November 2016 Recipes, Paleo

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November 2016 Recipes, Paleo

Week 1 Meal 1: Ancho BBQ Glazed Salmon with Roasted Mushrooms & Sweet Potatoes

Ancho BBQ Glazed Salmon

Ingredients:
3T vinegar (rice, apple cider, etc)
28oz crushed tomato
¼ cup dates, pitted (4 large) (OR ¼ cup maple syrup)
1 clove garlic
1 dried ancho pepper, OR dried chipotle, etc. (re-hydrate in 1c hot water for 15 min)
¼ tsp cayenne
2T chili powder
S&P to taste
4 x salmon fillets (4-6oz/ portion)

Instructions:
1. Add the following to a blender or food processor
   - 3T rice wine vinegar (or red wine, apple cider, etc.)
   - 28oz can crushed tomato
   - ¼ cup dates, pitted (4 large) (OR ¼ cup maple syrup)
   - 1 clove garlic
   - re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired)
   - ¼ tsp cayenne
   - 2T chili powder
   - S&P to taste
2. Puree until smooth.
3. Spread both sides of fish w/ BBQ sauce. Place on baking sheet and bake for 16-18 min at 425 F or until fish is flaky.

Note: extra sauce freezes well.

Roasted Mushrooms & Sweet Potatoes

Ingredients:
1T rosemary
2-3 large sweet potatoes
2x 8oz whole mushrooms
3T oil
S&P to taste

Instructions:
1. Pre-heat oven to 425 F.
2. Finely chop rosemary.
3. Peel & dice 2-3 sweet potatoes into ½" cubes.
4. Toss together:
   - sweet potato cubes
   - 16oz whole mushrooms
   - 3T oil
   - 1T chopped rosemary
   - S&P
5. Place mushrooms & sweet potatoes on baking sheet.
6. Roast for 30-35 minutes.

Week 1 Meal 2: Maple-Mustard Chicken Thighs & Brussels Sprouts with Bacon

Maple-Mustard Chicken Thighs

Ingredients:
¼c grainy mustard
2T maple syrup
1# boneless, skinless chicken thighs

Instructions:
1. Pre-heat oven to 375 F.
2. Whisk together:
   - 1/4c grainy mustard
   - 2T maple syrup
3. Marinate chicken in maple-mustard sauce while oven pre-heats.
4. Place chicken in a baking pan & bake for 35 minutes.

Brussels' Sprouts with Bacon

Ingredients:
2# Brussels sprouts
4 slices bacon
1T olive oil
S&P to taste

Instructions:
1. Pre-heat oven to 375 F.
2. Cut sprouts in half.
3. Chop 2 slices bacon (¼-½" pieces).
4. Toss both with 1 T olive oil, S&P.
5. Place Brussels sprouts & bacon on baking sheet and roast for 40-45min (removing halfway through cooking remove & toss).

Week 1 Meal 3: Ancho BBQ Turkey Meatballs with Sautéed Swiss Chard

Ancho BBQ Turkey Meatballs

Ingredients:
3T vinegar (rice wine, apple cider, etc)
28oz crushed tomato
¼ cup dates, pitted (4 large) (OR ¼ cup maple syrup)
1 clove garlic
1 dried ancho pepper OR dried chipotle, etc. (re-hydrated in 1c hot water)
¼ tsp cayenne
2T chili powder
S&P to taste
1c almonds (OR 1.25c almond flour)
2 eggs
1# ground turkey
1 Tbsp chili powder
1 tsp pepper

Instructions:

1. Pre-heat oven to 350 F
2. Add the following to a blender or food processor:
   - 3T rice wine vinegar (or red wine, apple cider, etc.)
   - 28oz can crushed tomato
   - ¼ cup dates, pitted (4 large) (OR ¼ cup maple syrup)
   - 1 clove garlic
   - re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired)
   - ¼ tsp cayenne
   - 2T chili powder
   - S&P to taste
3. Puree until smooth.
4. Blend 1c almonds until fine, flour-like consistency (do not to over-blend into almond paste).
5. In large bowl combine mixing well (works best using hands):
   - Blended almonds or 1.25c almond flour
   - 2 eggs
   - 1# ground turkey
   - ¼ cup BBQ sauce
6. Form into 12 balls and top with 1c BBQ sauce.
7. Bake meatballs for 45 minutes or until cooked through.

Sautéed Swiss Chard

Ingredients:
2 Swiss chard
1-2 cloves garlic
1t olive oil
S&P to taste

Instructions:

1. Remove stems and discard.
2. Roughly chop leaves.
3. Chop 1-2 cloves garlic.
4. Heat 1 tsp olive oil in sauté pan, add garlic & chard, stir and top w/ lid (allowing to cook/ steam).
5. Cook chard until just wilting 4-5 minutes, stirring as cooking. Season w/ S&P.

