April 2017 Recipes, PALEO

April Week 1

Week 1 Meal 1: BBQ Shrimp w/ Mashed Sweet Potatoes 2
Week 1 Meal 2: Italian Chicken w/ Roasted Carrots, Parsnips & Fennel 3
Week 1 Meal 3: BBQ Ribs w/ Potato Salad & Steamed Zucchini..... 4
Week 1 Meal 4: California Chicken & Veggie Salad 5
Week 1 Salad: Spinach w/ Mango, Avocado & Walnuts..... 6
Week 1 Breakfast: Eggs Baked in Avocado w/ Oranges 7
Week 1 Snack: Cauliflower w/ Olive Dip 7
Week 1 Dessert: Cherry Cobbler 8

April Week 2

Week 2 Meal 1: Mustard-Dill Salmon, Asparagus & Purple Potatoes..... 9
Week 2 Meal 2: Bison Strip Steaks, Broccoli & Mashed Cauliflower 10
Week 2 Meal 3: Chicken & Bell Pepper Lettuce Wrap 'Tacos' w/ Jicama & Guacamole 11
Week 2 Meal 4: Ratatouille w/ Grilled Pork Chops 12
Week 2 Salad: Arugula w/ Roasted Beets & Pumpkin Seeds..... 13
Week 2 Breakfast: Veggie Breakfast Scramble 14
Week 2 Snack: Kiwis w/ Brazil Nuts..... 15
Week 2 Dessert: Coconut Macaroons 15

April Week 3

Week 3 Meal 1: Lemon Basil Chicken Breast w/ Roasted Potatoes & Brussels' Sprouts..... 16
Week 3 Meal 2: Ginger-Sesame Roasted Pork Chops w/ Stir Fried Veggies 17
Week 3 Meal 3: Leftover Lamb Roast w/ Mashed Sweet Potato & Sautéed Kale 18
Week 3 Meal 4: Carrot & Zucchini Frittata with Strawberries 19
Week 3 Salad: Mixed Greens, Grapes, Avocado & Sunflower Seeds 20
Week 3 Breakfast: Shakshuka 20
Week 3 Snack: Turkey + Mustard + Avocado Roll-Ups 21
Week 3 Dessert: Chocolate Cashew Milk..... 21

April Week 4

Week 4 Meal 1: Roasted Garlic & Mushroom Marinara over Zucchini Noodles..... 22
Week 4 Meal 2: Lamb Burgers w/ Greek Salad..... 23
Week 4 Meal 3: Lemon Baked Cod w/ Dill Roasted Carrots & Broccoli 24
Week 4 Meal 4: Thai Coconut Chicken & Veggie Soup 25
Week 4 Salad: Spinach, Blueberry, Pecans & White Cheddar 26
Week 4 Breakfast: Bison, Sweet Potato, Spinach & Mushroom Hash..... 27
Week 4 Snack: Blueberries & Pistachios..... 28
Week 4 Dessert: Strawberry Soup..... 28

April 2017 Recipes, PALEO

Week 1 Meal 1: BBQ Shrimp w/ Mashed Sweet Potatoes

Ingredients:
2 large sweet potatoes
14oz can crushed tomatoes
1-2T chili powder
1/8c apple cider vinegar
1/4c honey
1-1.5# shrimp, peeled & deveined
S&P (~¼ tsp salt)

Instructions for sweet potatoes:

1. Pre-heat oven to 375 F.
2. Pierce 2 large sweet potatoes with a fork. Wrap in foil and bake for 55-65 minutes or until cooked through. Cool.
3. When cooled, peel and mash with a fork.
4. Season w/ S&P to taste.

Instructions for BBQ Shrimp:

1. Whisk together (can also use a blender) until well combined:
   14oz can crushed tomatoes + 1-2T chili powder + 1/8c apple cider vinegar + 1/4c honey + S&P
2. Marinate shrimp in ~ ½c BBQ Sauce for 30mins – 1hr.
3. Preheat oven to 425.
4. Remove shrimp from marinade and place in single layer on baking sheet. Roast ~12 mins or until shrimp are cooked.
5. Serve shrimp with additional BBQ Sauce for dipping and mashed sweet potatoes.

