

BREAKFASTS

Grape parsley smoothie x 2
Banana Nut Muffins x 2
Green Eggs

LUNCHES

Shrimp Bowl
Grain Free Tabbouleh
Sausage Soup (a favorite!) x2
Friday: Leftovers Lunch

DINNERS

Shrimp Pesto "Linguine"
Paleo Jambalaya
Chimichurri Steak
Steak & Eggs
Summer Ploughman's Platter

SNACK SUGGESTIONS

Watermelon Ice *
1 Banana Nut Muffin
Cucumbers & 1 Tablespoon Pesto for Dip
Chocolate Banana Shake *
Cold grapes and ¼ cup nuts

PREP GUIDE:

- Freeze 8 cups green grapes
- Make Chimichurri
- Marinate Steak
- Make Pesto
- Grill 8 Turkey Italian Sausage
- Sauté Shrimp
- Pantry Dressing

** see last page for recipes*

PREP DIRECTIONS

PESTO

¾ cup cashews
2 cups fresh basil leaves
2 garlic cloves, peeled
¼ cup extra virgin olive oil
A few tablespoons water
½ teaspoon kosher salt
½ lemon, juiced

1. Combine cashews, basil, and garlic in a food processor and pulse until very finely chopped.
2. Add olive oil and lemon juice, and continue to pulse until combined. Mixture will likely be thick; thin with water, 1 Tablespoon at a time.
3. Season with salt.

SAUTÉED SHRIMP

1 pound medium shrimp, peeled
2 Tablespoons olive oil
2 cloves garlic
Kosher salt and black pepper to taste.

1. Heat olive in medium skillet over high heat.
2. Once hot, toss in shrimp and garlic cooking for 3-4 minutes until shrimp is opaque.
3. Remove from heat, cool and chop.
4. Store in an airtight container for up to 2 days.

BREAKFASTS

(1) Grape Parsley Smoothie x 2 (each recipe makes 32 ounces)

- 3 lemons, juiced
- 3 cups ripe green seedless grapes
- 1 medium bunch flat-leaf parsley, chopped
- ½ avocado, peeled and pitted
- 2 dates, pitted
- 2 cups ice cubes

Place all ingredients in a blender and puree on high for thirty to sixty seconds. Drink immediately.

12 ounce Smoothie: 263kcal, 4.2g protein, 46.9g Carb, 32mg Sodium, 9.5g Fiber, 0mg Cholesterol, 10.9g Fat, 2.3g Saturated, 31.1g Sugar, 8% Calcium, 19% Iron

(2) Banana Nut Muffins (makes 18)

- 1 cup nut butter (almond or cashew)
- 4 large eggs
- 2 teaspoon vanilla
- 5 extra ripe bananas, mashed
- 2 cups almond flour
- 2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg (optional)
- 1 teaspoon kosher salt
- ½ cup walnuts, chopped

1. Preheat oven to 350°F.
2. With a hand mixer or in a stand mixer, combine nut butter, eggs, and vanilla.
3. Add mashed bananas and stir well.
4. Combine almond flour, baking soda, and spices. Fold flour into banana mixture.
5. Evenly distribute to 18 muffin cups.
6. Top with walnut pieces.
7. Bake for 15 minutes or until a toothpick comes out clean when poked.

2 Muffins: 348kcal, 11.8g protein, 30g Carb, 645mg Sodium, 4.4g Fiber, 93mg Cholesterol, 22.9g Fat, 3.8g Saturated, 11.5g Sugar, 3% Calcium, 44% Iron

BREAKFASTS

(3) Green Eggs

1 Tablespoon olive or coconut oil

1 pound baby spinach leaves (10-12 cups)

½ teaspoon kosher salt

½ teaspoon black pepper

8 eggs, whisked with 1 Tablespoon water

1. Heat oil in a large skillet over medium heat. Add spinach, salt, and pepper and cook until spinach is wilted.
2. Preheat oven to 375°F.
3. Grease a 12-cup muffin tin with olive or coconut oil (or use muffin tin liners for easy grab and go).
4. Divide spinach between 12 muffin cups. Pour eggs over spinach evenly.
5. Bake for 10 minutes until firm.
6. Serve with watermelon slices or grapes.