Week 1 Meal 4: Butternut Squash, Caramelized Onion, & Blue Cheese Tart

Ingredients:

1# butternut squash
2 slices bacon
1T olive oil
3.5c almonds (or 3c almond flour)
4T grass-fed butter (or olive oil)
1 egg
1/8 tsp salt
1 x red onion
4oz blue cheese crumbles (optional)
1 bunch basil
2T aged or reduced balsamic vinegar (optional)
S&P to taste

Instructions:

1. Preheat oven to 350 F.
2. Peel and finely dice squash. Finely dice 2 slices of bacon. Toss squash + bacon + 1T olive oil + S&P.
3. Roast diced squash & bacon in single layer on a sheet pan for 30-45 minutes, occasionally removing to toss.
4. Place the following in a food processor:
   - 3c almond flour
   - 4T butter (or 4T olive oil)
   - 1 egg
   - 1/8tsp salt
5. Pulse until combined. Spread in a 9x13" pan and bake for ~15 minutes or set.
6. Chop red onion into thin strips.
7. Heat 1T oil over medium heat. Then add sliced red onions and a pinch of salt.
8. Stir occasionally for 20-25 minutes, adding more oil and lowering heat as needed. Turn off heat and cool.
9. Top crust with:
   - caramelized onions
   - diced butternut squash & bacon
   - 4oz blue cheese crumbles
10. Place in 350 F oven for 5-10 minutes to melt cheese.
11. Basil: remove stems and roughly chop.
12. Top tart with chopped basil & drizzle with reduced balsamic vinegar (optional).

Week 1 Salad: Pear, Pomegranate, Hazelnut, Celery, Blue Cheese & Balsamic Vinaigrette

Ingredients:

Salad Components:
1 5oz tub mix greens
½c hazelnuts
2-3 stalks celery
1 pomegranate
4 oz blue cheese crumbles
2 pears

Dressing:
1 tsp. rosemary
½ c olive oil
¼c balsamic vinegar

Instructions:

1. Remove arils from pomegranate.
2. Finely dice 2-3 stalks celery.
3. Roughly chop ½ cup hazelnuts.
4. Chop pears.
5. In a large bowl layer salad components:
   - ½ of mixed greens
   - ¼c chopped hazelnuts
   - ½ chopped celery
   - ¼c pomegranate arils
   - 1 chopped pear
   - 2oz blue cheese crumbles
   - Repeat layers.

For Balsamic Dressing:

1. Finely chop 1 tsp. rosemary.
2. Whisk together:
   - ½c olive oil
   - ¼c balsamic vinegar
   - 1 tsp chopped rosemary

Week 1 Breakfast: Mushroom, Caramelized Onion & Goat Cheese Breakfast Frittata

Ingredients:
2-3 sprigs fresh rosemary
1x 8oz sliced mushrooms
~1.5T olive oil
1 red onion
8 eggs
8oz soft goat cheese
S&P to taste

Instructions:

1. Pre-heat oven to 350 F.
2. Finely chop rosemary to yield 1.5T.
3. Toss 8oz sliced mushrooms w/ 1 tsp oil & 1T chopped rosemary. Roast at 350 F for 25 minutes.
4. Chop red onion into thin strips.
5. Heat 1T oil over medium heat. Then add sliced red onions and a pinch of salt.
6. Stir occasionally for 20-25 minutes, adding more oil and lowering heat as needed. Turn off heat and cool.
7. Whisk 8 eggs in a large bowl. Stir in:
   - roasted mushrooms
   - caramelized onions
   - 1 tsp chopped rosemary
8. Crumble in 8oz goat cheese and season with ½ tsp fresh ground black pepper.
9. Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ 1/8 tsp salt. Bake at 350 F for 34-38 minutes or until no longer jiggly. Cool.

Week 1 Snack: Celery, Walnut Butter, & Pomegranate

Ingredients:
1 pomegranate
½ bunch celery
½c walnut butter

Instructions:

1. Remove arils from pomegranate.
2. Cut celery into sticks and store for snacking.
3. Per Serving: Scoop out 1T walnut butter and spread onto 5-10 celery sticks, topping w/ 2 T pomegranate arils.

Week 1 Dessert: Spiced Butternut Squash Bars

Ingredients:
2.25c almonds (or 2c almond flour)
1 tsp baking soda
1T pumpkin pie spice
1 x 15 oz. can butternut squash
¼c maple syrup
1 egg
½c chocolate chips (optional)

Instructions:

1. Pre-heat oven to 350 F.
2. Blend 2.25 cups almonds until a fine, flour-like consistency (be careful not to over-blend into almond paste).
3. Stir together dry ingredients:
   - 2C almond flour
   - 1 tsp baking soda
   - 1T pumpkin pie spice
4. Whisk together wet ingredients:
   - 1 can cooked, mashed butternut squash
   - ¼ cup maple syrup
   - 1 egg
5. Mix wet into dry, stir in ½ cup chocolate chips (optional).
6. Bake at 350 F in an 8x8" or 9x9" pan for 35-45 minutes or until set.

