

# WEEK 3

See below for  
associated  
recipes

**#SYTYHealthy**

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## MONDAY

### BREAKFAST

Scrambled eggs with  
spinach and salsa

### LUNCH

Steak Fajitas + Thai  
Zucchini Noodles with  
Ginger Dressing

### DINNER

Baked Chicken Fingers  
+ Sweet and Sour  
Slaw

## TUESDAY

### BREAKFAST

Maca'n Me Energized  
Smoothie

### LUNCH

Leftover Baked  
Chicken Fingers +  
Sweet and Sour Slaw

### DINNER

Lemon Cilantro Grilled  
Shrimp + Stir Fry  
Vegetables

## WEDNESDAY

### BREAKFAST

Smoked Salmon  
Avocado Egg Bowl

### LUNCH

Leftover Lemon  
Cilantro Grilled  
Shrimp + Stir Fry  
Vegetables

### DINNER

Crock Pot Grass Fed  
Beef with Sweet  
Potato and Black  
Beans served over  
Cauliflower Rice

## THURSDAY

### BREAKFAST

Maca'n Me  
Energized Smoothie

### LUNCH

Leftover Crock Pot  
Grass Fed Beef with  
Sweet Potato and  
Black Beans served  
over Cauliflower Rice

### DINNER

Grilled chicken  
breast with Kale  
Stem Pesto + Curry  
Roasted Crucifers

## FRIDAY

### BREAKFAST

Smoked Salmon  
Avocado Egg Bowl

### LUNCH

Lively Lettuce salad  
with leftover Ginger  
Dressing and  
leftover grilled  
chicken

### DINNER

Green Chile Stuffed  
Pork Tenderloin +  
leftover Curry  
Roasted Crucifers

# Breakfast Recipes

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## **Maca'n Me Energized Smoothie (1 serving)**

- 1 cup unsweetened almond milk
- 2 dates, cut into small pieces
- 1 tsp cacao powder
- 1 tsp maca powder
- 1 Tbsp organic unrefined coconut oil
- 1/4 tsp vanilla extract
- 1/4 tsp cinnamon
- 3 ice cubes
- 2 scoops pasture-raised collagen peptides or gelatin

1. Combine all ingredients except collagen peptides in blender and blend well.
2. Add collagen peptides and blend another 10-15 seconds.

## **Smoked Salmon Avocado Bowl (1 serving)**

- 1 handful fresh spinach
- 1 egg
- 1/2 small avocado
- 2oz smoked salmon

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. Serve salmon on top or alongside.

# Lunch & Dinner Recipes

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## **Steak Fajitas (4 servings)**

1 Tbsp avocado oil  
1 lb organic grass-fed flank or skirt steak  
1 large yellow onion, peeled and sliced with the grain  
2-3 bell peppers, sliced lengthwise  
Pinch of sea salt

### *Marinade*

Juice of 1 lime  
2 Tbsp avocado oil  
2 cloves garlic, peeled and minced  
1/2 tsp ground cumin  
1/2 fresh jalapeño pepper, seeded and finely chopped  
1/4 cup fresh cilantro with stems, chopped

1. Preheat oven to 400 degrees F.
2. Mix all marinade ingredients. Coat the steak with the marinade and let it sit at room temperature for an hour, or longer in the fridge.
3. Meanwhile, line a large baking sheet with foil. Place steak on foil and place in preheated oven, cook for 12-15 minutes or until desired doneness is achieved.
4. Cook the vegetables while the meat is resting. Add the oil to the pan, then add the onions and bell peppers. Let these sear for 1 minute before stirring, then stir every 90 seconds or so as the veggies sear. Cook for 5-6 minutes total.
5. Slice the meat against the grain into thin slices (if you slice the meat at an angle, you will be able to get your slices pretty thin. These cuts of steak are flavorful but can be a little tough, so thin slices will really help make it easier to eat).

# Lunch & Dinner Recipes

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## **Thai Zucchini Noodles with Ginger Dressing (6 servings)**

- 1 large zucchini, spiralized into thin noodles
- 2 large carrots, grated
- 1 cup red cabbage, sliced into strips
- 2 green onions, sliced
- 1/2 cup fresh cilantro, chopped

### *Ginger Dressing*

- 1/4 cup raw pecans
- 1 small zucchini
- 1 Tbsp 100% lemon juice
- 1/2 tsp hot sauce, or to taste
- 1 tsp minced garlic
- 1" fresh ginger root, sliced

1. Combine zucchini, carrots, cabbage, green onions, and cilantro in a medium bowl.
2. Blend dressing ingredients until smooth.
3. Pour dressing over salad base and massage or shake until fully incorporated.

## **Baked Chicken Fingers (4 servings)**

- 1 lb boneless skinless chicken breast, cut into strips
- 1 egg, beaten
- 1 cup almond meal
- 1 tsp salt
- 1 1/2 tsp paprika
- 1 1/2 tsp ground cumin

1. Preheat oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. Combine almond meal with salt and spices in a shallow dish; place beaten egg in a separate shallow dish.
3. Dry chicken strips with a paper towel; dip each strip in the egg then the almond meal mixture, coating all sides.
4. Place the coated strip on the baking sheet; repeat until all strips are coated.
5. Bake for 10 minutes on each side, or until completely cooked.

# Lunch & Dinner Recipes

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## **Sweet and Sour Slaw (12 servings)**

1 bag chopped kale, approximately 4 cups

1 bag broccoli slaw

1/4 cup raw local honey

1/2 cup Bragg apple cider vinegar

1/3 cup organic olive oil

1/2 tsp salt

1/2 tsp dry mustard powder

1/2 tsp garlic powder

1/2 tsp ground black pepper

1. Combine honey, vinegar and seasonings in a jar or blender. Slowly add oil and shake or blend until mixed well.
2. In a large bowl combine kale and slaw. Drizzle with dressing and mix well.
3. Refrigerate 1-2 hours before serving for best flavors.

