

# WEEK 1

See below for  
associated  
recipes

**#SYTYHealthy**

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## MONDAY

### BREAKFAST

Bacon Egg Muffins

### LUNCH

Meatloaf topped with  
Simple Marinara  
Sauce + steamed  
broccoli with ghee

### DINNER

Slow Cooker Pulled  
Pork + Cauliflower  
Mash + GFG  
asparagus

\*GFG: George Foreman Grill

## TUESDAY

### BREAKFAST

Avocado Egg Bowl

### LUNCH

Leftover Slow Cooker  
Pulled Pork +  
Cauliflower Mash +  
GFG asparagus

### DINNER

Pan Seared Cod  
topped with Simple  
Marinara Sauce and  
sliced avocado + mixed  
greens with Simple  
Vinaigrette

## WEDNESDAY

### BREAKFAST

Bacon Egg Muffins

### LUNCH

Baked chicken breast  
topped with Simple  
Marinara Sauce and  
melted grass-fed  
cheese + leftover  
salad with Simple  
Vinaigrette

### DINNER

Leftover Meatloaf +  
steamed broccoli  
with ghee

## THURSDAY

### BREAKFAST

Avocado Egg Bowl

### LUNCH

Pistachio Crusted  
Chicken + steamed  
green beans tossed  
with Simple  
Vinaigrette

### DINNER

Citrus Herb  
Meatballs over  
zucchini noodles  
with Cilantro Basil  
Pesto

## FRIDAY

### BREAKFAST

Bacon Egg Muffins

### LUNCH

Leftover Citrus Herb  
Meatballs over  
zucchini noodles  
with Cilantro Basil  
Pesto

### DINNER

Baked chicken  
topped with roasted  
red pepper spread  
and sliced avocado +  
green beans with  
Simple Vinaigrette

# Breakfast Recipes

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## **Bacon Egg Muffins (6 servings)**

12 eggs

12 slices nitrate- and nitrite-free bacon, cut in half

1. Preheat oven to 350 degrees F.
2. Prepare your muffin tin by lining each space with two halves of bacon, creating an "X."
3. Crack one egg into each muffin space, topping the bacon. Poke the yolk, if desired.
4. Bake 20-25 minutes or until firm.
5. Enjoy immediately or refrigerate for a quick grab-n-go meal or snack.

## **Avocado Egg Bowl (1 serving)**

1/2 avocado

1 egg

8 leaves fresh spinach

Salt and pepper, to taste

1. Cook egg and spinach as desired (i.e. scrambled together, fried egg with sautéed spinach, etc.).
2. Place cooked egg and spinach in/on top of avocado half. Sprinkle with salt and pepper.

# Lunch & Dinner Recipes

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## **Meatloaf (8 servings)**

2 lbs organic grass-fed ground beef

1/2 yellow onion, minced

1 green bell pepper, diced

6oz can tomato paste

1 Tbsp Worcestershire sauce

2 Tbsp Italian seasoning

1/8 tsp salt

1. Preheat oven to 375 degrees F.
2. Combine all ingredients in a large bowl and mix well; transfer mixture to ungreased loaf pan and place in oven.
3. Bake 45-50 minutes or until cooked through.
4. Allow to sit, cool, and absorb liquid for 5-10 minutes before consuming.

## **Simple Marinara Sauce**

28oz can organic whole peeled tomatoes

6oz can organic tomato paste

1 Tbsp Italian seasoning

1 tsp garlic powder

Using a blender or food processor, add all ingredients and process until smooth.

## **Slow Cooker Pulled Pork (8 servings)**

2 lb pasture-raised pork loin

1 large onion, sliced

1 tsp ground ginger

1/4 tsp salt

2 Tbsp raw local honey

1. Place pork (fatty side up) in the bottom of the crock pot and surround with orange slices.
2. Rub pork with ginger and salt; pour your honey over the top.
3. Cook on low for 6-8 hours. Remove lid and pull pork into shreds with two forks.
4. Return lid and allow to cook another 20 minutes before serving.

# Lunch & Dinner Recipes

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## **Cauliflower Mash (6 servings)**

1 large head cauliflower  
1 tsp minced garlic  
2 Tbsp nutritional yeast  
2 tsp organic olive oil  
4 green onions, sliced  
Salt + fresh ground black pepper

1. Chop the head of cauliflower into small florets, placing pieces in a large pot with steamer (water filled just to the base of the steamer).
2. Bring the water to boil and then reduce the heat and steam until tender, about 6 minutes.
3. Drain the cauliflower and transfer to blender/food processor, or use a potato masher or immersion (stick) blender to create a smooth consistency.
4. Mix in remaining ingredients, seasoning with salt and pepper, to taste.

## **Pan Seared Cod (4 servings)**

2 Tbsp avocado oil  
Salt + fresh ground pepper  
4- 4oz skinless cod fillets  
1 egg white  
1/4 cup coconut flour

1. Heat oil in a large nonstick skillet.
2. Season cod fillets with salt and pepper, dip in egg white, and dust with flour.
3. Cook the fish over moderately high heat, turning once, until golden on the outside and white throughout, about 10 minutes total.

## **Simple Vinaigrette**

1/2 cup organic extra virgin olive oil  
1/2 cup apple cider vinegar with the mother (i.e. Bragg)  
1-2 cloves garlic, finely chopped  
1/4 tsp sea salt  
1/8 tsp fresh ground black pepper

Combine all ingredients in a blender or jar and mix well.

# Lunch & Dinner Recipes

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## **Pistachio Crusted Chicken (4 servings)**

- 1 lb chicken breasts
- 1 cup shelled pistachios, finely chopped

1. Preheat oven to 425 degrees.
2. Cut chicken into 2-3 inch pieces.
3. Spread chopped pistachios on a dinner plate. Roll each chicken nugget with pistachios until all sides are covered.
4. Place chicken on baking pan and place in oven. Bake 25-30 minutes, or until meat is no longer pink inside.

## **Citrus Herb Meatballs (4 servings)**

- 2 lbs ground lamb
- 1/2 medium red onion, finely chopped
- 2 Tbsp dried rosemary
- 1 Tbsp dried thyme
- 1 tsp sea salt
- 2 Tbsp lemon juice (about 1 lemon squeezed)
- 2 Tbsp garlic powder

1. Preheat oven to 400 degrees F.
2. Line a large baking sheet with parchment paper or foil. In a large bowl, combine all ingredients.
3. Form mixture into meatballs, about the size of a golf ball.
4. Place on the baking sheet and cook for 25-30 minutes.

## **Cilantro Basil Pesto (4 servings)**

- 1 1/2 cups fresh cilantro, leaves and stems
- 1/3 cup fresh basil leaves
- 1 small avocado (or 1/2 large)
- 3 cloves garlic
- 1 tsp apple cider vinegar "with the mother"
- 1/4 tsp sea salt
- 1/4 cup organic olive oil, additional as needed

1. Combine all ingredients, except olive oil, in a food processor or blender; turn on and slowly begin to add the olive oil in a steady stream.
2. Blend until herbs and garlic are finely chopped and smooth consistency is achieved.