Week 2 Meal 1: Pesto Sea Bass with Roasted Potatoes & Broccoli

Pesto Sea Bass

Ingredients:
1/3 cup olive oil
¼ cup water (add more if needed for consistency)
1T lemon juice (about ½ lemon)
1 clove garlic
½ cup walnuts
½ cup basil
2oz parmesan cheese
4 x sea bass fillets (can sub salmon or tilapia) (4-6oz/ portion)

Instructions:

1. Pre-heat oven to 425 F.
2. In a blender, add:
   - 1/3 cup olive oil
   - ¼ cup water (add more if needed for consistency)
   - 1T lemon juice (about ½ lemon)
   - 1 clove garlic
   - ½ cup walnuts
   - ½ cup basil
   - 2oz parmesan cheese
3. Blend until smooth, season as needed w/ salt and/or lemon juice.
4. Place sea bass in baking pan.
5. Spread 2-3T pesto onto each fish fillet.
6. Roast sea bass for 20-24 minutes or cooked through/ flaky.

Roasted Potatoes & Broccoli

Ingredients:
4 red potatoes
1 bunch broccoli
2-3T olive oil
1T dried oregano
S&P

Instructions:

1. Pre-heat oven to 425 F.
2. Cut potatoes & broccoli into 1", bite-sized pieces.
3. Toss with:
   - 2T olive oil
   - ½T dried oregano
   - S&P
4. Place in single layer on a baking sheet. Roast potatoes for 30-35 min or until browned/ cooked through.
   - 2T olive oil
   - ½T dried oregano
   - S&P

Week 2 Meal 2: Jerk Chicken with Plantains & Sautéed Spinach

Jerk Chicken

Marinade Ingredients:
1 habanero or jalapeño pepper (optional), stems, seeds & white part discarded
1 garlic clove, peeled
1c olive oil
4 limes
2T coconut aminos
2T thyme
1T allspice
1tsp ginger
1tsp nutmeg
½tsp cinnamon
1T salt
1T pepper
Chicken:
4 bone-in, skin-on chicken legs

Instructions:
1. Pre-heat oven to 375 F.
2. Place marinade ingredients in blender or food processor & blend on high until garlic & peppers are blended.
3. Marinate chicken for a minimum of 30 minutes, but ideally 12-24 hours (in fridge).
4. Remove chicken from marinade. Bake chicken for 35-40 minutes or cooked through to 165 F.

Plantains

Ingredients:
2 plantains (with black spots)
1-2T coconut oil
salt to taste

Instructions:
5. Cut in half & then cut into 4 long slices.
6. Heat 1-2T coconut oil in large sauté pan.
7. Add plantain slices and cook 3-4 min/side or until brown. May cover w/lid to help cook through.
8. Season w/ salt.

Sautéed Spinach

Ingredients:
2 cloves garlic
1 x 5 oz tub spinach
1-2T coconut oil

Instructions:
1. Chop 2 cloves garlic.
2. Heat 1-2T coconut oil in large sauté pan.
3. Add chopped garlic & spinach.
4. Sauté 3-4 min or just wilted.
5. Season w/ S&P.

Week 2 Meal 3: Sausage, Roasted Tomato & Pesto Spaghetti Squash

Ingredients:
2 cloves garlic
1 bunch basil
2 pints cherry tomatoes
1 spaghetti squash
1 lemon
1# sausage
3oz parmesan cheese
1/2c pine nuts
1/2c walnut pieces

Instructions:

1. Pre-heat oven to 400 F. Pierce 1 squash w/ a fork. Bake for 1hr-1.25hrs or until knife inserts easily.
2. Cut 1# sausage into bite-sized pieces (if sausage is raw, cook).
   - Sauté sausage in pan over medium-high heat.
   - Cook sausage until it reaches a temperature of 165 F
3. Cut cherry tomatoes in half.
4. Toss cherry tomato halves w/ 1-2T olive oil, S&P. Place in single layer on baking sheet. Roast ~20 min. Cool.
5. For pesto- In a blender, add:
   - 1/3 cup olive oil
   - ¼ cup water (add more if needed for consistency)
   - 1T lemon juice (about ½ lemon)
   - 1 clove garlic
   - ½ cup walnuts
   - ½ cup basil
   - 2oz parmesan cheese
6. Blend until smooth, season as needed w/ salt and/or lemon juice.
7. Cut in spaghetti squash in half & remove/ discard seeds.
8. Remove squash and toss with tomatoes + pesto + cooked sausage

Week 2 Meal 4: Grassfed Beef & Kale Chili

Ingredients:
1 dried chipotle pepper (or ancho)
4 cloves garlic
1 yellow onion
1 red & 1 yellow bell pepper
1 bunch kale
1# grass-fed ground beef
28oz can diced fire-roasted tomatoes
2T chili powder
1T cumin powder
4c low-sodium beef broth
S&P to taste

