 minutes). Stir in garlic, parsley, and broccoli. Continue cooking, stirring often, until broccoli is bright green (about 3 minutes). Season</p>	<p><u>Crunchy Chickpeas</u></p> <ul style="list-style-type: none"> •4 cups garbanzo beans, drained and rinsed •2 teaspoons extra-virgin olive oil •1 teaspoon ground cumin •1 teaspoon ground chili powder •½ teaspoon cayenne pepper <p>PREHEAT OVEN TO 400 °, and arrange a rack in the middle. Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated . Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes.</p>

Fish Tacos

1 cup fresh pineapple, diced (if fresh is unavailable, use canned pineapple and drain juice) 3 tablespoons fresh cilantro, chopped ¼ large red onion, diced fine ½ teaspoon black pepper 1 fresh lime
COMBINE SALSA INGREDIENTS in a bowl, and refrigerate at least 1 hour. FISH TACOS: ¾ pound wild-caught halibut or hearty white fish 1 teaspoon extra-virgin olive oil 6 organic corn tortillas 1 cup purple or green cabbage, shredded 1 cup white or black beans (rinse beans before using) 3 tablespoons plain Greek yogurt or sour cream 1 fresh lime, wedged into 6 pieces BRUSH HALIBUT WITH OLIVE OIL and grill on a hot grill or grill pan until well-cooked, about 8 minutes on each side. Warm corn tortillas for 5 – 10 minutes in an oven preheated at 350 ° or on a skillet over medium heat until tortilla is pliable. Layer grilled halibut, beans, pineapple salsa, and cabbage over warm tortilla. Top taco with a tablespoon of sour cream or Greek yogurt, and serve with a wedge of fresh lime to squeeze over top.

Fiesta Crock pot chicken

Ingredients:

- 4-6 whole skinless chicken breasts (4 pieces)
- 1 jar of salsa
- ½ cup of water
- 1 15 oz can of black beans
- 1 15 oz can of cut corn (can use frozen instead)

Preparation:

Place chicken in a crock pot, top with the salsa and water. Cook on high for 2 1/2 hours.
Add beans and corn and cook 15 to 20 minutes longer.

Can be served with long grain rice.

FROZEN COCONUT BERRY DESSERT

- 1 cup mixed frozen berries
- 1 cup unsweetened coconut milk
- 1 scoop vanilla protein powder
- 1 tablespoon ground flax seeds

COMBINE ALL INGREDIENTS in a blender. Transfer to a freezer-proof container, and freeze. Scoop and enjoy as a frozen dessert.

PINA COLADA OATMEAL

- 1/2 cup steel cut oats
- 4 drops of vanilla Stevia
- Dash salt
- 1 cup unsweetened vanilla almond milk (Almond Breeze)
- 1/3 cup cubed pineapple
- 2 drops coconut extract
- 2 tsp. shredded unsweetened coconut

Preparation:

Combine oats, stevia, and salt in a nonstick pot on the stove. Add Almond Breeze and 1 cup water.
Bring to a boil, and then reduce to a simmer. Cook for approximately 15-20 minutes, stirring frequently, until thick and creamy.
Transfer to a bowl and stir in pineapple and coconut extract.
Sprinkle with coconut flakes and enjoy.

Shrimp and Avocado Salad

- 1 avocado peeled - sliced in half lengthwise
- 6 Shrimp cooked
- 1 Roma tomato - chopped
- 2 Green onions - chopped

Dressing

- 1 tbs course ground mustard
- 1 tsp red wine vinegar
- 1/4 cup extra virgin olive oil
- Cracked pepper to taste

Wisk dressing together.

Mound tomato and green onion on top of avocado slices, put shrimp on top. Top with dressing.

VEGGIE, LENTIL, & CHICKEN SAUSAGE SOUP

1 pound lentils, raw 4 links chicken sausage 1 tablespoon olive oil 1 cup onion, chopped ½ cup carrot, chopped ½ cup celery, chopped 1 teaspoon salt 1 teaspoon ground black pepper ¼ teaspoon cayenne pepper ½ teaspoon ground cumin 1 cup canned tomatoes, no salt added 2 quarts organic low-sodium chicken broth

HEAT OLIVE OIL IN A LARGE SOUP POT over medium heat. Add onion, carrot, celery, and salt and sweat until the onions are translucent, approximately 5 minutes. Add the lentils, tomatoes, broth, peppers, and cumin. Stir to combine . Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender , approximately 35 to 40 minutes.

