

BREAKFAST hoose

PICK THREE TO FOUR OF THE FOLLOWING BREAKFAST OPTIONS FOR EACH WEEK.



Avocado Toast

INGREDIENTS: GLUTEN FREE
TOAST, SMASHED AVOCADO,
HEMP SEEDS, CHOPPED
CHERRY TOMATOES, FETA
CHEESE, BALSAMIC VINEGAR.



Coconut Chia Seed Pudding

INGREDIENTS: COCONUT
MILK, PURE MAPLE SYRUP,
VANILLA EXTRACT, CHIA
SEEDS, MIXED BERRIES.



FETA TOMATO SCRAMBLE

INGREDIENTS: SCRAMBLED EGGS WITH CHOPPED CHERRY TOMATOES, FETA CHEESE, TOP WITH SPROUTS.



Almond Flour Blueberry Muffins

INGREDIENTS: ALMOND FLOUR, BAKING SODA, SALT, EGGS, HONEY, OLIVE OIL, VANILLA, LEMON (ZEST AND JUICE), BLUEBERRIES (FRESH OR FROZEN).



COTTAGE AND BERRIES

INGREDIENTS: FULL FAT COTTAGE CHEESE, BERRIES OF CHOICE.



Green Smoothie

Ingredients: Spinach, pineapple, mago, banana, protein powder.



PEACH YOGURT

INGREDIENTS: PLAIN
COCONUT MILK YOGURT,
SLICED PEACHES, ALMOND
SLICES, COCONUT SHREDS.



OATS AND BERRIES

INGREDIENTS: COOKED
STEEL CUT OATS TOPPED
WITH CHOPPED WALNUTS
AND BERRIES.



PICK THREE TO FOUR OF THE FOLLOWING LUNCH OPTIONS FOR EACH WEEK.



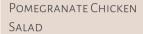






ZUCCHINI TURKEY PATTIES

Ingredients: Ground Turkey, Shredded Zucchini, Garlic, Cumin, Salt, Black Pepper. Top with avocado And Salsa.



Ingredients: Baby spinach, pomegranate seeds, sliced backed chicken breast, olive oil, vinegar, salt, pepper.

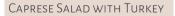
EGGS AND SORTS

INGREDIENTS: TWO OR
THREE HARD BOILED EGGS,
SIDE OF SLICED FRUIT,
MIXED RAW OR DRY
ROASTED NUTS.

Tuna Salad

INGREDIENTS: CANNED
TUNA MIXED WITH
AVOCADO OIL MAYO,
OLIVES, SLICED RED ONION,
TOMATOES, LEMON JUICE,
SALT, PEPPER.





INGREDIENTS: SLICED
TOMATOES, SLICED
MOZZARELLA CHEESE, BASIL
LEAVES, BALSAMIC EDUCTION
DRIZZLE, SIDE OF TURKEY
SLICES.



TURKEY WRAP

INGREDIENTS: GRAIN FREE
WRAP, SLICED ORGANIC
TURKEY, SHREDDED CARROTS,
SLICED CUCUMBER, ARUGULA,
AVOCADO OIL MAYO.



Bean Salad

INGREDIENTS: MIXED GREENS
TOPPED WITH SLICED RED
ONION, CANNED BEANS OF
CHOICE, SLIDE TOMATOES,
CHOPPED PARSLEY, OLIVE OIL,
LEMON, SALT, PEPPER. SERVE
WITH A PEACH.



Hummus Plate

INGREDIENTS: HUMMUS, KALAMATA OLIVES, SLICED CUCUMBER, SLICED BELL PEPPER, SLICED PITA.

DINNER poose

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.









CHICKEN PESTO SPAGHETTI SQUASH

INGREDIENTS: SPAGHETTI
SQUASH, OLIVE OIL, CHICKEN
BREAST, SALT, PEPPER, RED
ONION, RED BELL PEPPER, PESTO,
BOCCONCINI CHEESE (OR
MOZZARELLA).

SLOW COOKER PULLED PORK STREET TACOS

INGREDIENTS: PORK SHOULDER,
PAPRIKA, OREGANO, CUMIN, SALT,
BLACK PEPPER, YELLOW ONION,
GARLIC, ORANGE, TORTILLAS,
PICKLED RED ONION, GOAT
CHEESE, CILANTRO.

SHRIMP TERIYAKI STIR FRY

INGREDIENTS: MEDIUM SHRIMP, AVOCADO OIL, SOY SAUCE OR COCONUT AMINOS, HONEY, GARLIC, SESAME OIL (OPTIONAL), GROUND GINGER, CORNSTARCH, BROCCOLI, BROWN RICE.

STEAK AND SWEET POTATO BITES

INGREDIENTS: SIRLOIN
STEAKS, OLIVE OIL, SWEET
POTATOES, GARLIC, SALT,
BLACK PEPPER, AVOCADO
OIL MAYO, CURRY POWDER.



EASY CHICKEN FAJITAS

INGREDIENTS:, BONELESS
SKINLESS CHICKEN BREAST,
YELLOW ONIONS, BELL PEPPERS,
OLIVE OIL, LIME, TORTILLAS,
SOUR CREAM, PICE DE GALLO,
AVOCADO, PRE-MIXED FAJITA
SEASONING (SIETE BRAND IS MY
FAVORITE!)



Stuffed Peppers with Ground Turkey

INGREDIENTS: OLIVE OIL, BELL
PEPPERS, GROUND TURKEY,
ITALIAN SEASONING, SALT,
PEPPER, CANNED DICED
TOMATOES, BROWN RICE,
MOZZARELLA CHEESE,
PARMESAN CHEESE, BASIL.



Honey Garlic Salmon

INGREDIENTS: SALMON FILETS, SALT, PEPPER, CAYENNE
PEPPER, HONEY, APPLE CIDER
VINEGAR (OR LEMON JUICE),
OLIVE OIL, GARLIC, LEMON,
PARSLEY. SERVE WITH
STEAMED CARROTS AND
BROCCOLI.



SLOW COOKER CHICKEN VEGGIE QUINOA STEW

INGREDIENTS: YELLOW ONION, GARLIC, CARROTS, İTALIAN SEASONING, SALT, TOMATO SAUCE, CANNED CHICKPEAS, CHICKEN BREAST, CHICKEN STOCK, CORN KERNELS (FRESH OR FROZEN), ZUCCHINI, OUINOA.