Week 1 Meal 2: Italian Chicken w/ Roasted Carrots, Parsnips & Fennel

Ingredients:
½c olive oil
¼c red wine vinegar
1T dried oregano
S&P, to taste
4 bone-in chicken leg quarters
2 carrots
2 parsnips
1 bunch fennel
1T olive oil
1T Italian seasoning*

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

Instructions:

1. Pre-heat oven to 425 F.
2. For chicken marinade, whisk together:
   ½c olive oil + ¼c red wine vinegar + 1T dried oregano + S&P, to taste
3. Add chicken, covering completely. Allow to stand for 30 minutes to 1 hour.
4. Slice 2 carrots & 2 parsnips into bite-sized pieces (~1"). Cut white bulb of fennel into 1" slices, discard greens. Toss together with 1T olive oil + 1T Italian seasoning + 1tsp salt.
5. Remove chicken from marinade and place in baking pan; place vegetables in a single layer on a baking sheet.
6. Roast chicken & veggies for ~40-45 minutes or chicken is cooked through (165 F).

Week 1 Meal 3: BBQ Ribs w/ Potato Salad & Steamed Zucchini

BBQ Ribs

Ingredients:

2c strained tomatoes*
3T chili powder*
¼c apple cider vinegar
½c honey
3# baby back ribs
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Honey BBQ Sauce: Whisk together (can also use a blender), all ingredients except for ribs.
2. Place ribs & 1½ c – 2c BBQ sauce in crockpot on high for 4-6 hours or low for 8-10 hours.
3. Serve w/ remaining BBQ sauce (or freeze for later use).

Potato Salad

Ingredients:

2# red potatoes
2 celery stalks
1 bunch green onions
¼c mayonnaise*
1-2T grainy mustard*
1T olive oil
S&P to taste
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Cut 2# red potatoes into 1-2" pieces. Place chopped potatoes, in a pot & cover with water. Bring to a boil & cook ~20 minutes or fork tender. Remove from heat.
2. Finely dice 2 celery stalks & 1 bunch green onions.
3. Whisk together: ¼c mayo + 1-2T grainy mustard + 1T olive oil + S&P
4. Drain and mash boiled potatoes using a fork, mix in dressing, chopped celery stalks & green onions.

Steamed Zucchini

Ingredients:

2 zucchini
S&P to taste

Instructions:

1. Cut zucchini into bite-sized pieces.
2. Steam (or boil) for ~5-6 minutes & season w/ S&P.

Week 1 Meal 4: California Chicken & Veggie Salad

Salad Components:
4 eggs (omega-3)
5oz tub mixed greens
1 pint cherry tomatoes
½c sunflower seeds
1 can chickpeas*
2 avocados
1# boneless, skinless chicken breast
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Italian Dressing Ingredients:
½c olive oil
¼c red wine vinegar
1T dried oregano
S&P, to taste

For Italian Dressing:

1. Whisk together:
   - ½c olive oil
   - ¼c red wine vinegar
   - 1T dried oregano
   - S&P, to taste

Instructions:

1. Place 4 eggs in a pot & cover with water. Bring water to a boil for ~5 minutes. Cover with lid & remove from heat for 20 minutes.
2. Season 1# chicken breast with S&P. Grill chicken ~10 minutes/ side or bake at 350 F for 20-30 minutes. Allow to cool.
3. In a large bowl mix salad components:
   - tub of mixed greens
   - pint cherry tomatoes
   - sunflower seeds
   - 1 can chickpeas, drained and rinsed
4. Slice 2 avocados & cooled chicken breasts.
5. Peel & slice hard boiled eggs.
6. Add both to top of salad.
7. Drizzle 1-2T Italian dressing over each salad.

Week 1 Salad: Spinach w/ Mango, Avocado & Walnuts

Salad Components:
1 ripe mango
5oz tub spinach
½c walnuts
2 medium avocados

Dressing:
½c olive oil
¼c balsamic vinegar
S&P to taste

Instructions:

1. Dice 1 mango and 2 avocados into bite-sized pieces.
2. In a large bowl layer salad components:
   - ½ tub of spinach
   - ¼c chopped walnuts
   - ½ of diced mango
   - ½ of chopped avocado

   Repeat layers

For Balsamic Dressing:

1. Whisk together:
   - ½c olive oil
   - ¼c balsamic vinegar
   - S&P to taste

Week 1 Breakfast: Eggs Baked in Avocado w/ Oranges

Ingredients:
2 avocados
4 eggs (omega-3)
S&P to taste
4 oranges
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:
1. Pre-heat oven to 425 F.
2. Cut 2-4 avocados in half.
3. Crack 1 egg into each avocado and bake for 18-24 minutes or desired egg doneness.
4. Cut 4 oranges into quarters for breakfast.
5. Season baked eggs w/ S&P.
6. Enjoy with fresh orange slices.