Using a sharp knife make a cut on one end of the sausage links. Remove sausage meat from link casing by squeezing meat through the cut on the link. Heat olive oil in a large pan over medium heat. Add sausage meat and cook until golden brown, breaking up the meat as you cook it. Drain any excess fat. Add to finished lentil soup and serve hot.

Chicken Caccitore Royale

- 4 whole chicken breasts
 - 2 cans stewed tomatoes (cut-up)
 - 1/2 onion, thinly sliced
 - 1/4 cup green pepper, thinly sliced
 - 1/2 tsp pepper
 - 1 tsp crushed garlic
 - 1/2 - 1 tbsp oregano
 - Cook the chicken breasts in a slow cooker on low 8 - 10 hours. Cool, cut-up in cubes or small strips.
- Store in refrigerator. On the morning you plan to serve this - put thawed cooked chicken in slow cooker with the remainder of the ingredients. Stir once and cook on high for 4 hours (or for supper, cook on low). Serve over rice.

WHITE CHICKEN CHILI

4 boneless chicken breasts (boil and cut in small pieces)

1 onion and clove of garlic, diced and sautéed

7 oz diced green chilis

1 Tablespoon cumin

1 15 oz can of hominy

12 oz creamed corn

1 ½ Tablespoon chile powder

3 cans white beans

1 8 oz salsa verde mild

1 15 oz can diced tomatoes

1 bunch of cilantro chopped

16 oz organic chicken broth

Stir ingredients together. Can also serve with chopped avocado or shredded cheddar cheese.

Grain-Free Cauliflower Crust Pizza (1 10-12")

- 1 small to medium sized head of cauliflower - should yield 2 to 3 cups once processed
- 1/4 teaspoon kosher salt
- 1/2 teaspoon dried basil (crush it even more between your fingers)
- 1/2 teaspoon dried oregano (crust it even more between you fingers)
- 1/2 teaspoon garlic powder
- optional a few shakes of crushed red pepper
- 1/4 cup shredded parmesan cheese
- 1/4 cup mozzarella cheese
- 1 egg
- optional 1 tablespoon almond meal

Place a baking sheet in the oven. Preheat oven to 450 degrees. Spray a large piece of parchment paper with nonstick cooking oil.

Wash and thoroughly dry a small head of cauliflower. Cut off the florets, you don't need much stem. Pulse in your food processor for about 30 seconds, until you end up with 2 to 3 cups cauliflower "snow". Place the cauliflower in a microwave safe

bowl and cover. Microwave for 4 minutes. Dump cooked cauliflower onto a clean tea towel and allow to cool for a bit, then ring the heck out of it.

Dumped ringed out cauliflower into a bowl. Now add 1/4 cup parmesan cheese, 1/4 cup mozzarella cheese, 1/4 teaspoon kosher salt, 1/2 teaspoon dried basil, 1/2 teaspoon dried oregano, 1/2 teaspoon garlic powder, and a dash of red pepper if you want. I also added 1 tablespoon almond meal because my cauliflower yielded closer to 2 cups of cauli snow, this is optional and I would not add the almond meal if you have closer to 3 cups of cauli snow. Now add your egg and mix away. Hands tend to work best.

Once mixed together, use your hands to form the dough into a crust on your oiled parchment paper. Pat it down thoroughly, you want it nice and tightly formed together. Don't make it too thick or thin either. Using a cutting board slide the parchment paper onto your hot pizza stone or baking sheet in the oven. Bake for 8 - 11 minutes, until it starts to turn golden brown. Remove from oven. Add however much sauce, cheese, and toppings you want. Slide parchment with topped pizza back in the hot oven and cook for another 5 to 7 minutes until the cheese is melted, bubbly, and slightly golden.

