

# WEEK 4

See below for  
associated  
recipes

**#SYTYHealthy**

WWW.SYTYHEALTHY.COM

## MONDAY

### BREAKFAST

Meaty Breakfast  
Tacos

### LUNCH

Curry Chicken Salad  
Lettuce Wraps

### DINNER

Spring Roll Sauté

## TUESDAY

### BREAKFAST

Meaty Breakfast  
Tacos

### LUNCH

Leftover Spring Roll  
Sauté

### DINNER

Pork Nachos + Kale  
Guacamole + Basic  
Side Salad with Lemon  
Garlic Dressing

## WEDNESDAY

### BREAKFAST

Superfood Muesli

### LUNCH

Leftover Pork Nachos  
+ Kale Guacamole +  
Basic Side Salad  
(mix together for a  
taco salad)

### DINNER

Baked/grilled  
chicken topped with  
Spinach Artichoke  
Dip + Lively Lettuce

## THURSDAY

### BREAKFAST

Meaty Breakfast  
Tacos

### LUNCH

Lively Lettuce with  
leftover chicken and  
Lemon Garlic  
Dressing

### DINNER

Simple Steak +  
Sweet & Savory  
Roasted Carrots +  
steamed broccoli  
topped with ghee

## FRIDAY

### BREAKFAST

Superfood Muesli

### LUNCH

Leftover Simple  
Steak + Sweet &  
Savory Roasted  
Carrots + steamed  
broccoli with ghee

### DINNER

Pecan Honey Mustard  
Chicken + Apple  
Avocado Kale Slaw

# Breakfast Recipes

www.sytyhealthy.com

## **Meaty Breakfast Tacos (1 serving)**

2 eggs, whisked

1 tsp avocado oil, grass-fed butter, or ghee

1/4 cup frozen chopped peppers

1 handful fresh spinach

Pinch of seasoning (i.e. black pepper, Italian seasoning, cumin, etc.)

2 thick slices (#2 or #3 cut at the deli) nitrite- and nitrate-free deli meat

1. Heat oil, butter, or ghee in small skillet over medium heat.
2. Add peppers and heat until thawed. Add spinach and whisked eggs to skillet, stirring regularly.
3. Cook until no longer runny (or desired consistency); sprinkle with seasoning.
4. Place half of the egg mixture in the middle of each slice of deli meat. Fold into a taco.

## **Superfood Muesli (1 serving)**

1/4 cup raw walnuts

1/4 cup roasted sunflower seeds

2 Tbsp coconut flakes, unsweetened

1 Tbsp raisins (no sugar added), optional

1/8 tsp cinnamon

1/8 tsp nutmeg

1 scoop grass-fed collagen peptides

1/2 cup unsweetened milk alternative (coconut, almond, flax, etc.)

1. Combine nuts, seeds, coconut flakes, raisins (if desired), and spices in small bowl/container. *Optional: cover with milk or unsweetened milk alternative and allow to soak 15 minutes or overnight (this will soften the nuts and seeds)*
2. Stir collagen peptides into milk; pour milk over muesli mixture.

# Lunch & Dinner Recipes

www.sytyhealthy.com

## **Curry Chicken Salad Lettuce Wraps (4 servings)**

1 rotisserie chicken, breast meat removed and shredded  
2 cups raw spinach, chopped  
1 cup seedless grapes, halved  
1/4 cup plain Greek, goat, or sheep milk yogurt  
1 1/2 tsp curry powder  
Pinch of salt  
8 romaine or butter lettuce leaves, rinsed and dried

1. Place shredded breast meat into a medium bowl.
2. Add spinach, grapes, yogurt, curry powder, and salt; mix well.
3. Divide mixture among lettuce leaves and wrap or fold.

## **Spring Roll Sauté (makes 4 servings)**

2T organic toasted sesame oil  
4 cloves garlic, finely chopped  
1" fresh ginger root, finely chopped  
1/2" fresh turmeric root, finely chopped  
1/2 16oz bag shredded kale and cabbage blend  
1/2 12oz bag broccoli slaw  
1lb lean ground meat of choice (we use turkey), cooked  
3T coconut aminos

1. Heat oil in large skillet over medium high heat. Add garlic, ginger, and turmeric; cook 1-2 minutes.
2. Meanwhile, cook turkey in a medium skillet over medium heat (no need to add oil or seasoning).
3. Add shredded cabbage blend and broccoli slaw and cover; cook another 5 minutes (or until desired texture is achieved) stirring regularly.
4. Add cooked turkey and coconut aminos to the vegetable blend. Toss all ingredients to distribute flavors evenly.