Week 1 Snack: Cauliflower w/ Olive Dip

Ingredients:
1 head cauliflower
1c full-fat Greek yogurt
¼c mayo
1c chopped Kalamata loives
1 chopped garlic clove

Instructions:
1. Cut cauliflower into 2-3" pieces for snacking.
2. In a bowl, combine the following until smooth:
   1c greek full fat yogurt + ¼c mayo + 1c chopped kalamata olives + + 1 chopped garlic clove + S&P

Note: To make dairy-free, omit yogurt and increase mayo to 1c.

Week 1 Dessert: Cherry Cobbler

Ingredients:
20oz frozen dark cherries*
1¼c almond flour
1tsp almond extract*
½c butter, unsalted (OR sub ½c coconut oil)
1c Medjool dates
1c pecans
½c shredded coconut (unsweetened)*
1T cinnamon
1tsp ground ginger
½tsp salt
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 375 F.
2. Toss together 20oz frozen dark cherries w/ ¼c almond flour & 1tsp almond extract. Layer on the bottom of 9x9" pan.
3. Place in food processor or blender:
   - ½c butter or coconut oil
   - 1c dates (pits removed)
   - 1c pecans
   - 1c almond flour
   - ½c unsweetened coconut flakes
   - 1T cinnamon
   - 1tsp ginger
   - ½tsp salt
4. Pulse until combined and it begins to form a ball.
5. Top with cobbler from above (does not have to cover completely). Cover with foil.
6. Bake in pre-heated 375 F oven for ~30 minutes.

Week 2 Meal 1: Mustard-Dill Salmon, Asparagus & Purple Potatoes

Mustard Dill Salmon

Ingredients:
1 bunch fresh dill
1c grainy mustard*
4 salmon fillets (4-6oz each)
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:
1. Pre-heat oven to 425 F.
2. Tear off top half of dill (discarding the thicker stem portion) add along with 1c grainy mustard to blender or food processor. Blend until dill is chopped (OR option to chop dill and stir into 1c mustard).
3. Spread 1-2 T mustard-dill sauce on each salmon fillet
4. Bake salmon for 18-22 minutes, or just cooked through, flaky.

Asparagus

Ingredients:
garlic
1 bunch asparagus
1T olive oil
S&P to taste

Instructions:
1. Pre-heat oven to 425 F.
2. Finely chop 1-2 cloves of garlic.
3. Cut ends off of asparagus (bottom 2-3") and discard.
4. Toss w/ 1T olive oil, chopped garlic, & S&P.
5. Roast asparagus for 10-12 minutes.

Purple Potatoes

Ingredients:
1-2# purple potatoes
1-2T olive oil
S&P to taste

Instructions:
1. Pre-heat oven to 425 F.
2. Cut purple potatoes in half (or to make ~1" pieces).
3. Toss w/ 1-2 T olive oil, S&P.
4. Place potatoes on baking sheet, place in oven, roast for 30-40 minutes, tossing halfway through.

Week 2 Meal 2: Bison Strip Steaks, Broccoli & Mashed Cauliflower

Bison Strip Steaks

Ingredients:

4 x bison strip steaks (5-7oz each, grass-fed)
¼c steak seasoning*
1-2tsp olive oil
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 400 F.
2. Coat each steak w/ ~1 T steak seasoning.
3. Heat 1-2tsp olive oil in large, oven-safe saute pan over med-high heat.
4. Cook steaks 2-3 minutes/ side or until color develops.
5. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).

Roasted Broccoli

Ingredients:

1 head broccoli
1T olive oil
S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Chop 1 head of broccoli into 1" bite-sized pieces.
3. Toss w/ 1 T olive oil, salt & pepper.
4. Roast broccoli in oven for 12-14 minutes.

Mashed Cauliflower

Ingredients:

1 head cauliflower
S&P to taste

Instructions:

1. Roughly chop 1 head of cauliflower.
2. Bring 4c water to a boil, add 1 head chopped cauliflower, lower to med, simmer 15 minutes, turn off heat, cover and allow to stand for 15 minutes.
3. Place cooked cauliflower in blender or food processor, 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/ S&P.

