

# WEEK 2

See below for  
associated  
recipes

**#SYTYHealthy**

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## MONDAY

### BREAKFAST

2 eggs (prepared  
anyway) + 2 Turkey  
Patties

### LUNCH

Chicken Stir Fry

### DINNER

Crock Pot Italian Beef  
+ Roasted Vegetables  
+ Broccoli Apple Slaw

## TUESDAY

### BREAKFAST

Crock Pot Breakfast  
Pie

### LUNCH

Leftover Crock Pot  
Italian beef + Broccoli  
Apple Slaw

### DINNER

Crock Pot Chicken  
Chili served over raw  
zucchini noodles

## WEDNESDAY

### BREAKFAST

2 eggs (prepared  
anyway) + 2 Turkey  
Patties

### LUNCH

Grilled chicken  
breast and leftover  
Roasted Vegetables  
served over Basic  
Side Salad +  
Detoxifying Dressing

### DINNER

Basic Burger with  
lettuce and tomato +  
steamed green beans  
+ Broccoli Apple Slaw

## THURSDAY

### BREAKFAST

Crock Pot Breakfast  
Pie

### LUNCH

Leftover Basic Burger  
with lettuce and  
tomato + steamed  
green beans + small  
avocado

### DINNER

Ginger Salmon Salad  
with Red Grapes  
topped with  
Detoxifying Dressing  
+ GFG zucchini

\*GFG: George Foreman Grill

## FRIDAY

### BREAKFAST

Crock Pot Breakfast  
Pie

### LUNCH

Leftover Ginger  
Salmon Salad with  
Red Grapes and  
Detoxifying Dressing  
+ roasted asparagus

### DINNER

Leftover Crock Pot  
Chicken Chili served  
over raw zucchini  
noodles

# Breakfast Recipes

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## **Turkey Patties (4 servings)**

- 1 lb lean ground turkey
- 1 Tbsp Italian seasoning
- 1/4 tsp black pepper
- 1/4 tsp salt

1. Combine all ingredients in a mixing bowl, mixing until it reaches an even consistency.
2. Form mixture into 8 patties.
3. Cook on a George Foreman or in a preheated oven (350 degrees F).
4. Each side should be golden, and the center of the patties should no longer be pink.

## **Crock Pot Breakfast Pie (6 servings)**

- 8 eggs, whisked
- 1 small sweet potato or yam, shredded
- 2 links chicken apple sausage, diced
- 1 yellow onion, diced
- 1 Tbsp garlic powder
- 2 tsp dried sage powder
- Salt and pepper, to taste
- Additional veggies you want to incorporate: peppers, zucchini, etc.

1. Line crock pot with parchment paper.
2. Combine all ingredients in a medium bowl and mix well.
3. Pour into lined crock pot.
4. Cook on low for 3-4 hours.
5. Slice into six pieces. Store in fridge or freeze individual slices.

# Lunch & Dinner Recipes

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## Chicken Stir Fry (4 servings)

- 1 lb chicken breasts, cubed
- 2 Tbsp avocado oil
- 2 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
- 2 baby bok choy, thinly sliced lengthwise
- 1 Tbsp coconut aminos
- 2 tsp ginger powder

1. In large skillet or wok sauté garlic, onion, broccoli, and carrots in oil over medium-high heat for 5 minutes, stirring occasionally.
2. Add chicken and continue cooking until chicken is cooked through, about 5-7 minutes.
3. Add bok choy, coconut aminos, and ginger. Mix well, cover with lid, and allow to cook another 1-2 minutes until bok choy is tender.
4. Turn heat to low and remove lid.

## Crock Pot Italian Beef (6 servings)

- 2 1/2 lbs brisket
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1/2 cup filtered water
- 1 Tbsp red wine vinegar
- 2 Tbsp Dijon mustard
- 6 large portabella mushroom caps

1. Combine all the spices together and rub them onto the roast.
2. Place the roast into the slow cooker and add the water and red wine vinegar.
3. Cook on low for 7-8 hours.

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# Lunch & Dinner Recipes

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4. Remove the beef and shred the meat, skimming off visible fat.
5. Serve beef on portabella mushroom "buns" (drizzle with avocado oil, salt, and pepper and place on George Foreman or roast for about 10 minutes at 450 degrees F) and top with Dijon mustard.

