

• WEEKLY MEAL MENU •

CROCKPOT

Slow Cooker Stuffed
Pepper Soup



ON THE GO

Protein Breakfast Cookies
with Sparkly Glaze



SANDWICHES/WRAPPS

Chicken Salad Wraps



PUMPKIN EVERYTHING

Chocolate Pumpkin Bites



HEALTH-IFIED JUNK FOOD

Macaroni and Cheese



Slow Cooker Stuffed Pepper Soup



PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 4 servings

INGREDIENTS

- 1 tbsp olive oil
- 1 lb. ground beef or turkey
- 1 large red, green, or yellow bell pepper
- 1 large onion
- 2 (15. oz.) cans diced tomatoes
- 32 oz. can chicken broth
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp sea salt
- ½ tsp pepper
- 3 cups cooked rice

INSTRUCTIONS

1. Heat the oil in a large frying pan over medium heat and cook the meat all the way through.
2. Drain and place meat in the bottom of the slow cooker.
3. Add the remaining ingredients, minus the cooked rice. Stir well.
4. Cover, and cook on low, for 6-8 hours.
5. Stir in the cooked rice, and heat for 30 minutes.

Protein Breakfast Cookies with Sparkly Glaze



PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 6 cookies
(1 serving = 3 cookies)

INGREDIENTS

- 1 scoop vanilla protein powder
- 3 tbsp coconut flour
- ½ tsp sea salt
- 2 tbsp smooth natural nut butter
- 1 tbsp organic honey or maple syrup
- ¼ tsp vanilla extract
- 2 tbsp unsweetened almond milk

GLAZE INGREDIENTS

- 1 ½ tbsp confectioners sugar
- 2 teaspoons almond milk
- Sprinkles

**Or you can skip the glaze ingredients step, and follow directions for glaze on nativa glaze mix package*

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a medium bowl sift together the protein powder, coconut flour, and salt; stir in the nut butter, and vanilla.
3. When combined, add in the almond milk and stir well.
4. Fit parchment paper on a large, rimmed cookie sheet and divide cookie dough into 6 balls.
5. Flatten slightly with a fork.
6. Bake for 8-10 minutes, or until cooked through; let cool on a cooling rack.
7. Mix together the sugar and almond milk, in a small bowl.
8. Drizzle glaze over cookies and top with sprinkles.

Chicken Salad Wraps



PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 8 servings

INGREDIENTS

- 4 cups shredded rotisserie chicken
- 1 medium red onion, diced
- 1 cup halved grapes
- ¼ cup slivered almonds
- 1 cup plain, nonfat Greek yogurt
- 1 tbsp lemon juice
- ½ tsp sea salt
- ½ tsp pepper
- ½ tsp onion powder
- Sandwich wraps
- Lettuce

INSTRUCTIONS

1. In a medium bowl combine all of the ingredients, minus the wraps and lettuce.
2. Stir well to combine.
3. Store in refrigerator for up to 3 days.
4. Assemble into sandwiches just before serving.

Chocolate Pumpkin Bites



PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 cup chopped dark chocolate, divided
- ½ cup smooth peanut butter
- 2 tbsp pumpkin puree
- 1 tsp pumpkin spice
- ½ tsp vanilla

Recipe yields ~36 bites (1 serving = 6 bites)

INSTRUCTIONS

1. Place half the chocolate in a clean, microwave-safe bowl. Microwave for 30 seconds, and stir. Microwave for an additional 10 seconds, and repeat until chocolate is melted.
2. Place 36 mini-cupcake liners in a mini-cupcake pan.
3. Divide the chocolate between the liners and freeze for 15 minutes.
4. In a medium bowl, stir together peanut butter, pumpkin, pumpkin spice and vanilla. Mix well.
5. Divide pumpkin/peanut butter mixture between the liners; freeze for an additional 15 minutes.
6. Melt the remaining chocolate and divide between the liners.
7. Freeze for an additional 15 minutes.
8. Store pumpkin bites in freezer.

Macaroni and Cheese



PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 6 servings

INGREDIENTS

- 16 oz. ruffles, rotini, elbow or other small pasta, cooked and drained according to package directions
- 3 ½ cups unsweetened almond milk
- ¼ cup diced onion
- 2 tbsp cornstarch
- 2 tbsp cold water
- 1 tsp hot sauce (or to taste)
- ¼ tsp sea salt
- ¼ tsp pepper
- 1 ½ cups shredded cheddar cheese

INSTRUCTIONS

1. Heat milk and onion in a medium saucepan, over medium heat; bring to a light boil.
2. Whisk together the cornstarch and water in a small bowl. Then, drizzle the mixture into the milk, until thickened.
3. Season with hot sauce, salt, and pepper.
4. Add cheese by the handful, and whisk well until melted.
5. Add the pasta to the pan, and serve.