Week 2 Meal 3: Chicken & Bell Pepper Lettuce Wrap 'Tacos' w/ Jicama & Guacamole

Ingredients:
1 yellow onion
garlic
2 bell peppers
1-2# chicken breast boneless, skinless
1tsp ancho chili powder,* optional
¼c taco seasoning*
1 head Iceburg or Bibb lettuce *
1 small jicama root
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:
1. Chop 1 yellow onion.
2. Finely chop 1-2 cloves of garlic.
3. Dice 2 bell peppers.
4. Slice chicken breasts into 1-2" thin strips.
5. Heat ½tsp olive oil in a medium sauté pan, over med-high heat. Add onion and garlic and sauté 3-4 minutes.
6. Add 2 diced bell pepper & ~1tsp ancho chili powder (optional) & cook an additional 3-5 minutes, stirring occasionally.
7. Add sliced chicken & ¼c taco seasoning. Add ½c water and cook for 10-15 minutes or until chicken is cooked through.
8. Wash lettuce and select large leaves.
9. Peel & cut jicama root into 1-2" strips
10. Serve chicken tacos in lettuce wraps with jicama and guacamole (below) on the side.

Guacamole

Ingredients:
2 avocados
~¼c chopped tomato
1 lime
~1T chopped jalapeño, optional (seeds & ribs removed)
1T chopped cilantro, optional
S&P to taste

Instructions:
1. Mash avocados.
2. Stir in remaining ingredients.
3. Season with S&P and lime juice to taste.

Week 2 Meal 4: Ratatouille w/ Grilled Pork Chops

Grilled Pork Chop

Ingredients:

4 thin cut pork chops
¼c olive oil
1/8c balsamic vinegar
S&P to taste

Instructions:

1. Balsamic Marinade: ¼ cup olive oil + 1/8 cup balsamic vinegar, pepper to taste.
2. Marinate 4 pork chops in balsamic dressing.
3. Pre-heat grill to 350 F or a large sauté pan to med high.
4. Remove pork from marinade, season w/ S&P.
5. Grill or sauté pork 3-4 minutes per side or until internal temperature reaches 145 F.

Ratatouille

Ingredients:

1-2 garlic cloves
1 yellow onion
1 eggplant
2 bell peppers
1 tomato
1 zucchini
5oz tub sliced mushrooms
1 bunch basil
1-2tsp olive oil
S&P to taste

Instructions:

1. Finely chop 1-2 cloves of garlic.
2. Chop 1 yellow onion.
3. Chop 1 eggplant into 1" cubes.
4. Finely chop tomato.
5. Dice bell peppers.
6. Chop 1 zucchini into ½" cubes.
7. Heat 1tsp olive oil in a large sauté pan, over med-high heat.
8. Add 1-2tsp finely chopped garlic, onion, & diced eggplant.
9. Lower heat to medium and cook 10 minutes.
10. Add 1 tub sliced mushrooms, 1 chopped tomato & 2 diced bell peppers. Cook for 15 minutes, stirring occasionally.
11. Add 1 chopped zucchini, cook 10 more minutes. Season to taste w/ ½t salt & pepper.
12. Finely chop fresh basil leaves (~3-4T) & top dish.

Week 2 Salad: Arugula w/ Roasted Beets & Pumpkin Seeds

Salad Components:
4 large beets (use 2 red & 2 golden, if available)
1-2T olive oil
5oz tub arugula
½c pumpkin seeds

Dressing:
½c olive oil
¼c balsamic vinegar
S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Peel and dice beets into ½" cubes. Toss w/ 1-2T olive oil + S&P.
3. Roast for 35-40 minutes, removing halfway through cook time to toss, or until tender.
4. Allow to cool.
5. In a large bowl layer salad components:
   - ½ tub arugula
   - ½ of roasted beets
   - ¼c pumpkin seeds

   Repeat layers

For Balsamic Dressing:

1. Whisk together:
   - ½c olive oil
   - ¼c balsamic vinegar
   - S&P to taste

Week 2 Breakfast: Veggie Breakfast Scramble

Ingredients:
2 bell peppers
1 tomato
garlic
5oz tub sliced mushrooms
1 bag spinach
6 eggs (omega-3)

Instructions:

1. Dice bell peppers (~½" dice).
2. Finely chop tomato.
3. Finely chop 1-2 cloves of garlic.
4. Heat ½ tsp olive oil in a medium sauté pan, over med-high heat.
5. Add 1tsp finely chopped garlic & 1 tub sliced mushrooms & 2 diced bell pepper, cook for 10 minutes, stirring occasionally.
6. Add 1 chopped tomato and cook 5 more minutes.
7. Add 1 bag spinach; cook 2 minutes or until wilting. Season w/ ½tsp salt.
8. In a bowl, whisk together: 6 whole eggs + fresh ground pepper
9. Add eggs to sauté pan and cook an additional 4-5 minutes, stirring occasionally, until egg is just cooked/ firm.

