

WEEKLY MEAL MENU

• LG Seasonal Favorites •

BREAKFAST

Avocado Egg Salad



BREAKFAST

Banana Split Breakfast Boats



ENTREES

Bruschetta Chicken Zoodle Bowl



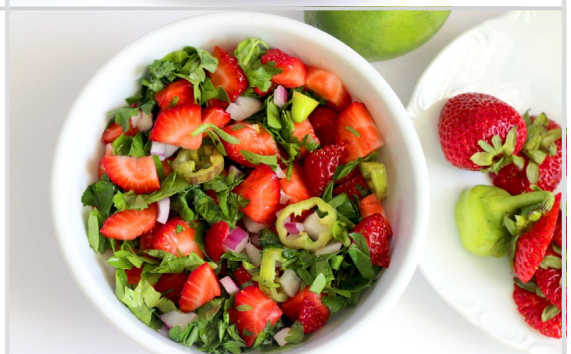
SIDES

Mediterranean Quinoa Salad



SIDES

Strawberry Salsa



BREAKFAST

Avocado Egg Salad



Recipe makes 1 serving but can be doubled or tripled

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 hardboiled egg, roughly chopped
- 1 avocado, pitted, and diced
- 3 tbsp plain, nonfat Greek yogurt
- 1 tbsp red onion, diced
- ½ teaspoon Dijon mustard (optional)
- 1 fajita-sized tortilla, warmed (suggestions - corn, Ezekiel or brown rice tortilla)

INSTRUCTIONS

1. Mix together the egg, avocado, yogurt, onion, and Dijon (if using).
2. Spread mixture over tortilla, leaving ½-inch space around the edge.
3. Roll up, and slice with a serrated knife.

B R E A K F A S T

Banana Split Breakfast Boats

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PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- ½ cup flavored Greek yogurt
- 1 banana, halved
- 2 tbsp sliced almonds
- ¼ cup strawberries, diced
- ¼ cup blueberries
- ¼ cup granola
- 1 tbsp dark chocolate chips

INSTRUCTIONS

1. Divide yogurt between banana halves and top with almonds, fruit, granola and chocolate chips.

ENTREES

Bruschetta Chicken Zoodle Bowl



Recipe makes 2 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

CHICKEN MARINADE INGREDIENTS

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- ½ tsp sea salt
- ½ tsp pepper
- 2 medium chicken breasts

INSTRUCTIONS

1. Whisk oil, vinegar, salt and pepper in a small bowl.
2. Place chicken in a large, resealable plastic bag. Pour marinade over the chicken and refrigerate for 1-3 hours.
3. Preheat grill to medium-high.
4. Remove chicken from the bag, and discard marinade.
5. Grill chicken for 7 minutes, and flip. Cook for 3-5 minutes or until chicken registers 165 degrees with a meat thermometer.

ZOODLE/BRUSCHETTA INGREDIENTS

- 3 tbsp olive oil, divided
- 2 spiralized zucchini
- 3 plum tomatoes, diced
- 2 tbsp thinly sliced basil
- 1 tbsp red onion, diced
- 2 tbsp balsamic vinegar
- 1 tbsp freshly grated parmesan

INSTRUCTIONS

1. Heat 2 teaspoons olive oil in a large frying pan, over medium heat. Sauté zoodles until softened, about 3-5 minutes.
2. Combine tomatoes, basil, and onion in a medium bowl. Whisk together the remaining olive oil with the vinegar in a small bowl.
3. Combine the tomatoes, basil and onion with oil and vinegar and toss to create bruschetta mixture.
4. Thinly slice chicken.
5. Divide zoodles between 2 plates, and place chicken on top.
6. Top the chicken with bruschetta mixture and top with parmesan.

Mediterranean Quinoa Salad



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 cup rinsed quinoa
- 1¾ cups broth or salted water
- 1 avocado, seeded and diced
- 1 large tomato, diced
- 1 cup English cucumber, diced
- ¼ cup green or black olives, sliced
- ¼ cup crumbled feta
- 2 tbsp olive oil
- 1½ tbsp lemon juice
- ½ tsp dried oregano, basil, or dill
- ½ tsp sea salt
- ½ tsp pepper
- 2 tbsp store-bought hummus

INSTRUCTIONS

1. Bring quinoa and broth to a boil in a medium saucepan, over medium heat. Cover and reduce heat to medium-low. Cook until tender but still slightly firm, 15-20 minutes.
2. Place the quinoa in a large bowl, and toss with avocado, tomato, cucumber, olives and feta.
3. In a small bowl whisk together the olive oil, lemon juice, oregano, salt and pepper.
4. Drizzle over salad, and toss well to coat.
5. Top with hummus.

NOTE: this recipe pairs well with grilled chicken

SIDES

Strawberry Salsa

Recipe makes 3 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 pint strawberries, diced
- ½ cup chopped cilantro or flat-leaf parsley
- 1 jalapeño or banana pepper, sliced
- 1 lime, juiced
- 1 tbsp olive oil
- ½ small red onion, diced
- ½ tsp sea salt

INSTRUCTIONS

1. Combine all of the ingredients in a medium bowl and stir well.
2. Let sit at room temperature for 1 hour, to let the flavors meld.