

WEEKLY MEAL MENU

SMOOTHIES

Tropical Green Smoothie



ENTREE

Sheet Pan Chicken Sausage and Veggies



ENTREE

Buffalo Chicken Zucchini Boats



ENTREE

Turkey and Sweet Potato Skillet



SIDES

Cucumber Dill Salad



SIDES

Asparagus Salad



SWEETS

Fro-Yo Popsicles



SMOOTHIES

Tropical Green Smoothie**Recipe makes 1 serving**

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 frozen banana (peeled & sliced prior to freezing)
- 1 cup diced pineapple (fresh or canned)
- 1 cup baby spinach leaves
- 2/3 cup Greek yogurt
- ¼ cup unsweetened almond milk
- ½ teaspoon ground sea salt

INSTRUCTIONS

1. Place all of the ingredients in a blender and process until smooth.

ENTREE

Sheet Pan Chicken Sausage and Veggies



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 2 large carrots, cut into 1-inch pieces
- 1 medium zucchini, cut into 1-inch rounds
- 1 small head broccoli, chopped into florets
- 1 large orange bell pepper, sliced
- ¼ cup olive oil, divided
- 16 oz. all natural Italian chicken sausage, thinly sliced
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- 4 cups cooked rice

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Line a large, rimmed sheet pan with parchment.
3. Place the vegetables in a large bowl, and toss with 2 tablespoons olive oil.
4. Spread veggies out in an even layer on the pan along with the sausage.
5. Bake for 20 minutes.
6. In a small bowl, combine remaining oil, oregano, basil, salt, pepper, onion powder and garlic powder. Drizzle over the vegetables and sausage. Bake for an additional 15 minutes, or until sausage is browned and vegetables are tender.
7. Serve over cooked rice.

ENTREE

Buffalo Chicken Zucchini Boats



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 2 cooked chicken breasts, shredded
- ¼ cup plain, nonfat Greek yogurt
- ¾ cup Frank's Red Hot Wings Buffalo Sauce
- ½ small red onion, diced
- ½ red, orange or yellow bell pepper, diced
- ¼ cup halved cherry tomatoes
- 4 zucchinis, halved and seeded
- ½ cup shredded Monterey Jack cheese

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a large bowl, combine chicken, yogurt, hot sauce, onion, bell pepper and tomatoes (test the spiciness... you may add more hot sauce or yogurt to achieve your personal preference)
3. Divide mixture between zucchini pieces.
4. Top each with cheese.
5. Bake for 20-25 minutes, or until cooked through and zucchini is softened.
6. If desired, you may drizzle our homemade ranch dressing over the top.

ENTREE

Turkey and Sweet Potato Skillet



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 2 tablespoons olive oil
- 1 lb. ground turkey
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 medium onion, diced
- 1 small yellow bell pepper, diced
- 2 sweet potatoes, diced
- ½ cup chicken or vegetable broth
- ½ teaspoon red pepper flakes
- 1 tablespoon dried or fresh parsley to taste
- ½ cup shredded mozzarella (optional)

INSTRUCTIONS

1. Heat olive oil over medium heat, in a medium frying pan.
2. Add turkey to the pan, and season with salt and pepper. Sauté until cooked through.
3. Stir onion, bell pepper and sweet potato into the pan. Sauté until slightly softened, about 5 minutes.
4. Add broth and red pepper flakes to the pan. Cover, and reduce heat to medium-low.
5. Cook until potatoes are completely tender (test with a fork), about 7-10 minutes.
6. Top with parsley and cheese if desired.
7. Serve immediately.

SIDES

Cucumber Dill Salad



Recipe makes 2 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 cucumber, thinly sliced
- ½ small red or yellow onion, thinly sliced
- ¼ cup plain, nonfat Greek yogurt
- 1 teaspoon lemon juice
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- ½ teaspoon dill (or to taste)

INSTRUCTIONS

1. Combine all of the ingredients in a medium bowl.
2. Refrigerate for 1 hour to let flavors meld.

SIDES

Asparagus Salad



Recipe makes 5 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 2 lbs. asparagus, rough ends removed and roughly chopped
- 1 pint grape tomatoes, halved
- 2/3 cup chopped walnuts
- 4 oz. crumbled feta cheese
- Dressing (use the quick homemade recipe here, or a store-bought balsamic vinaigrette)

INSTRUCTIONS

1. Bring a large pot of water to a boil. Cook asparagus for 4 minutes, or until bright green.
2. Immediately put asparagus in a large bowl of ice water.
3. Dry asparagus on paper towels.
4. Place all of the ingredients in a large bowl and toss.

BALSAMIC LEMON VINAIGRETTE INGREDIENTS

- ¼ cup extra-virgin olive oil
- 3 tablespoons balsamic vinegar
- 1 tablespoon lemon juice
- 2 teaspoons dijon mustard
- 1/8 teaspoon ground sea salt
- 1/8 teaspoon lemon pepper

INSTRUCTIONS

1. Whisk all of the ingredients together in a small bowl.
2. Drizzle over salad.

SWEETS

Fro-Yo Popsicles



Recipe makes 6 popsicles (1 serving = 2 popsicles)

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 (5.3 oz.) container strawberry Greek yogurt
- 1 frozen banana, peeled and roughly chopped
- 1 cup frozen strawberries
- 1 cup unsweetened almond milk
- 1 cup canned coconut milk

INSTRUCTIONS

1. In a blender, process yogurt, banana, strawberries and almond milk together.
2. Fill 6 popsicle molds 3/4 up with strawberry mixture. Freeze for 1 hour.
3. Add coconut milk, dividing between popsicle molds. Freeze for an additional 3 hours.