Week 2 Snack: Kiwis w/ Brazil Nuts

Ingredients:
1c Brazil nuts
8 kiwi
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Cut kiwi in half and scoop out w/ spoon. 1 serving = 2 kiwi + ¼c Brazil nuts.

Week 2 Dessert: Coconut Macaroons

Ingredients:
2 egg whites
¼c honey
¼ tsp almond extract,* optional
1/8 tsp salt
2c coconut (finely shredded, unsweetened)*
½ c mini dark chocolate chips, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. In a small bowl whisk together all ingredients except coconut & chocolate chips (if using) until well combined.
2. Stir in 2c shredded coconut. Optional: stir in ½c mini dark chocolate chips.
3. Place in refrigerator (for 30 minutes up to 1 hour).
4. Pre-heat oven to 400 F.
5. Spray a baking sheet w/ nonstick spray.
6. Fill a 1 T measuring spoon with batter (heaping full), firmly pack to make it level, roll into a ball and place on baking sheet.
7. Bake at 400 F for 12 minutes or just turning golden brown.

Yield: ~20 macaroons

Week 3 Meal 1: Slow Cooker Spring Lamb Roast w/ Roasted Potatoes & Brussels' Sprouts

Slow Cooker Spring Lamb Roast

Ingredients:

1 large lamb shoulder roast
(can sub a pork or beef roast, shoulder or rump roast)
1 yellow onion
2 large carrots
3-4 stalks celery
28oz diced tomatoes
3T Italian Seasoning

Instructions:

1. Chop 1 yellow onion, 2 large carrots (peeling optional) and 3-4 stalks celery into ~1-2" pieces.
2. Season lamb roast on all sides with ~3T Italian seasoning and a generous amount of salt & pepper.
3. Place chopped veggies, seasoned lamb and 28oz diced tomatoes in a crock pot.
4. Cook on low for 6-8 hours or high for 4-6 depending on your slow cooker.
5. Remove roast from slow cooker and slice thinly, against the grain. Serve with veggies and roasted vegetables below.

*Note: recipe was designed to have left overs for Week 3, Meal 3 on page 18.

Roasted Potatoes & Brussels' Sprouts

Ingredients:

1# baking potatoes
1# Brussels' sprouts
2T oil
S&P to taste

Instructions:

1. Pre-heat oven to 375 F.
2. Cut 1# potatoes into ½" pieces.
3. Cut 1# Brussels' sprouts in half.
4. Toss with 2T oil, S&P.
5. Roast potatoes & Brussels' sprouts for 45-55 minutes, or desired doneness. Remove and toss halfway through cooking.

Week 3 Meal 2: Ginger-Sesame Roasted Pork Chops w/ Stir Fried Veggies

Ginger-Sesame Roasted Pork Chops

Ingredients:

ginger knob
1c toasted sesame oil
4 thin-cut pork chops

Instructions:

1. Peel & grate 1T fresh ginger.
2. For Sesame Pork Marinade whisk together:
   - 1c toasted sesame oil
   - 1T fresh grated ginger
3. **Marinate pork chops for at least ½ an hour (or overnight for more flavorful results).**
4. Pre-heat oven to 375 F.
5. Remove pork chops from marinade and bake for 15-20 minutes or 145 F.

Stir Fried Veggies

Ingredients:

2 bell peppers (mix of colors)
2 carrots
1 x broccoli
garlic
ginger knob
~¼c toasted sesame oil
¼ c coconut aminos*
2 tsp coconut oil
8oz sliced mushrooms
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Slice 2 bell peppers & 2 carrots into long, thin strips.
2. Chop 1 head broccoli.
3. Finely chop 3 cloves garlic. Peel & grate 2T fresh ginger.
4. For Stir Fry Sauce whisk together the following:
   - ¼c coconut aminos
   - 1T toasted sesame oil
   - 1T fresh grated ginger
   - 2 cloves chopped garlic
5. Heat 2 tsp coconut oil (or olive) in a large sauté pan or wok over medium-high heat.
6. Add 5oz sliced mushrooms & sauté for ~3 min.
7. Add bell pepper, carrots, & broccoli to pan, sauté 5-7min, stir occasionally.
8. Add stir-fry sauce, and cook 3-4 minutes.