Green Eggs: 220kcal, 15g protein, 13g Carb, 350mg Sodium, 5g Fiber, 370mg Cholesterol, 13g Fat, 3.5g Saturated, 0g Sugar, 15% Calcium, 30% Iron

LUNCHES

(1) Shrimp Bowl

- 3 cups mixed greens, finely chopped
- 2 Tablespoons pantry dressing
- 2 tomatoes, fine dice
- 1 avocado, fine dice
- 2 Tablespoons basil, julienned
- 1 Tablespoon extra virgin olive oil
- 1 Tablespoon lemon juice
- 1 pound medium shrimp, chilled and chopped (see prep)

Toss greens, tomatoes and avocado in pantry dressing.
Toss cold shrimp in olive oil and lemon juice with basil.
Divide greens mix into bowls.
Top with shrimp.

270kcal, 28g protein, 9.7g Carb, 320mg Sodium, 5.9g Fiber, 223mg Cholesterol, 15.1g Fat, 2.7g Saturated, 2.3g Sugar, 9% Calcium, 36% Iron

(2) Grain Free Tabbouleh with Turkey Sausage Links

- 1 bunch fresh Italian Parsley, chopped
- ½ red onion, minced
- 2 bell peppers, chopped
- 1 medium lemon, juiced
- ¼ cup olive or coconut oil
- 2 garlic cloves, minced
- Pinch of salt & pepper
- 4 Tablespoons hemp seeds, optional
- 4 turkey Italian sausage Links, heated

1. To a large mixing bowl, add parsley, onion, and bell pepper. Top with lemon juice, olive oil, garlic, salt, and pepper and toss to combine. Add hemp seeds at this time if desired (optional).
2. Taste and adjust flavor as needed, adding more lemon juice for acidity, salt and pepper for overall flavor, or olive oil if too dry. Serve with turkey sausage links.

1 cup Tabbouleh: 227kcal, 6.8g protein, 9g Carb, 38mg Sodium, 3.2g Fiber, 0mg Cholesterol, 19.8g Fat, 2.2g Saturated, 3.2g Sugar, 5% Calcium, 23% Iron

1 Sausage: 150kcal, 17g protein, 1g Carb, 500mg Sodium, 1g Fiber, 75mg Cholesterol, 8g Fat, 2g Saturated, 0g Sugar, 3% Calcium, 10% Iron

LUNCHES

(3) Sausage Soup (enough for two meals)

¼ cup extra virgin olive oil
2 yellow onions, diced
4 cloves garlic, minced
8 carrots, diced
8 stalks celery, diced
1 bulb fennel, diced
2 pounds bulk sausage (8 sausage links cases removed)
12 ounces mushrooms, sliced (2 cups)
1 teaspoon organic sea salt
½ teaspoon black pepper
½ teaspoon paprika
2 teaspoons Herbes de Provence
10 cups low-sodium chicken broth
6 ounces baby spinach (4 cups)

1. Heat a large pot over medium heat and add oil.
2. When oil is hot add onions and garlic and cook for 1 minute, then add carrots, celery, fennel, sausage, salt, pepper, paprika, and Herbes. Sauté for 5 minutes, crumbling sausage as you stir.
3. Add in mushrooms, broth and spinach and simmer for 5-10 minutes until heated through.

2 cups : 277kcal, 20.9 protein, 16.3g Carb, 993mg Sodium, 4.3g Fiber, 50mg Cholesterol, 14.7g Fat, 3.4g Saturated, 5.3g Sugar, 7% Calcium, 24% Iron

DINNERS

(1) Shrimp Pesto Linguine

- 3 medium zucchini
- 2 Tablespoons water or broth
- Pinch of kosher salt
- Pinch of ground pepper
- 1 cup pesto (see prep)
- 1 pound medium shrimp (sub chicken tenders or chicken sausage)

1. Cut zucchini in half length-wise and then again in half to make thin planks.
2. Cut into thin strips like linguine.
3. Set on a paper towel to drain.
4. Heat ½ cup water in a medium sauté pan over medium heat.
5. Cook noodles two minutes until tender but slightly al dente.
6. Remove noodles then add shrimp to pan. Cook for 4 minutes stirring.
7. Toss with noodles with pesto. Divide into bowls. Top with shrimp.

