

• WEEKLY MEAL MENU •

BREAKFAST

Hot Chocolate
Breakfast Smoothie



ENTREES

Chicken Sausage
Foil Packet



ENTREES

Sweet Potato and
Turkey Chili



ENTREES

Cheddar Baked
Pork Chops



SWEETS

Cinnamon Streusel
Banana Bread



Hot Chocolate Breakfast Smoothie



PLATE SECTIONS FULFILLED:



Protein



Fats



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

INSTRUCTIONS

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:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 2 servings

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

INSTRUCTIONS

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:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 4 servings

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

INSTRUCTIONS

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:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 3 servings

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

INSTRUCTIONS

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 cheese.
6. Bake for 25-30 minutes or until cheese is golden brown.

Cinnamon Streusel Banana Bread



PLATE SECTIONS FULFILLED:



Protein



Fats



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

INSTRUCTIONS

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.