# • WEEKLY MEAL MENU

### **BREAKFAST**

Hot Chocolate Breakfast Smoothie

### **ENTREES**

Chicken Sausage Foil Packet

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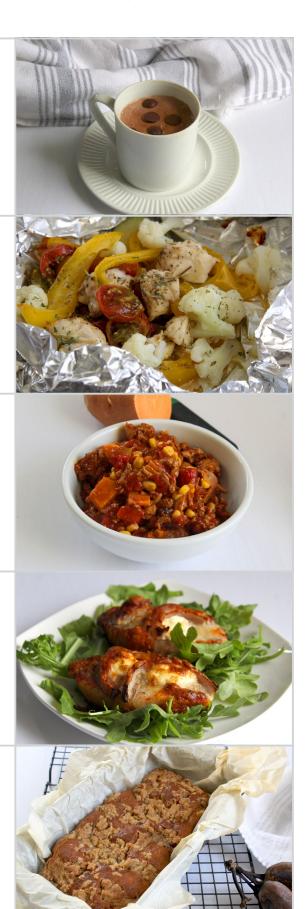
Sweet Potato and Turkey Chili

### **ENTREES**

Cheddar Baked Pork Chops

## **SWEETS**

Cinnamon Streusel Banana Bread



# Hot Chocolate Breakfast Smoothie



#### PLATE SECTIONS FULFILLED:











Carbohydrates

Vegetables

Extras

**INGREDIENTS** 

- 1 ¼ cups unsweetened almond milk
- 1 tbsp natural peanut butter
- 1 tbsp maple syrup
- ¼ cup old-fashioned oats
- 1 tbsp unsweetened cocoa powder
- 1 tbsp chocolate protein powder
- ½ tsp vanilla extract

- 1. Place all the ingredients into a blender & process until smooth.
- 2. Pour into a small saucepan, and simmer over medium-low heat until desired temperature.

# Chicken Sausage Foil Packet



#### PLATE SECTIONS FULFILLED:











Carbohydrates

Vegetables

Extras

**INGREDIENTS** 

- 3 precooked chicken sausages, sliced
- 1 cup cauliflower or broccoli florets
- 1 cup sliced yellow bell peppers
- 1 small zucchini, thinly sliced
- ½ cup halved cherry tomatoes
- 1 tbsp olive oil
- 1 tsp Italian seasoning

#### Recipe yields 2 servings

- 1. Preheat oven to 400 degrees.
- 2. Place all of the ingredients in a large bowl, and stir well to combine.
- 3. Divide mixture between two large pieces of aluminum foil.
- 4. Fold each piece of aluminum foil into a packet. Seal tightly.
- 5. Place the packets in a baking sheet, and bake for 20-25 minutes, or until chicken is warmed through.

# Sweet Potato and Turkey Chili



#### PLATE SECTIONS FULFILLED:











Carbohydrates

Extras

#### **INGREDIENTS**

- 2 tbsp olive oil
- 1 lb. ground turkey
- ½ tsp ground sea salt
- ½ tsp ground black pepper
- 1 large sweet potato, diced
- 1 large red onion, diced
- 2 tbsp chili powder
- 2 tbsp cumin
- 1 tbsp paprika
- 1 (28 oz.) can diced tomatoes
- 1 cup chicken broth
- 1 (15 oz.) can black beans, drained and rinsed
- 1 cup frozen corn kernels

#### Recipe yields 4 servings

- 1. Heat the olive oil in a large Dutch oven over medium heat.
- 2. Add the turkey, and season with salt and pepper; break turkey up, and cook until browned.
- 3. Stir in the potato and onion. Sauté for 5 mins.
- 4. Add the chili powder, cumin, and paprika. Stir for 1 min.
- 5. Pour in the tomatoes and broth. Stir well.
- 6. Add in the beans and corn, and bring to a light boil.
- 7. Reduce heat to medium-low, and cover. Simmer for 30 minutes.

# Cheddar Baked Pork Chops



#### PLATE SECTIONS FULFILLED:





Fats







Carbohydrates

Vegetables

**INGREDIENTS** 

- 1 lb. thinly sliced pork chops
- ½ tsp ground sea salt
- ½ tsp freshly ground black pepper
- 2 tbsp Greek yogurt
- 1 small red onion, thinly sliced
- ¼ cup shredded cheddar cheese

Recipe yields 3 servings

- 1. Preheat oven to 350 degrees.
- 2. Season pork chops with salt and pepper.
- 3. Place pork chops on a parchment lined baking sheet.
- 4. Divide yogurt between the pork chops & lightly smear.
- 5. Divide onions between pork chops, and top with
- 6. Bake for 25-30 minutes or until cheese is golden brown.

Cinnamon Streusel Banana Bread



#### PLATE SECTIONS FULFILLED:











Carbohydrates

Vegetables Extras

Recipe yields 8 servings

#### WET INGREDIENTS

- 2 large eggs
- 1 cup very ripe, mashed banana
- ½ cup granulated sugar
- 1/3 cup vegetable oil
- ½ cup plain Greek yogurt

#### DRY INGREDIENTS

- 2 cups wheat flour
- 2 tsp ground cinnamon
- ½ tsp kosher salt
- ¼ tsp ground nutmeg
- 1/8 tsp allspice

#### STREUSEL INGREDIENTS

- ¼ cup wheat flour
- ¼ cup dark brown sugar
- 2 tbsp room temperature unsalted butter
- 1 tsp ground cinnamon

- 1. Preheat oven to 350 degrees.
- 2. Fit parchment in a 9x5 bread pan.
- 3. In a medium bowl, stir together the wet ingredients.
- 4. In a large bowl, stir together the dry ingredients.
- 5. Fold the wet ingredients into the dry ingredients.
- 6. Pour the mixture into the prepared pan.
- 7. Smooth with an offset spatula.
- 8. In a small bowl, combine the topping ingredients.
- 9. Spoon the topping over the bread.
- 10. Bake for 50-60 minutes, or until a toothpick inserted into the center comes out clean.
- 11. Let cool on a cooling rack for 1 hour before serving.