Week 3 Meal 3: Leftover Lamb Roast w/ Mashed Sweet Potato & Sautéed Kale

**Note: This recipe was designed to utilize leftovers from Meal 1 on page 16, but we are including the full recipe here.

Slow Cooker Spring Lamb Roast

Ingredients:

1 large lamb shoulder roast
(can sub a pork or beef roast, shoulder or rump roast)
1 yellow onion
2 large carrots
3-4 stalks celery
28oz diced tomatoes
3T Italian Seasoning

Instructions:

1. Chop 1 yellow onion, 2 large carrots (peeling optional) and 3-4 stalks celery into ~1-2" pieces.
2. Season lamb roast on all sides with ~3T Italian seasoning and a generous amount of salt & pepper.
3. Place chopped veggies, seasoned lamb and 28oz diced tomatoes in a crock pot.
4. Cook on low for 6-8 hours or high for 4-6 depending on your slow cooker.
5. Remove roast from slow cooker and slice thinly, against the grain. Serve with veggies and roasted vegetables below.

Mashed Sweet Potatoes & Sautéed Kale

Ingredients:

12oz bag pre-chopped kale (or 2 bunches whole kale)
3 garlic cloves
2 large sweet potatoes
1T olive oil
1-2T red wine vinegar

Instructions:

1. If not using pre-chopped kale, remove leaves from stems. Discard stems and rough chop leaves.
2. Chop 3 garlic gloves.
3. Use knife to poke holes in 2 potatoes. Place in a large pot, cover with water & boil for ~1-1.5 hours or a knife easily inserts in the center. Cool.
4. While potatoes cook, in a large sauté pan place 1T olive oil, chopped garlic, and chopped kale.
5. Saute over med-high heat for 2-3 minutes.
6. Add 1c water, cover and cook for ~8-10 minutes, stirring occasionally. Season w/ S&P and 1-2T red wine vinegar to taste.
7. Peel cooked & cooled sweet potatoes and use a fork to mash potatoes until smooth. Season w/ S&P.

Week 3 Meal 4: Carrot & Zucchini Frittata with Strawberries

Ingredients:
1 medium zucchini
2 large carrots
10 eggs (omega-3)
1tsp garlic powder
1T fennel seed, optional
4oz shredded parmesan, optional
1/8 tsp salt & ½tsp pepper or to taste
1 pint strawberries
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 350F.
2. Chop and discard the tops of 1 zucchini & 2 large carrots. Grate both & set aside (works best in a food processor).
3. In a large bowl, whisk together 10 eggs
4. Stir in:
   - 1 zucchini + 2 carrots, shredded/ grated
   - 1tsp garlic powder
   - 1T fennel seeds (optional)
   - ½tsp black pepper
   - 1/8tsp salt
5. Put into well-oiled casserole or pie pan and option to top with 4oz shredded parmesan (optional).
6. Bake at 350F for 25-35 minutes or until no longer jiggly (will vary depending on depth of dish).
7. Serve w/ fresh strawberries.

Week 3 Salad: Mixed Greens, Grapes, Avocado & Sunflower Seeds

Salad Components:
~1c seedless grapes
2 stalks celery
1 avocado
5oz tub mixed greens
¼ c sunflower seeds

Dressing:
½c olive oil
¼c balsamic vinegar
S&P to taste

Instructions:
1. Cut 1c grapes in half if preferred (option to leave whole).
2. Finely chop 2 stalks of celery.
3. Dice 1 avocado and add to salad.
4. In a large bowl layer salad components:
   - ½ tub mixed greens
   - ½c grapes
   - ½ of chopped celery
   - ½ diced avocado
   - 1/8c sunflower seeds

   Repeat layers

For Balsamic Dressing:
1. Whisk together:
   - ½c olive oil
   - ¼c balsamic vinegar
   - S&P to taste

Week 3 Breakfast: Shakshuka

Ingredients:
1 bunch parsley
1 jar marinara sauce*
5oz baby spinach
8 eggs

Instructions:
1. Finely chop 2T parsley
2. In a lg saute pan over med-high heat, add 1 jar marinara + 5oz baby spinach.
3. Cover & cook for 5-7 min (or until spinach is wilted). Stir.
4. Add 8 eggs to pan, one at a time, "nesting" into sauce. Cover, cook for another 3-4 min or until eggs reach desired doneness.

