• WEEKLY MEAL MENU

CROCKPOT

Slow Cooker Philly Cheese Steak

ON THE GO

Greek Chicken Salad with Dilly Yogurt Sauce

SANDWICHES/WRAPS

ELT (Eggplant, Lettuce & Tomato)

PUMPKIN EVERYTHING

Pumpkin Chocolate Chip Muffins

HEALTH-IFIED JUNK FOOD

Buffalo Chicken Bites







PLATE SECTIONS FULFILLED:













Carbohydrates

Vegetables

INGREDIENTS

- 1 (2 ½ lb.) thinly sliced top round steak
- 2 green peppers, thinly sliced
- 1 large red onion, thinly sliced
- 2 garlic cloves, roughly chopped
- 1 tsp sea salt
- 1 tsp pepper
- 1 cup water
- 6 sprouted grain hoagie rolls or slices of sprouted grain bread
- 6 slices provolone cheese

Recipe yields 1 serving

- 1. Place the steak, peppers, onion, garlic, salt and pepper in a slow cooker; stir well.
- 2. Pour water over ingredients and ook for 4-5 hours on low.
- 3. Preheat oven to broil.
- 4. Divide ingredients between buns and top with cheese.
- 5. Place the sandwiches on a large baking sheet and broil for 5 minutes, or until cheese is melted.

ENTREES

Greek Chicken Salad with Dilly Yogurt Sauce

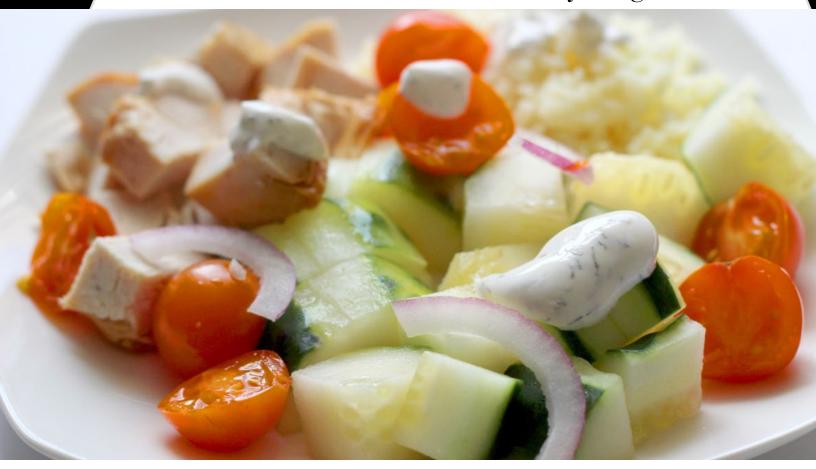


PLATE SECTIONS FULFILLED:











Carbohydrates

Vegetables

INGREDIENTS

- 1 rotisserie chicken breast, shredded
- 1 medium cucumber, roughly chopped
- 1 cup cherry tomatoes, halved
- 1 cup cooked basmati rice
- 2 tbsp sliced red onion
- ¼ cup plain, nonfat Greek yogurt
- 1 tbsp lemon juice
- 1 ½ tsp dried dill
- ¼ tsp sea salt

Recipe yields 2 servings

- 1. Divide the chicken, cucumber, tomatoes, and rice between two plates.
- 2. In a small bowl whisk together yogurt, lemon juice, dill and salt.
- 3. Drizzle over the salads.

ELT (Eggplant, Lettuce & Tomato)

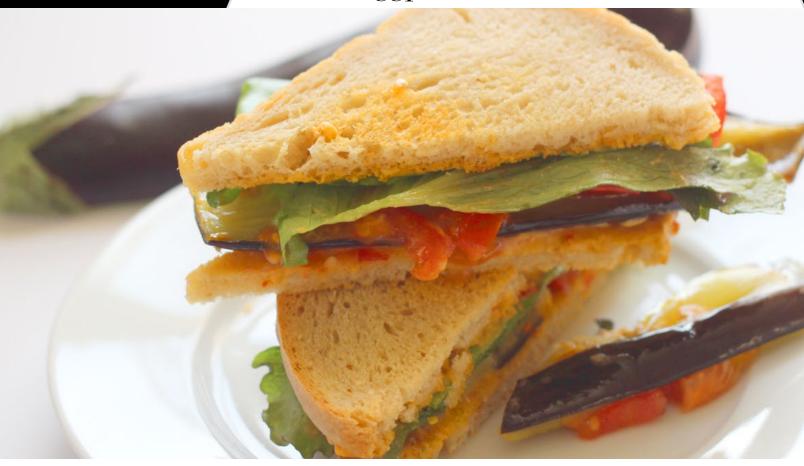


PLATE SECTIONS FULFILLED:





Fats







Carbohydrates

Vegetables

Extras

INGREDIENTS

- 4 (½-inch) eggplant slices
- 1 tbsp olive oil
- ½ tsp sea salt
- ½ tsp pepper
- 4 slices sprouted grain or multigrain bread, toasted
- ½ cup hummus
- 4 large lettuce leaves
- 4 large slices tomato

Recipe yields 2 servings

- 1. Preheat oven to 350 degrees.
- 2. Brush eggplant slices with olive oil and season with salt and pepper.
- 3. Bake for 10-12 minutes, or until lightly browned and pliable.
- 4. Divide hummus between toasted bread, and top with lettuce, tomatoes, and eggplant.

Pumpkin Chocolate Chip Muffins



PLATE SECTIONS FULFILLED:











Carbohydrates

Vegetables

Extras

INGREDIENTS

- 2 eggs
- ½ cup almond milk
- 1 large, ripe banana, diced
- ½ cup pumpkin puree
- ½ tsp vanilla extract
- ½ tsp pumpkin spice
- ½ tsp sea salt
- 1 cup oats
- 1/4 cup dark chocolate chips

Recipe yields 6 muffins & makes 3 servings (1 serving = 2 muffins)

- 1. Preheat oven to 375 degrees and fit a muffin tin with six paper liners.
- 2. In a large bowl, combine the eggs and almond
- 3. Stir in the banana, puree, extract, pumpkin spice and salt; combine well.
- 4. Stir in the oats.
- 5. Divide mixture between the muffin tins.
- 6. Bake for 20 minutes, or until a toothpick inserted into the center comes out clean.

Buffalo Chicken Bites



PLATE SECTIONS FULFILLED:











Protein Fats

Carbohydrates

INGREDIENTS

- Cooking spray
- 1 cup panko bread crumbs
- 2 tsp dried parsley
- ½ tsp salt
- ½ tsp pepper
- ½ cup Buffalo wing sauce (look for a low sodium option)
- 1 lb. chicken tenders, sliced into 1 1/2-inch pieces

Recipe yields ~40 pieces & makes 4 servings (1 serving = ~10 pieces)

- 1. Preheat oven to 400 degrees.
- 2. Spray a large cooking sheet with cooking spray.
- 3. In a medium bowl, combine the panko, parsley, salt and pepper.
- 4. Place the chicken in a large bowl, and toss with wing sauce.
- 5. Dip the chicken in the panko mixture, and place on baking sheet.
- 6. Bake for 10 minutes, and flip. Cook for an additional 3-5 minutes, or until golden brown and cooked through.