Instructions:

1. Bring 1c water to boil. Place 1 dried chipotle in water, top with lid, remove from heat, allow pepper to re-hydrate.
2. Chop 4 cloves of garlic.
3. Dice:
   - 1 yellow onion
   - 1 red bell pepper
   - 1 yellow bell pepper
4. Remove kale leaves from stem, finely chop stem & leaves.
5. In a large soup pot, add ground beef and crumble. Add 2T chili powder + 1T cumin powder.
6. Add bell peppers, onion, kale stems & 4 chopped garlic cloves, sauté for 10 min.
7. Chipotle pepper:
   - Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).
   - Place in a blender with 2-3 cups of steam water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili).
   - Taste carefully for heat, only add as much as needed for desired heat level.
8. Add to soup pot:
   - blended chipotle water
   - chopped kale leaves
   - 28oz fire roasted diced tomatoes
   - 4c beef broth
9. Stir & bring to a boil. Then lower to low-medium heat, stirring occasionally and adding water or broth as needed.
10. Continue to cook for 30m-1 hour. Season to taste w/ chili powder, S&P.

Note: the chili yields up to 8 servings, option to freeze ½ of the chili to use at a later date.

Week 2 Salad: Mixed Greens with Oranges, Pecans & Feta Cheese

Ingredients:

Salad Components:
2 oranges
1 x 5 oz tub mix greens
½c pecan pieces
4oz feta crumbles

Dressing:
½c olive oil
¼c champagne vinegar
S&P to taste
1-2tsp honey (optional)

Instructions:

1. Peel & cut oranges into wedges.
2. In a large bowl layer salad components:
   - ½ tub of mixed greens
   - ¼ cup pecan pieces
   - ½ orange segments
   - 2 oz. feta crumbles
3. Repeat layers.

For Champagne Vinaigrette:

4. Whisk together:
   - ½c olive oil
   - ¼c champagne vinegar
   - S&P
   - optional: add 1-2tsp honey

Week 2 Breakfast: Cranberry & Hazelnut Baked Apples

Ingredients:
¼c coconut oil
¼c dates, Medjool preferred (~5 large)
¼c dried cranberries
½c hazelnuts
1tsp vanilla
½T cinnamon
4 red apples

Instructions:

1. Pre-heat oven to 400 F.
2. Place in a blender or food processor:
   - ¼c coconut oil
   - ¼ c dates, pits removed (~5 large)
   - ¼c dried cranberries
   - ½ c hazelnuts
   - 1tsp vanilla
3. Blend until roughly chopped.
4. Cut apples in half and scoop out center seeds. Place 1T (heaping) of filling per apple; sprinkle w/ ½T cinnamon. Cover with foil.
5. Bake at 400 F for 30-40 minutes or until soft. Remove foil during last 5 minutes of baking.

Week 2 Snack: Roasted Broccoli

Ingredients:
1/2 head broccoli
3T olive oil
1 clove garlic
S&P to taste

Instructions:
1. Preheat oven to 400 F
2. Chop 1 head broccoli into 1" pieces. Toss w/ 3T olive oil, 1 clove chopped garlic, S&P to taste
3. Roast half of a chopped broccoli bunch in single layer on a sheet pan for ~35 minutes.

Week 2 Dessert: Chocolate Pudding topped with Cacao Nibs

Ingredients:
½c canned (not refrigerated) coconut milk (lite preferred)
3 soft avocados
½c cocoa powder
1T vanilla
1c pitted dates
¼c cacao nibs (optional)
½tsp cinnamon (optional)

Instructions:
1. In a blender add:
   - ½ cup coconut milk or ½c milk of choice
   - 3 avocados
   - ½ cup cocoa powder
   - 1T vanilla
   - 1c pitted dates
   - ½tsp cinnamon (if using)
2. Puree on low, gradually increasing speed, blend all until smooth, adding more milk if needed for smooth consistency.
3. Sprinkle w/ cacao nibs and serve.

Week 3 Meal 1: Asian Salmon Pouches with Spinach, Mushroom & Bell Pepper

Ingredients:
2 red bell peppers
1.5" knob ginger
1.5T toasted sesame oil
2T coconut aminos
4 salmon fillets (4-6oz/ portion)
4 parchment paper squares OR parchment bags
1 x 5oz tubs sliced mushrooms
1 bag baby spinach

Instructions:

1. Pre-heat oven to 400 F.
2. Thinly slice 2 red bell peppers, set aside.
3. Peel and grate 2T ginger.
4. For Asian sauce whisk together the following:
   - 2T coconut aminos
   - 1.5T toasted sesame oil
   - 1T fresh grated ginger
5. Place 4 salmon fillets on 4 squares of parchment or parchment pouches & top w/ remaining 1T grated ginger (~3/4 tsp/ fillet).
6. Evenly distribute 1 tub sliced mushrooms, sliced red bell pepper & baby spinach onto the 4 parchment pieces, next to the salmon.
7. Drizzle with of the Asian sauce (above) over the 4 pouches.
8. Seal pouch (refer to PrepDish.com/salmonpouch for images).
9. Bake salmon & veggie pouches 16-20 minutes.

