

WEEKLY MEAL MENU

BREAKFAST

*Black Bean
Breakfast Burrito*



ENTREE

*Honey Mustard
Chicken Salad*



ENTREE

Avocado Egg Salad



ENTREE

*Loaded Potato and
Chicken Casserole*



ENTREE

*Asian Style Turkey
Lettuce Wraps*



SIDES

Parmesan Crusted Zucchini



SWEETS

*Snickerdoodle
Protein Cookies*



• SMOOTHIES •

Black Bean Breakfast Burrito



Recipe makes 2 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 tablespoon olive oil or ghee
- ½ small onion, diced
- 4 eggs, beaten
- 1 cup canned black beans, drained and rinsed
- ½ cup salsa
- ¼ cup shredded Monterey jack cheese (optional)
- 2 Ezekiel, brown rice or corn tortillas
- 1 small ripe avocado, sliced

INSTRUCTIONS

1. Heat oil or ghee in a large frying pan over medium heat.
2. Add onion and sauté until softened, about 5 minutes; remove onion, and reserve to a plate.
3. Add beaten eggs to the pan, and cook to desired texture.
4. Stir in beans, salsa and cheese. Cook until warmed through, about 3 minutes.
5. Divide between tortillas and top with avocado and onion, and serve.

ENTREE

Honey Mustard Chicken Salad



Recipe makes 2 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 3 tablespoons honey
- 1 ½ tablespoons olive oil
- 1 ½ tablespoons grainy dijon mustard
- 1 tablespoon smooth dijon mustard
- 2 teaspoons lemon juice
- ½ teaspoon dried red pepper flakes
- ½ teaspoon ground sea salt
- ½ teaspoon lemon pepper or freshly ground black pepper
- 2 boneless chicken breasts
- 4 cups baby spinach or roughly chopped romaine
- 1 cup halved cherry tomatoes
- ¼ cup canned fire-roasted corn
- 4 slices cooked bacon, crumbled

INSTRUCTIONS

1. Whisk together the honey, oil, mustards, lemon juice, red pepper flakes, salt and pepper. Reserve half of the marinade.
2. Poke chicken all over with the tines of a fork. Pour remaining half of marinade over chicken (in a container or bag).
3. Refrigerate chicken for 1 hour.
4. Place chicken in a large nonstick frying pan over medium heat. Cook until golden, and flip. Cook for an additional 5-8 minutes, or until chicken registers 165 degrees with a meat thermometer.
5. Let chicken cool slightly. Slice chicken into strips, and place in a large bowl with spinach, tomatoes, corn and bacon. Drizzle salad with remaining marinade.

ENTREE

Avocado Egg Salad



Recipe makes 2 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 large, ripe avocado, halved and pitted
- 4 hard boiled eggs, peeled
- 1 large scallion, thinly sliced
- 2 tablespoons plain, nonfat Greek yogurt
- 1 teaspoon lime zest
- ½ teaspoon ground sea salt
- ½ teaspoon freshly ground black pepper

INSTRUCTIONS

1. Mash together the avocado, eggs, scallions, yogurt, lime zest, salt and pepper.
2. Refrigerate for 1 hour to let the flavors meld.
3. Enjoy as is or on bread or a tortilla!

ENTREE

Loaded Potato and Chicken Casserole



Recipe makes 2 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 2 large russet potatoes, diced into 1-inch pieces
- 1 tablespoon olive oil
- ½ teaspoon ground sea salt
- ½ teaspoon freshly ground black pepper
- 1 medium onion, diced into 1-inch pieces
- 2 large, cooked chicken breasts, diced
- ¾ teaspoon paprika
- 1 teaspoon garlic powder
- 1 tablespoon hot sauce
- 2 pieces cooked bacon, crumbled
- 2 tablespoons shredded Monterey jack or sharp cheddar cheese

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Toss potatoes with olive oil, and season with salt and pepper. Place on a large, rimmed baking sheet lined with parchment.
3. Bake for 20 minutes, or until browned.
4. Flip the potatoes, and add the onion, chicken, paprika, garlic powder and hot sauce.
5. Cook for an additional 15-20 minutes, or until potatoes are golden brown and the onions have cooked through.
6. Top with bacon and cheese. Bake for 5 minutes, or until cheese has melted.

ENTREE

Asian Style Turkey Lettuce Wraps



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 lb. ground turkey
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 2 teaspoons ground ginger
- 4 scallions, thinly sliced, (separate the whites and greens)
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons rice vinegar
- 2 teaspoons red chili paste
- ¼ cup chicken broth
- Leaf lettuce

INSTRUCTIONS

1. In a large frying pan, sauté the turkey with the olive oil until browned and cooked through, 6-8 minutes.
2. Add the garlic and ginger, and stir for 1 minute.
3. Stir in scallion whites, soy sauce, vinegar, chili paste and chicken broth
4. Let sauce reduce for 3-5 minutes, or until completely absorbed.
5. Divide mixture between lettuce cups, and top with green scallion greens.

SIDES

Parmesan Crusted Zucchini



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 4 medium zucchini, halved lengthwise
- 1 ½ tablespoons olive oil
- ½ teaspoon ground sea salt
- ½ teaspoon freshly ground black pepper
- ½ cup shredded parmesan cheese
- 1 tablespoon fresh rosemary, or 2 teaspoons dried, roughly chopped
- 1 tablespoon fresh thyme, or 2 teaspoons dried

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Brush zucchini halves with olive oil.
3. Season with salt and pepper.
4. Place zucchini on a parchment lined baking sheet. Top with parmesan and herbs. Bake for 15-20 minutes, or until golden brown.

Snickerdoodle Protein Cookies



Recipe makes 6 cookies (1 serving = 2 cookies)

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- ¼ cup coconut flour
- ¼ cup honey
- 1 egg, beaten
- 2 ½ scoops vanilla protein powder
- ¾ teaspoon baking powder
- ½ teaspoon ground sea salt
- 1 tablespoon room temperature coconut oil
- 1 teaspoon vanilla extract
- 2 teaspoons cinnamon

INSTRUCTIONS

1. Preheat oven to 325 degrees.
2. Combine all the ingredients, except cinnamon, in a large mixing bowl.
3. Stir until well combined, about 1 ½-2 minutes.
4. Refrigerate for 30 minutes.
5. Line a large, rimmed baking sheet with parchment. Divide mixture into 1 ½-inch balls. (Note: They will be sticky, but that's fine.) Lightly flatten them on the pan.
6. Divide cinnamon between cookies.
7. Bake for 10-12 minutes, or until cooked though.
8. Let cool on a cooling rack.