5. Season w/ S&P and 2T chopped parsley.

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

Week 3 Snack: Turkey + Mustard + Avocado Roll-Ups

Ingredients:
1 avocado
6-8oz deli turkey*
1-2T mustard of choice*
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:
1. Slice an avocado into 4-8 slices
2. Place 1-2 slices of turkey on a plate, top with avocado slice and ~1tsp mustard
3. Roll up and enjoy!

Week 3 Dessert: Chocolate Cashew Milk

Ingredients:
1c cashews
1c dates, pitted
8c water
¼c cocoa powder
¼tsp cinnamon

Instructions:
1. Bring 1c water to a boil and pour over 1c cashews. Add 1tsp salt and set aside to soak for ~1hr.
2. In a blender place: 1c rehydrated cashews (drained, discard soaking water) + 1c dates, pitted + 8c water + ¼c cocoa powder + ¼tsp cinnamon
3. Blend on high until smooth. Note: for extra smooth texture, pass through a sieve to strain solids.
4. Refrigerate.

Week 4 Meal 1: Roasted Garlic & Mushroom Marinara over Zucchini Noodles

Marinara

Ingredients:

1 bulb garlic
8oz sliced mushrooms
32oz tomato sauce*
2-3T Italian seasoning*
S&P to taste
1 small wedge parmesan, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 350
2. Chop the top off 1 bulb of garlic. Rub with ~1T olive oil, wrap in foil, roast for 35 min. Let cool.
3. Remove 3-4 cloves by pressing on the bottom of the clove to push it out of its paper.
4. In large sauté pan, add 8oz sliced mushrooms + roasted garlic. Sauté 15 minutes, stirring occasionally.
5. Add 32oz jar tomato sauce, season w/ 2-3T Italian seasoning, S&P to taste. Stir to combine and simmer while you prepare zucchini noodles
6. Option to top with fresh grated parmesan.

Zucchini Noodles

Ingredients:

2-4 lg zucchini
1-2 tsp. oil
S&P to taste

Instructions:

1. Thinly slice 2 zucchini, lengthwise, into spaghetti-like strands. This works best using a spiralizer or mandolin.
2. Heat 1-2tsp oil on med-high heat. Add zucchini "pasta" to pan, sauté 2-3min, top w/ sauce.

Week 4 Meal 2: Lamb Burgers w/ Greek Salad

Lamb Burgers

Ingredients:

1-1.5# ground lamb
S&P to taste
1 head butter lettuce (or preferred type for lettuce wraps)

Instructions:

1. Season w/ S&P & form into 4 patties.
2. Heat grill or large sauté pan to medium-high for burgers.
3. Cook 3-4 min on each side or until desired doneness.
4. Serve in lettuce wraps with salad on side.

Greek Salad

Ingredients:

1 pint cherry tomatoes
1 cucumber
14oz quartered artichoke hearts in water*
½c Kalamata olives
1T olive oil
1T red wine vinegar
1T dried basil
1-2T fresh chopped dill, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Cut 1 pint cherry tomatoes in half.
2. Dice 1 cucumber & 1 can artichoke heart (drained) in bite-sized pieces.
3. Toss together the following:
   - 1 pint cherry tomatoes, halved
   - 1 cucumber, diced
   - 14oz artichoke hearts, drained & diced
   - ½c sliced Kalamata olives
   - 1T olive oil
   - 1T red wine vinegar
   - 1T dried basil
   - 1-2T fresh chopped dill, optional
   - S&P to taste
4. Serve salad on side.

Week 4 Meal 3: Lemon Baked Cod w/ Dill Roasted Carrots & Broccoli

Lemon Baked Cod

Ingredients:

2 lemons
4 cod fillets OR substitute salmon or Chilean sea bass
~2T olive oil
S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Cut 2 lemons into thin circular slices for baked fish.
3. Place cod on a baking sheet, drizzle with olive oil (~1tsp / fillet), season w/ S&P and
4. Spread lemon slices on top.
5. Bake 18-20 minutes. Remove lemon slices before eating.

Dill Roasted Carrots & Broccoli

Ingredients:

4 large carrots
1 bunch broccoli
fresh dill
1-2T olive oil
S&P to taste
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 400 F.
2. Cut 4 carrots into bite-sized pieces.
3. Cut broccoli into bite-sized pieces.
4. Finely chop dill for 1-2tsp.
5. Toss carrots & broccoli w/ 1-2T olive oil + chopped dill + S&P.
6. Place carrots & broccoli in single layer on baking sheet & roast ~35 minutes.