Week 3 Meal 2: Chicken Stir Fry with Broccoli & Carrots

Ingredients:
2 cloves garlic
1.5" knob ginger
1 head broccoli
4 carrots
1# boneless, skinless chicken breast
2T coconut aminos
1.5T toasted sesame oil

Instructions:

1. Finely chop 2 garlic cloves.
2. Peel and grate 2T ginger.
3. Cut broccoli into bite-sized pieces & carrots into thin "coins."
4. Slice chicken into thin strips (~2" each).
5. For sauce whisk together the following:
   - 2T coconut aminos
   - 1.5T toasted sesame oil
   - 1T fresh grated ginger
6. Add 1t oil to large sauté pan over high heat, add 1T ginger, garlic & chicken, and cook 1 minute.
7. Add carrots & broccoli, continuing to stir.
8. Cook chicken & veg ~8-10min.
9. Add sauce, stirring to coat all ingredients with sauce, cook another 3-4 min.

Week 3 Meal 3: Sausage, Sweet Potato & Kale Soup

Ingredients:
1/2 yellow onion
2 cloves garlic
1 bunch parsley
2 carrots
1 bunch kale
8c chicken broth*
2 sweet potatoes
3T Italian seasoning

Instructions:
1. Finely dice 1/2 of yellow onion.
2. Finely chop 2 garlic cloves.
3. Finely chop 1 large or 2 small sweet potatoes into small bite-sized pieces for soup.
4. Roughly chop parsley leaves.
5. Remove and discard stems from 1 bunch kale. Finely dice remaining leaves, set aside.
6. Finely dice 2 carrots into small bite-sized pieces and parsley to equal 1c, loosely packed.
7. Add chopped veggies (kale, onion, garlic, carrots & parsley) & seasonings. Add 8c chicken broth.
8. Place in crockpot on low for 8-12 hours. Season to taste w/ S&P

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Meal 4: Turkey Zucchini Lasagna

Ingredients:
2 zucchini (~½#)
½ yellow onion
1 bunch basil
1# ground turkey thigh
1 x 5oz tubs sliced mushrooms
2T Italian seasoning
1 x 25.5oz jar marinara sauce
32oz organic Greek yogurt
5oz shredded parmesan (1.5c)

Instructions:

1. Pre-heat oven to 400F
2. Thinly slice zucchini into long strips lengthwise (resembling lasagna noodles). This works best on a mandolin.
3. Optional: roast zucchini in a single layer, drizzled w/ olive oil at 400 F for 10-12 minutes or just browning.
4. Finely dice ½ yellow onion
5. Finely chop basil leaves
6. In a large sauté pan over med-high heat, cook for 12 minutes:
   - ground turkey
   - chopped onion
   - sliced mushrooms
   - 2T Italian seasoning
7. Stir in 1 jar marinara sauce, remove from heat.
8. Separately, stir together the following for the "white layer":
   - 32oz Greek yogurt
   - ½ chopped basil leaves
   - 1c shredded parmesan
9. Assemble lasagna by layering in a 9x13" pan:
   - ½ turkey-tomato sauce
   - zucchini "noodles"
   - ¾ white layer mix
   - zucchini "noodles"
   - remaining ½ tomato sauce
10. Cover w/ foil, and bake lasagna, for 50min-1hr or until bubbly/ heated through.

Week 3 Salad: Mixed Greens with Apple, Walnuts & Goat Cheese

Ingredients:

Salad Components:
2 apples
1 x 5oz tub mix greens
½c walnut pieces
4-6oz goat cheese, crumbled

Dressing:
½ c olive oil
¼c balsamic vinegar

Instructions:
1. Chop apples.
2. In a large bowl layer salad components:
   - ½ of mixed greens
   - ¼c walnut pieces
   - ½ of chopped apples
   - 2oz goat cheese crumbles
3. Repeat layers.

For Balsamic Dressing:
1. Whisk together balsamic & olive oil

Week 3 Breakfast: Hard Boiled Eggs & Berries

Ingredients:
2 pints berries
8 eggs

Instructions:
1. Place 8 eggs in large pot, cover w/ water. Boil for 3-4min. Cover w/ tight-fitting lid, remove from heat for 20 min.
2. Drain liquid and peel eggshell
3. Wash berries and serve with eggs

Week 3 Snack: Cucumber Slices

Ingredients:
1 large cucumber

Instructions:
1. Cut into slices for snacking.

Week 3 Dessert: Dark Chocolate Dipped Orange Slices

Ingredients:
1c dark chocolate chips or discs (70%+ preferred)
4 oranges

Instructions:
1. Peel and pull or cut oranges into segments.
2. Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.
3. Remove chocolate from heat and dip orange slices into dark chocolate.
4. Place on a piece of parchment or foil and allow to cool.