## **Lemon Cilantro Grilled Shrimp (4 servings)**

16oz bag fully cooked jumbo shrimp, tails removed

1/4 cup avocado oil

1/4 cup lemon juice

1/8 tsp salt

1/8 tsp smoked paprika

1/2 Tbsp minced garlic

1/4 cup fresh cilantro, minced

1. Combine all ingredients, except shrimp, in a glass jar and shake until well combined.
2. Place shrimp in a medium bowl, cover with oil mixture and toss.
3. Cover bowl and place in the fridge, allowing shrimp to marinate for 30-60 minutes.
4. Grill shrimp until heated through.

# Lunch & Dinner Recipes

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## **Stir Fry Vegetables (4 servings)**

- 2 Tbsp toasted sesame oil
- 2" fresh ginger root, grated
- 3-4 cloves garlic, minced
- 1 small onion, cut into 1/4" thick rounds
- 1 head broccoli, cut into medium florets
- 2 large carrots, cut into 1/4" thick rounds
- 1 cup snow peas

1. In large skillet or wok sauté ginger and garlic in oil over medium-high heat for 1-2 minutes; add onion and cook for another 2 minutes.
2. Add broccoli and carrots and continue cooking until they become soft, yet still crisp, about 4-5 minutes. Add snow peas and cook another 2 minutes.

## **Crock Pot Grass-Fed Beef with Sweet Potato and Black Beans (4 servings)**

- 1 lb organic grass-fed ground beef
- 2 medium sweet potatoes, cubed
- 15oz can black beans, rinsed well
- 1/2 large onion, sliced
- 4 cloves garlic, chopped
- 1/2 tsp smoked paprika
- 2 tsp chili powder
- 1/2 tsp cumin

Combine all ingredients in crock pot, cooking on low 5-6 hours.

## **Cauliflower Rice**

- 1 head cauliflower
- 2 Tbsp ghee
- Herbs/spices of choice – Italian blend, taco seasoning, curry, garlic, Cajun blend, etc.

1. Cut cauliflower into small florets, placing 1-2 cups into blender/food processor at a time.
2. Pulse until rice size pieces form. Transfer to bowl and repeat with remaining florets.
3. Heat ghee in large skillet over medium heat. Add riced cauliflower and seasoning of choice; cook 8-10 minutes, or until desired texture is achieved, stirring occasionally.

# Lunch & Dinner Recipes

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## **Kale Stem Pesto (6 servings)**

1 cup chopped kale stems  
3 cloves of garlic  
1/2 cup raw walnuts, soaked for 6+ hours  
1 cup fresh parsley leaves  
Juice and zest of 1 lemon  
1/8 tsp salt  
1/8 tsp black pepper  
1/4 tsp red pepper flakes  
1/4 cup organic olive oil

1. Place stem pieces in a small pot and fill it with enough water to cover them halfway up. Toss in the garlic and a few pinches of salt.
2. Simmer until the stems become tender (about 20 minutes); drain and let cool.
4. In a food processor, pulse the cooked stems. Add remaining ingredients, drizzling in the olive oil at the end. Taste and adjust to your liking.

## **Curry Roasted Crucifers (8 servings)**

1 head cauliflower  
1 head broccoli  
10 Brussels sprouts, sliced in half  
1 yellow onion, cut into 1/2" slices  
3 Tbsp avocado oil  
1 Tbsp curry powder  
Salt

1. Preheat oven to 450 degrees F.
2. Break cauliflower and broccoli into small florets and place into large bowl with Brussels sprouts and onion; be sure the pieces are as equally sized or they will cook unevenly (the smaller you make the pieces, the quicker they will cook and the more caramelized they will become).
3. Drizzle with oil and season with curry powder and salt.
4. Distribute evenly in a single layer at the bottom of a baking pan. If necessary, use a second baking pan to be sure the pieces aren't too crowded.
5. Roast for 30-45 minutes. Adjust salt to taste and serve.

# Lunch & Dinner Recipes

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## **Lively Lettuce (1 serving)**

- 1 head butter lettuce (or about 2 cups mixed greens)
- 1/4 cup cooked quinoa
- 1/3 cup carrots, shredded
- 6 leaves fresh mint, sliced into thin ribbons
- 6 leaves fresh basil, sliced into thin ribbons
- 4 tsp cold-pressed olive oil

Combine all ingredients and toss.

## **Green Chile Stuffed Pork Tenderloin (4 servings)**

- 1 lb pasture raised pork tenderloin, flattened (ask butcher to do this upon purchase)
- 1 red bell pepper, chopped
- 1 small onion, chopped
- 1 clove garlic
- 4oz can green chiles
- 1 Tbsp melted grass-fed butter or ghee (clarified butter)
- Salt
- Freshly cracked black pepper
- 1 cup organic chicken stock (no sugar added)

1. Mix bell pepper, onion, garlic, and chiles in a large mixing bowl, set aside.
2. Lay the pork on a cutting board and open it up. Fill the tenderloin with the vegetable mixture.
3. Roll the pork and secure it with toothpicks or butchers twine.
4. Rub the outside of the pork with butter/ghee and sprinkle with salt and pepper.
5. Pour chicken stock into bottom of pressure cooker, add pork; cook on meat setting for 15 minutes.
6. Use quick pressure release method. Allow to sit 5 minutes before enjoying.