

WEEKLY MEAL MENU

BREAKFAST

Berry Breakfast Bark



ENTREE

Chicken Club Wrap



ENTREE

Turkey Burrito Bowl



ENTREE

Sheet Pan Lemon and Asparagus Chicken



SIDES

BLT Pasta Salad



SIDES

Parmesan and Garlic Cauliflower Rice



SWEETS

Protein Peanut Butter Cups



• BREAKFAST •

Berry Breakfast Bark



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 ½ cups plain, full-fat Greek yogurt
- 1/8 teaspoon stevia
- 1/8 teaspoon vanilla
- ½ cup granola
- ½ cup fresh blueberries
- ½ cup halved strawberries

INSTRUCTIONS

1. In a medium bowl, combine the yogurt, stevia, and vanilla. Taste the mixture, and adjust for sweetness.
2. Fit parchment in a medium baking pan, and spoon the yogurt mixture into the parchment. Level out with an offset spatula.
3. Top with granola and berries.
4. Freeze for 2-2.5 hours, or until completely frozen.
5. Cut into bars, and serve.
6. Store the bars in the freezer.

ENTREE

Chicken Club Wraps



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- ¼ cup plain Greek yogurt
- 2 teaspoons lime juice
- ¼ teaspoon ground sea salt
- ¼ teaspoon freshly ground black pepper
- 4 tortillas (Ezekiel, brown rice, corn or spinach)
- 8 slices uncured bacon, cooked
- 2 cups shredded rotisserie or cooked chicken
- 1 ½ cups romaine, thinly sliced
- 1 cup halved cherry tomatoes

INSTRUCTIONS

1. In a small bowl, stir the yogurt, lime juice, salt and pepper together.
2. Taste for seasoning preference, and adjust if necessary.
3. Divide mixture between tortillas, and spread evenly to coat.
4. Top with bacon, chicken, romaine, and cherry tomatoes.
5. Roll up, and serve.

ENTREE

Turkey Burrito Bowl



**Recipe makes 4 servings*

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 lb. ground turkey (or lean ground beef)
- 1 tablespoon olive oil
- ½ teaspoon salt
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon paprika
- 1 cup chicken broth
- 1 (15 oz.) can black beans, drained and rinsed
- 1 cup frozen roasted corn
- 2 cups cooked basmati rice
- 1 cup purchased pico de gallo
- ½ cup shredded Mexican cheese (optional)

INSTRUCTIONS

1. Sauté turkey with olive oil in a large frying pan, over medium heat.
2. Season with salt.
3. Break turkey up with spatula, and cook until cooked through and no longer pink.
4. Add chili powder, cumin, and paprika, to the pan.
5. Stir for 1 minutes.
6. Pour in chicken broth, and reduce heat to medium low.
7. Add beans, and frozen corn.
8. Cook until all the broth has been absorbed.
9. Divide turkey, rice, beans, and corn between bowls.
10. Top with cheese and pico.

ENTREE

Sheet Pan Lemon Asparagus Chicken



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 ½ lbs. chicken breast tenders
- 1 tablespoon olive oil
- 1 tablespoon lemon pepper
- 1 bundle asparagus, rough ends removed
- 1 large lemon, thinly sliced

INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Fit a large, rimmed baking pan with parchment paper.
3. Place chicken breast tenders on pan and sprinkle on ½ of the lemon pepper (~1/2 tbsp) evenly between them.
4. Top with lemon slices.
5. Place asparagus around chicken.
6. Drizzle on olive oil and sprinkle on remaining lemon pepper.
7. Bake for 25 minutes, or until chicken is cooked through and registers 165 degrees with meat thermometer.

SIDES

BLT Pasta Salad



Recipe makes 6 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 2 ½ cups bowtie pasta
- 6 cups romaine lettuce
- 1 cup halved cherry tomatoes
- 3 strips uncured bacon, cooked + crumbled
- 1 tablespoon barbecue sauce
- ½ teaspoon lemon pepper or freshly ground black pepper
- ½ cup homemade "ranch dressing"

INSTRUCTIONS

1. Bring a pot of salted water to a boil over medium-high heat.
2. Add the pasta and stir well.
3. Cook for 11-12 minutes, or until al dente.
4. Drain, and rinse under cold water for 1 minute.
5. Pour pasta into a large bowl, and add lettuce, cherry tomatoes, bacon, barbecue sauce, pepper, and ranch dressing.
6. Stir well.
7. Serve immediately, or refrigerate for 1 hour to let flavors meld.

Homemade Ranch Dressing

INGREDIENTS

- ¼ cup plain, nonfat Greek yogurt
- ¼ tsp dried parsley
- ¼ tsp dried dill
- ¼ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp sea salt
- ¼ tsp pepper

INSTRUCTIONS

1. Combine and mix.

SIDES

Parmesan and Garlic Cauliflower Rice



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 medium head orange, or white cauliflower, roughly chopped
- 3 tablespoons ghee/clarified butter
- 1 garlic clove, minced
- ½ teaspoon sea salt
- ½ teaspoon freshly grated black pepper
- 2-3 tablespoons shredded parmesan cheese

INSTRUCTIONS

1. Process the cauliflower in a food processor fitted with a metal blade, until it is the size of rice.
2. Heat ghee in a medium frying pan over medium heat. Add the garlic and cauliflower to the pan, and season with salt and pepper. Sauté until garlic and cauliflower are softened, about 3-5 minutes.
3. Stir in parmesan, and serve immediately.

SWEETS

Protein Peanut Butter Cups



Recipe makes 6 servings (1 serving = 1 PB Cup)

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 2 tablespoons melted coconut oil
- 2 tablespoons melted ghee/clarified butter
- ½ cup natural and smooth peanut butter
- ¼ cup dark cocoa powder
- ½ scoop chocolate or vanilla protein powder
- 1/8 teaspoon stevia
- Unsweetened coconut, for garnish (optional)

INSTRUCTIONS

1. Mix everything together in a medium bowl.
2. Divide evenly between 6 cupcake wrappers, and freeze for 30 minutes.
3. Garnish with coconut.