Week 4 Meal 1: Curried Shrimp, Eggplant & Asparagus w/ Cauliflower Rice

Ingredients:
3 cloves garlic
1 yellow onion
1.5" knob ginger
1 head cauliflower
1 bunch asparagus
1 large eggplant
2 limes
1 x 13.5oz can coconut milk (full fat)
2T red curry paste
½tsp fish sauce (optional)
1T olive oil
1# shrimp, peeled, deveined, tails removed

Instructions:

1. Remove core, leaves, & any dark spots from cauliflower.
2. Coarsely chop (make sure it is completely dry)
3. Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it is small rice like texture. Careful not to go to far or it will be mushy.
4. Heat 1T coconut oil in large sauté pan. Add the onion & sauté ~10 min until translucent. Add the cauliflower rice.
5. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.
6. Heat 1T coconut oil in large sauté pan. Add eggplant, garlic & ginger and cook ~6 min (stirring).
7. Push eggplant to pan edges. Add shrimp & asparagus to the center & cook for 2-3 minutes.
8. Add coconut-curry sauce, bring to a boil and lower heat, cook 10-15 min or cooked through. Serve over cauliflower rice with lime wedges.

Coconut-Curry Sauce

Instructions:
Whisk together the following:

- 1 can coconut milk
- 1-2T red curry paste
- ½t fish sauce (optional)

Week 4 Meal 2: Balsamic Chicken w/ Italian Side Salad

Balsamic Chicken

Ingredients:
½c olive oil
¼c balsamic vinegar
2T Italian seasoning
4 boneless, skinless chicken breasts, 4-6 oz. each
S&P to taste

Instructions:

1. Combine the following for marinade:
   - ½c olive oil
   - ¼c balsamic vinegar
   - 2T Italian seasoning
   - 1t salt & fresh ground pepper
2. *Marinate chicken 1hr up to 24hr*
3. Pre-heat oven to 375 F.
4. After marinating, place chicken in a baking pan & bake for 35 min or cooked through (165 F)

Italian Side Salad

Ingredients:
1 head romaine
1 pint cherry tomatoes
1 small cucumber
1 can quartered artichoke hearts

Instructions:

1. Wash & cut romaine into bite size pieces.
2. Cut 1 pint cherry tomatoes in half (or quarter if larger); cut 1 cucumber into bite-sized pieces.
3. Toss together:
   - chopped romaine
   - chopped cherry tomatoes
   - chopped cucumber
   - quartered artichoke hearts (drained)
4. Toss with dressing and serve with balsamic chicken.

Lemon Parsley Dressing

Ingredients:
1 lemon
1 bunch parsley
1 clove garlic
½ cup olive oil

Instructions:

1. Blend the following on high:
   - 1tsp lemon zest
   - 3T lemon juice
   - ½c olive oil
   - 2-3 large handfuls of parsley leaves
   - 1 small clove garlic.

Week 4 Meal 3: Mexican Stuffed Bell Peppers w/ Bison, Mushrooms & Tomato Sauce

Ingredients:
3 cloves garlic
3 red & 3 yellow bell peppers
1 x 8oz tub sliced mushrooms
4 zucchini
1 yellow onion
½# ground bison
1T cumin
1T chili powder
2T oregano
1c shredded cheddar
1c strained tomatoes/tomato sauce

Instructions:
1. Preheat oven to 375 F.
2. Finely chop onion & garlic.
3. Finely dice 2 bell peppers for sautéing.
4. Cut remaining 4 bell peppers in half, scoop out any seeds, set aside.
5. In a large sauté pan heat 1t oil over med-high heat, add:
   - diced yellow onion
   - garlic (~½T)
   - diced bell pepper
   - mushrooms
   - 1T cumin
   - 1T chili powder
   - 1T oregano
6. Cook for 8-10 minutes. Add remaining 1c tomato sauce. Cook 5 minutes.
7. Season to taste w/ S&P.
8. Fill bell pepper halves with filling. Sprinkle each pepper w/ ~2T grated cheddar cheese.
9. Bake for 30-40 minutes.

Week 4 Meal 4: Grass-fed Beef & Vegetable Stew

Ingredients:
1 small yellow onion
3 cloves garlic
2 carrots
2 lg red potatoes
2 stalks of celery
1T basil
1T oregano
1tsp salt & pepper to taste
1# beef stew meat, cubed
4c beef broth
2c strained tomatoes/tomato sauce

Instructions:

1. Finely chop onion & garlic.
2. Cut the following into small, bite-sized pieces:
   - Carrots
   - potatoes
   - celery
3. Heat a large soup pot to med-high heat & add ½ chopped yellow onion, chopped garlic (~½T), celery, carrots & potato.
4. Sauté for 3-4 minutes.
5. Meanwhile, rub 1T basil + 1T oregano + 1tsp salt + ground pepper into cubed beef. Add to pot and sauté 6-8 minutes.
6. Add 4c beef broth + 2c strained tomatoes.
7. Adjust heat to low, cover stew and cook a minimum of 3 hours (4-5 hours is ideal). Add water/ broth if needed. Season w/ S&P.

