

• WEEKLY MEAL MENU •

CROCKPOT

Slow Cooker Philly
Cheese Steak



ON THE GO

Greek Chicken Salad with
Dilly Yogurt Sauce



SANDWICHES/WRAPPS

ELT (Eggplant, Lettuce &
Tomato)



PUMPKIN EVERYTHING

Pumpkin Chocolate
Chip Muffins



HEALTH-IFIED JUNK FOOD

Buffalo Chicken Bites



Slow Cooker Philly Cheese Steak



PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 1 serving

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

INSTRUCTIONS

1. Place the steak, peppers, onion, garlic, salt and pepper in a slow cooker; stir well.
2. Pour water over ingredients and cook 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:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 2 servings

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

INSTRUCTIONS

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:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 2 servings

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

INSTRUCTIONS

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:



Protein



Fats



Carbohydrates



Vegetables



Extras

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

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
- ¼ cup dark chocolate chips

INSTRUCTIONS

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 milk.
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



Vegetables



Extras

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

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 ½-inch pieces

INSTRUCTIONS

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.