## **Roasted Vegetables (8 servings)**

4-5 cups variety of raw veggies, your choice

2 Tbsp avocado oil

1/2 tsp salt

2 Tbsp Italian seasoning

1. Preheat oven to 450 degrees F.
2. Wash vegetables. Place vegetables into large bowl, making the pieces as evenly sized as possible, or they will not cook at the same rate (the smaller you make the pieces, the quicker they will cook and the more caramelized they will become).
3. Drizzle vegetables with oil and season with salt and Italian or all-purpose seasoning.
4. Transfer vegetables to a baking pan; distribute into an even layer. If necessary, use a second baking pan to be sure the pieces aren't too crowded.
5. Place pan(s) into the oven and roast for 15-20 minutes or until the tips begin to brown and become crisp.

## **Broccoli Apple Slaw (makes 6 servings)**

2 heads of broccoli, chopped

3/4 cups raw walnuts, chopped

1 small apple, peeled and chopped

2 green onions, thinly sliced

1" fresh ginger root, grated

### *Dressing*

1 Tbsp raw local honey

2 Tbsp apple cider vinegar, with the mother (such as Bragg)

1 Tbsp organic olive oil

1/2 tsp mustard powder

1/2 tsp garlic powder

Salt and pepper, to taste

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# Lunch & Dinner Recipes

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1. Combine broccoli, walnuts, apple, onion, and ginger in a large bowl.
2. Combine all dressing ingredients in a bowl or jar and mix until well combined. Pour over broccoli mixture.
3. Toss until broccoli mixture is evenly coated.

## **Crock Pot Chicken Chili (4 servings)**

- 1 lb boneless skinless chicken breasts
- 1 bag frozen chopped peppers
- 1 red onion, chopped
- 1 jalapeño pepper, minced (optional)
- 2 cups salsa
- 2 garlic cloves, minced
- 1 1/2 cups water
- 1 tsp ground cumin
- 1 tsp chili powder
- 1/8 tsp sea salt
- 1/8 tsp black pepper
- 1 large avocado, sliced

1. Combine all ingredients, except avocado, in the crock pot.
2. Cover and cook on low for 6 to 8 hours.
3. Once the cooking is done, use two forks to shred the chicken breasts. Give the mixture a good stir.
4. Return the lid and allow to simmer for another 20 minutes on low.
5. Top with avocado before serving.

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

- 1 bag lettuce (mixed greens, butter leaf, romaine, etc.)
- 2 large carrots, grated or sliced
- 1 large avocado, cubed

Combine all ingredients in large bowl and toss.

# Lunch & Dinner Recipes

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## **Detoxifying Dressing**

- 1/4 cup organic olive, flax seed, or avocado oil
- 2 Tbsp Bragg apple cider vinegar
- 1/4 tsp dry mustard powder
- 1 clove garlic, minced
- Pinch of salt and fresh ground black pepper, to taste

Blend in blender or whisk until well mixed.

## **Basic Burgers (4 servings)**

- 1 lb organic grass-fed ground beef
- 1/2 green bell pepper, finely chopped
- 1/2 small onion, finely chopped
- Pinch of salt and black pepper

1. Combine all ingredients in a large bowl and mix well.
2. Form into four equally sized patties.
3. Place on grill or George Foreman until cooked to desired doneness.

## **Ginger Salmon Salad with Red Grapes (4 servings)**

- 4 – 5oz wild-caught salmon filets
- 1/4 cup fresh ginger root, grated
- 2 cloves garlic, chopped
- 1 tsp cayenne pepper
- 1 Tbsp pure maple syrup
- 6 Tbsp avocado oil
- 8 cups arugula or mixed baby salad greens
- 1 cup red seedless grapes, halved

1. Preheat oven to 425 degrees F.
2. Place salmon filets face up on a baking pan.
3. In a bowl, combine ginger, garlic, cayenne, syrup, and oil; mix well. Using the back of a spoon or a pastry brush, lightly brush the spice mixture onto the salmon strips.
4. Place dressed salmon in oven for 15-20 minutes (about 15 minutes per 1" height) or until fish flakes with fork.
5. In a large bowl, toss arugula with grapes and divide among four plates. Top each serving with a filet of salmon.