Note: The above can be placed in a slow cooker/ crockpot on high for 6-10 hours.

Week 4 Salad: Mixed Greens w/ Dried Cherries, Shaved Fennel, Sliced Almonds & Goat Cheese

Ingredients:

Salad Components:
1 fennel bulb
1 x 5oz tub mixed greens
½c sliced almonds
½c dried cherries
4-6oz goat cheese, crumbled

Dressing:
2 lemons
½c olive oil
2-3 large handfuls of parsley leaves
1 small clove garlic
S&P to taste

Instructions:
1. Remove upper green fronds from fennel & discard; thinly slice the bottom fennel bulb.
2. In a large bowl layer salad components:
   - ½ of mixed greens
   - ½ of sliced fennel
   - ¼ cup sliced almonds
   - ¼ cup dried cherries
   - 2-3oz goat cheese crumbles
3. Repeat layers.

For Dressing:
1. Zest 1 tsp lemon and then juice.
2. Blend the following on high:
   - 1tsp lemon zest
   - 3T lemon juice
   - ½c olive oil
   - 2-3 large handfuls of parsley leaves
   - 1 small clove garlic
3. Season with S&P to taste.

Week 4 Breakfast: Cabbage & Apples w/ Sausage

Ingredients:
3 granny smith apples
1 head purple cabbage
1 tsp olive oil
1 tsp apple cider vinegar (optional)
4 x breakfast sausage

Instructions:
1. Roughly chop 3 apples & finely chop cabbage. These both chop well using a food processor attachment.
2. Heat 1tsp olive oil (or butter) over med heat & place chopped apple and cabbage in pan. Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.
3. Cover and cook over medium heat for ~30-40 min, stirring occasionally. Remove lid during final 5-10 min of cooking.
4. In a second large sauté pan over high heat, add breakfast sausages and sear (to add color) and continue to cook over medium until cooked through (8-10 min).

Week 4 Snack: Carrots & Celery w/ Almond Butter

Ingredients:
2 carrots
1 bunch celery
¼c almond butter

Instructions:
1. Cut carrots & celery into 2-3" sticks.
2. Per Serving: Scoop out 1 T almond butter and spread onto 5-10 celery & carrots sticks.

Week 4 Dessert: Honey Broiled Grapefruit

Ingredients:
2 grapefruit
4T honey

Instructions:
1. Pre-heat broiler.
2. Cut grapefruit in half (straight down the middle) loosen segments with a knife. Top each half w/ 1T honey.
3. Broil grapefruit for 8-10 minutes or until lightly browned.

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Week 5 Meal 1: Asian Glazed Sea Bass w/ Snow Peas & Shitake Mushrooms

Ingredients:
2 garlic cloves
1 tsp fresh ginger
2c shitake mushrooms
2c snow peas
4 Chilean sea bass filets (or salmon filets)
1T sesame oil
2T coconut aminos
1T honey
½ tsp red chili flakes (optional)

Sea Bass w/ snow peas & shitake mushroom

Instructions:

1. Finely chop 2 cloves garlic.
2. Slice shiitake mushroom tops (discard stems)
3. Remove snow pea ends
4. Pre-heat oven to 425 F. Add 1 tsp Asian Glaze to each sea bass fillet. Bake for 20-22 minutes or cooked through/ flaky.
5. Heat 1 tsp oil in large sauté pan over med-high heat, add mushrooms & garlic, cooking 3-4 minutes.
6. Add snow peas & remaining Asian glaze (~1T). Cook 1-2 minutes. Season to taste w/ red chili flakes (optional).

Asian Glaze

Instructions:

1. Grate ginger, 1 tsp total.
2. Whisk together:
2. 2T coconut aminos
3. 1T sesame oil
4. 1T honey
5. 1tsp fresh grated ginger

Week 5 Meal 2: Turkey Italian Meatballs

Ingredients:
1# ground turkey thigh
1 egg (omega-3)
1/2c grated parmesan
1c almond flour OR 2T coconut flour
½c olive oil
6oz tomato paste
2T Italian seasoning

Instructions:
1. Pre-heat oven to 375 F.
2. In a mixing bowl, combine the following:
   - 1# ground turkey thigh
   - 1c almond flour (or 2T coconut flour)
   - 1 egg
   - 2T Italian seasoning
   - 6oz tomato paste
   - ½c grated parmesan
   - S&P
3. Form into ~20 meatballs.
4. Bake meatballs for ~35 minutes or cooked through. Serve w/ sliced cucumber.