TURKEY MEATBALL SOUP

- 1 bag turkey meatballs
- 2 boxes organic chicken broth
- 1 bag of spinach
- 1 bag of brown rice pasta
- ½ can tomato paste
- ½ tsp of cayenne pepper

Preparation

Turn Crock Pot on low heat. Place chicken broth, turkey meatballs, tomato paste, and cayenne pepper in Crock Pot. Let simmer for a few hours. About twenty minutes before you would like to eat, pour in the pasta and spinach. If you add it earlier, it will become too soggy.

BRAIN FIT FAJITA SALAD

- 2 chicken breasts (4-6 ounces), cut into thin strips, 1 tablespoon olive oil, 1 tablespoon coconut oil, 1 lime, juiced, 2 garlic cloves, minced
- 1 teaspoon ground cumin, 1 tablespoon fresh oregano, chopped
- 1 onion, cut into wedges, 1 red bell pepper, cut into thin strips
- 1 can diced green chilies (4 ounces), 3 tomatoes, cut into wedges
- 1 avocado, sliced, 2 tablespoons cilantro
- Romaine lettuce leaves, chopped, Salt and pepper (to taste)

Rinse chicken and cut off excess fat. In a large bowl combine olive oil, lime juice, garlic, cumin, oregano, salt, and pepper. Add chicken to the bowl and marinate for 1-24 hours. In a non-stick skillet heat coconut oil over medium-high heat. Add onion and sauté for 2 minutes. Drain chicken, add to the skillet, and cook for 3-4 minutes. Add red pepper and chilies. Cook for an additional 3 minutes or until chicken is cooked through. Serve over lettuce leaves and top with tomatoes, avocado, and cilantro.

Roasted Cauliflower

- 1-2 Tbsp refined coconut oil
- 1 head cauliflower florets
- ¼ cup cilantro, finely chopped
- 3 garlic cloves, minced
- Lemon wedges

Add cauliflower to boiling water for two minutes. Remove from heat and promptly blanch with cold water. Drain well and pat dry. In a medium skillet, heat oil over medium high heat. Add garlic and cilantro for 1 minute. Add cauliflower. Stir until florets are coated with garlic and cilantro mixture. Continue cooking and occasionally turning until florets are lightly browned, but remained crunchy 3- 5 minutes (less is better). Serve warm.

Fruit Salad with Honey-Lime Dressing

- 1 pt. container strawberries
- 1 pt. container blueberries
- 1 bunch (about 1 1/2 lbs.) seedless grapes (green, red or a mixture of both)
- 1/4 cup honey
- juice from 2 limes (about 2-3 tablespoons)

Rinse strawberries, blueberries and grapes. Gently pat dry the fruit. Hull strawberries, then cut each in half; if large, cut into quarters. Remove stems from blueberries, if any. Remove grapes from stems. Gently combine all three in a large bowl or aluminum tray. Set aside. In a small bowl, whisk together honey and lime juice. Pour over fruit.

Portillo’s Chopped Salad

- 4 cups cooked Ditalini pasta
- 1 cup cooked and crumbled bacon
- 3 cups chopped romaine lettuce
- 3 cups chopped iceberg lettuce
- 2-1/2 cups chopped red cabbage
- 2 fresh tomatoes, seeded and diced
- 1 cup sliced green onions
- 4 ounces crumbled gorgonzola cheese (about 1 cup)
- Sweet Italian Dressing:
 - 1/4 cup balsamic vinegar
 - 2 cloves garlic, peeled and minced
 - 1 teaspoon sugar
 - 1/2 teaspoon dried oregano
 - 1/4 teaspoon salt
 - 1/4 teaspoon freshly ground black pepper
 - 1/2 cup olive oil

Instructions
Cook Ditalini pasta according to package instructions. Make sure you salt the pasta water while cooking to give it some flavor. Drain and cool. Set aside.
Cook bacon in a skillet until done. Let bacon cool, then crumble it. Combine romaine, iceberg, red cabbage, tomatoes and green onions in large salad bowl.
Add cooled pasta, bacon and gorgonzola cheese to salad.
Add dressing to taste right before serving so that it doesn't get soggy. For the Dressing: Place vinegar, garlic, sugar, oregano, salt and pepper in a blender. While the machine is running, slowly drizzle olive oil through the blender top or feed tube until dressing is combined and emulsified. Store in airtight container in refrigerator for up to two weeks.