# Lunch & Dinner Recipes

www.sytyhealthy.com

## **Pork Nachos (8 servings)**

2 lb pasture-raised pork roast  
1 tsp salt, divided  
1 tsp pepper, divided  
1 T dried thyme  
4 bay leaves  
1 cup low-sodium chicken stock  
Assortment of mini bell peppers, halved  
1 can black refried beans, heated  
1 avocado, cubed  
Salsa

1. Place pork roast in crock pot. Sprinkle with 1/2 tsp each salt and pepper and rub into the meat; flip and repeat on the other side.
2. Add thyme, bay leaves, and chicken stock.
3. Cover and cook on low for 7-8 hours.
4. Remove cover and shred meat with two forks; replace cover and allow to sit 30 minutes.
5. Meanwhile, prepare pepper halves, filling each with a spoonful of beans; top with shredded meat.

## **Kale Guacamole (4 servings)**

1 large avocado, mashed  
2-3 Tbsp salsa  
1/2 cup kale, chopped  
1 clove garlic, minced  
Juice of 1 lime  
Pinch of salt

Combine all ingredients and mix well.

# Lunch & Dinner Recipes

www.sytyhealthy.com

## **Basic Side Salad (4 servings)**

- 1 bag lettuce (mixed greens, butter leaf, romaine, etc.)
- 2 large carrots, grated
- 1 cucumber, peeled and sliced

Combine all ingredients in large bowl and toss.

## **Lemon Garlic Dressing**

- Juice of two lemons (about 1/2 cup)
- 1/2 cup organic olive oil
- 4-6 cloves garlic, minced

Combine ingredients and mix well; use a blender for a creamier consistency.

## **Spinach Artichoke Dip (6 servings)**

- 3/4 cup plain unsweetened coconut milk
- 3 Tbsp lemon juice
- 1-2 cloves garlic, peeled
- 1 tsp salt
- 1/2 tsp dry mustard powder
- Black pepper, to taste
- 3/4 cup raw cashews
- 12oz bag frozen artichoke hearts, partially thawed
- 2 cups loosely packed fresh spinach leaves

1. Prior to making this recipe, place cashews in a bowl and cover with water; soak for 8 hours, then drain liquid.
2. Preheat oven to 425 degrees F.
3. In a blender, combine milk, lemon juice, garlic, salt, dry mustard, pepper, and cashews; blend until very smooth.
4. Add artichokes and spinach and very briefly blend or pulse.
5. Transfer mixture to an ovenproof baking dish, and bake for 15-20 minutes.

# Lunch & Dinner Recipes

www.sytyhealthy.com

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

1 head butter lettuce (or about 4 cups mixed greens)

1/2 cup carrots, shredded

6 leaves fresh mint, chopped

6 leaves fresh basil, sliced into thin ribbons

Combine all ingredients and toss.

## **Simple Steak (4 servings)**

1 lb steak

1/4 tsp salt

1/4 tsp fresh ground black peppers

1. Turn George Foreman Grill on and allow to heat.
2. Meanwhile, season steak with salt and pepper (both sides).
3. Place steak on preheated George Foreman for 4 minutes; flip and cook another 1 minutes, or until cooked to your preference.
4. Transfer to a plate and allow to sit 3-5 minutes before cutting.

## **Sweet & Savory Roasted Carrots**

5-6 organic whole carrots, cut into 3" strips

1 Tbsp avocado oil

1/2 tsp ground cinnamon

1/2 tsp cumin

1/4 tsp pink Himalayan salt

1/4 tsp freshly ground black pepper

1. Preheat oven to 425 degrees.
2. Combine all ingredients in a medium bowl and toss until carrots are evenly coated with spices.
3. Transfer to baking pan and place in oven. Cook 20 minutes or until desired texture is achieved.

# Lunch & Dinner Recipes

www.sytyhealthy.com

## **Pecan Honey Mustard Chicken (4 servings)**

4 -4oz chicken breasts  
1/4 cup Dijon mustard  
1 Tbsp raw local honey  
1 cup raw pecans, finely chopped

1. Preheat oven to 425 degrees.
2. In a small bowl, combine mustard and honey. Mix well.
3. Spread pecans on a dinner plate.
4. Coat each chicken breast with honey mustard mixture and roll in pecans until all sides are covered.
5. Place chicken breast on baking pan and place in oven. Bake 35-40 minutes, or until meat is no longer pink inside.

## **Apple Avocado Kale Salad (4 servings)**

1 bunch lacinato (dino) kale  
1/2 tsp salt  
1 large avocado, diced  
1 small apple, chopped

### *Dressing*

2 Tbsp organic olive oil  
Zest of 1 lime  
3-4 Tbsp lime juice (juice of 1 lime)  
1 clove garlic, minced  
1 tsp ground cumin

1. De-stem kale and chop in thin ribbons.
2. Place kale leaves in bowl and sprinkle with salt, massaging kale for about 2 minutes until it releases moisture; drain moisture off.
3. In a large salad bowl whisk together oil, lime zest and juice, garlic, and cumin.
4. Dice avocado and apple and fold into kale leaves.
5. Toss with dressing; serve cold.