Herbed Sweet Potatoes

Ingredients:
2 large sweet potatoes
1T olive oil
3T Italian seasoning

Instructions:
1. Pre-heat oven to 375 F.
2. Chop 2 sweet potatoes into 1" pieces, toss w/ 1T olive oil + 3T Italian seasoning + S&P.
3. Place sweet potatoes in a single layer on a baking sheet. Roast for 35-40 minutes.

Cucumber Slices

Ingredients:
1 cucumber

Instructions:
1. Cut 1 cucumber into thin slices. Serve on side.

Week 5 Meal 3: Steaks w/ Mashed Cauliflower & Broccoli

Mashed Cauliflower

Ingredients:
1 head cauliflower

Instructions:
1. Roughly chop 1 head of cauliflower (white part only). (3)
2. Bring 4c water to a boil, add 1 chopped cauli, lower to medium, simmer 15 min, turn off heat. Cover and set aside.
3. Place cooked cauliflower in blender, reserving cooking liquid.
4. Add ¼c cooking water to cauliflower and blend until smooth. May need to add additional water, add only 1-2T at a time.
5. Season to taste w/ salt & pepper

Roasted Broccoli

Ingredients:
1 head broccoli

Instructions:
1. Preheat oven to 400 F.
2. Chop 1 head broccoli into bite-sized pieces. Toss w/ 1T olive oil, S&P.
3. Roast broccoli in 400 F oven for 20-25 minutes, removing and tossing halfway through cooking.

Steaks

Ingredients:
4 grassfed tenderloin steaks (4-6 oz each)
4T steak seasoning

Instructions:
1. Season steaks w/ ~1T steak seasoning per steak.
2. Heat 1-2t olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
3. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness)

Week 5 Meal 4: Chicken Chili

Ingredients:
1 bunch green onion
2 cloves garlic
5oz sliced mushrooms
1 jalapeno
2 red potatoes
1# chicken breast cut into small 1/4" dice
1c shredded Monterey jack cheese (optional)
4c chicken broth
2T cumin
¼ tsp cayenne pepper

Instructions:
1. Finely chop 1 bunch green onion, 2 cloves garlic, 2 red potatoes & jalapeño (removing seeds) & chicken. Set aside.
2. In a large soup pot, add 1tsp oil and heat over med-high heat.
3. Add chopped veggies (1 bunch green onion, 2 cloves garlic, 2 red potatoes, 1 jalapeño & 8oz sliced mushrooms).
4. Sauté for 3-4 minutes and added chopped chicken + 2T cumin powder, cooking 2-3 minutes.
5. Add 4c chicken broth & 2c water, bring to a boil then lower to simmer for 30-45 minutes.
6. Season to taste w/ S&P and ¼tsp cayenne pepper

Week 5 Salad: Mixed Greens w/ Grapefruit, Avocado & Sliced Almonds with Champagne Vinaigrette

Ingredients:

Salad Components:
1 avocado
2 grapefruit
5oz tub mixed greens
1/2c sliced almonds
1c almond flour

Dressing:
2T champagne vinegar
2T olive oil
1T honey
S&P to taste

Instructions:
1. Remove peel & white outer membrane from 2 grapefruit. Cut into bite-sized wedges & reserve 2T juice, set aside.
2. Layer in container as follows:
6. ½ mixed greens
7. ½ chopped grapefruit
8. ¼c sliced almonds
3. Repeat layers.

For Dressing:
1. Whisk together:
9. 2T olive oil
10. 2T reserved grapefruit juice
11. 1T honey
12. 2T champagne vinegar
2. Season with S&P to taste.
3. Shake well. Toss into salad (or add 1T/ serving).
4. Dice avocado and add to salad

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Week 5 Breakfast: Baked Sweet Potatoes w/ Poached Eggs & Avocado Slices

Ingredients:
3 avocados
4 jewel sweet potatoes
8 eggs
1 T apple cider vinegar

Instructions:
1. Pre-heat oven to 375 F
2. Pierce 4 potatoes, wrap in parchment or foil, bake at 375 F for 50-65 min or until cooked.
3. Bring a pot of water to a very low simmer and add 1T apple cider vinegar. Slowly add 4-8 eggs and cook 5 min. Remove.
4. Serve eggs over baked sweet potatoes (cut open & mash slightly)
5. Top w/ avocado slices. Season w/ S&P.

Week 5 Snack: Pears & Cashew Butter

Ingredients:
4 pears
½c cashew butter

Instructions:
1. Slice pears and serve with cashew butter
2. Per Serving: Scoop out 1 T cashew butter and spread onto 5 pear slices.

Week 5 Dessert: Chai Hot Cocoa

Ingredients:
4 chai tea bags
2T cacao or cocoa powder
4T honey
1/2c lite coconut milk

Instructions:
1. Brew 2-4 chai tea bags in 6c boiling water.
2. Whisk in 2T cacao powder + ½c lite coconut milk + 2T honey (optional).