Week 4 Meal 4: Thai Coconut Chicken & Veggie Soup

Ingredients:
1 yellow onion
2 cloves garlic
1 red bell pepper
2 bok choy
2c shiitake mushrooms
fresh ginger knob
2 limes
1 large bone-in, skin on chicken breast,~ ¾-1#
fresh cilantro
1T curry paste*
4c chicken broth*
1 can lite coconut milk*
1tsp cayenne pepper
S&P to taste
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Finely chop:
   - 1 yellow onion
   - 2 cloves garlic
   - 2 bok choy
   - 1 red bell pepper
2. Slice 2c shiitake mushrooms
3. Peel & grate ginger to equal 1T
4. Cut 2 limes in wedges.
5. Finely chop 1 large handful cilantro for soup.
6. Heat large soup pot over med-high.
7. Add 1 chicken breast, skin side down.
8. Add: chopped onion, garlic, bok choy, shiitake mushroom (sliced), bell pepper, 1T grated ginger, & 1T curry paste.
9. Sauté for ~5 minutes, stirring.
10. Add 4c chicken broth + 1 can lite coconut milk + 2c water (add more water if needed), bring to a low boil & cook for 15 minutes.
11. Remove chicken & cool. Cut meat from bone and chop. Return meat to soup and cook 10-15 minutes.
12. Optional: Season w/ up to 1t cayenne pepper (add gradually as this adds heat!).
13. Serve w/ chopped cilantro & lime wedges.

Week 4 Salad: Spinach, Blueberry, Pecans & White Cheddar

Salad Components:
4oz white grass-fed cheddar, optional
5oz tub spinach
½c chopped pecans
1 pint blueberries

Dressing:
½c olive oil
¼c balsamic vinegar
S&P to taste

Instructions:

1. If using, chop 4oz white cheddar into small cubes for salad, enough for ~1/4c.
2. In a large bowl layer salad components:
   - ½ 5oz tub of spinach
   - ¼c chopped pecans
   - ½ pint blueberries
   - 2 oz white cheddar cubes (~1/8 c)

   Repeat layers.

For Balsamic Dressing:

1. Whisk together:
   - ½c olive oil
   - ¼c balsamic vinegar
   - S&P to taste

Week 4 Breakfast: Bison, Sweet Potato, Spinach & Mushroom Hash

Ingredients:
1 sweet potato
1 small yellow onion
3 cloves garlic
1# ground bison (option to sub ground meat of choice)
5oz sliced mushrooms
5oz tub spinach
1T cumin
1T chili powder*
S&P to taste
8 eggs, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Cut 1 sweet potato into small, bite-sized cubes.
2. Finely chop 1 yellow onion & 3 cloves garlic.
3. In a large sauté pan, add ground bison (breaking apart), diced sweet potato, onion, garlic, 1 tub sliced mushroom & 5oz spinach.
4. Season with 1T chili powder + 1T cumin + S&P to taste.
5. Sauté 15 minutes, stirring occasionally.
6. Top with 1-2 poached/fried eggs per person.

   Poached Egg: Bring a pot of water + 1T vinegar to just boiling, lower heat and add eggs. Cook for ~5 minutes or desired doneness.

   OR

   Pan Fried Egg: heat 1-2tsp oil or butter in a sauté pan over med, add eggs, cover with a lid & cook until desired doneness.

Week 4 Snack: Blueberries & Pistachios

Ingredients:
2c pistachios, in shells
2 pints blueberries

Instructions:
1. 1 serving = ~½c blueberries + ~¼-½c pistachios (in shell).

Week 4 Dessert: Strawberry Soup

Ingredients:
1 bulb garlic
1c almonds
½ tsp salt
½ pint strawberries, stems removed
1 medium banana
1 pear, rough chopped
1c water
1 ½ T apple cider vinegar

Instructions:
1. Pre-heat oven to 350 F.
2. Chop the top off 1 bulb of garlic. Rub with ~1T olive oil, wrap in foil, roast for 35 min. Let cool.
3. Remove 2 cloves by pressing on the bottom of the clove to push it out of its paper.
4. In a blender, add 1c almonds + 1c water. Blend on high for 60 seconds or until smooth.
5. Add in:
   ½ pint strawberries, stems removed
   1 medium banana
   1 pear, rough chopped
   1c water
   1 ½ T apple cider vinegar
6. Blend until smooth and chill before serving in a bowl or coffee mug. Top with extra diced strawberries.