¼ cup pesto, 6 shrimp, 1 cup zucchini noodles
402 kcal, 32.1g Protein, 8.9g Carb, 690mg Sodium, 2.6g Fiber, 238mg Cholesterol, 27.6g Fat, 5.1g Saturated, 6.5g Sugar, 19% Calcium, 25% Iron

(2) Paleo Jambalaya

- 2 Tablespoons extra virgin olive oil
- ½ yellow onion, diced (½ cup)
- 2 cloves garlic, minced
- 2 turkey sausage links, cut into quarters
- 2 stalks celery, diced
- 3 bell peppers, sliced
- ½ teaspoon black pepper
- ¼ teaspoon kosher salt
- ½ teaspoon crushed red pepper, optional
- 2 cups low sodium chicken or vegetable broth
- 3 tomatoes, diced
- ½ pound peeled shrimp (omit or sub ½ pound cubed chicken breast)
- 2 Tablespoons chopped fresh parsley

1. In a Dutch oven or heavy bottom stockpot, heat olive oil over medium heat.
2. Add onion and garlic and sauté for 2 minutes.
3. Add sausage links and brown for 3-4 minutes.
4. Add celery, bell peppers, black pepper, salt, and crushed red pepper.
5. Stir to combine and cook 3-4 minutes to brown sausage and cook through.
6. Add broth and tomatoes. Bring to a simmer and add shrimp. Simmer for 3 minutes.
7. Garnish with fresh parsley.

336 kcal, 48.6g Protein, 10.3g Carb, 1273mg Sodium, 2.8g Fiber, 277mg Cholesterol, 12.1g Fat, 2.2g Saturated, 5.7g Sugar, 10% Calcium, 14% Iron

DINNERS

(3) Chimichurri Flank Steak with Salad

- ½ cup finely chopped parsley
- ½ cup extra virgin olive oil
- 1 teaspoon kosher salt
- 2 cloves garlic, pressed
- 1 teaspoon red pepper flakes
- 2 pounds flank steak

1. Combine parsley, olive oil, salt, garlic and red pepper flakes.
2. Save 2 Tablespoons for hard boiled egg snack. (optional)
3. Place steak in two pieces in a 9x13 glass pan. Cover with remaining chimichurri sauce.
4. Cover with a lid or plastic and marinate until dinner night.
5. DINNER NIGHT: Grill for 8-10 minutes each side depending on thickness of steak. Save about half the steak for Steak & Eggs dinner (4); serve remaining steak with Bell Pepper & Mushroom Salad.

Bell Pepper & Mushroom Salad

- 2 Tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- ½ teaspoon cumin
- ½ teaspoon black pepper
- ¼ teaspoon kosher salt
- 4 bell peppers, finely sliced
- 12 oz brown mushrooms, sliced (3 cups)
- ½ red onion, sliced
- 2 Tablespoons Hemp seeds or sunflower seeds
- 2 Tablespoons freshly chopped parsley

1. In a salad bowl, whisk together oil, oregano, cumin, black pepper, and salt until well incorporated.
2. Add remaining ingredients and toss well.
3. Chill until ready to serve.
4. Save one cup prepared salad for dinner 4.

Chimichurri Steak: 330kcal, 32g Protein, 0g Carb, 230mg Sodium, 0g Fiber, 80mg Cholesterol, 21g Fat, 7g Saturated, 0g sugar, 0% calcium, 20% Iron
Pepper/Mushroom Salad: 180kcal, 6g Protein, 22g Carb, 190mg Sodium, 6g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 7g sugar, 4% calcium, 10% Iron

DINNERS

(4) Steak & Eggs

1 cup prepared mushroom and pepper salad (from dinner 3)

¼ teaspoon kosher salt

¼ teaspoon black pepper

¾ - 1 pound cooked flank steak, shredded

8 eggs, whisked

1. Heat oil in a large nonstick skillet over medium heat.
2. When oil is hot add salad mix and sauté for about 3-4 minutes until just tender.
3. Add salt, pepper, and steak and heat through.
4. Add in eggs and cook until eggs are set.

Sauce: 295 kcal, 35.3g Protein, 1.3g Carb, 319mg Sodium, .2g Fiber, 374mg Cholesterol, 15.9g Fat, 5.7g Saturated, 1g Sugar, 5% Calcium, 21% Iron

(5) Summer Ploughman's Platter

4 turkey sausage links, cooked & heated

2 cucumbers

8 watermelon wedges

1 bell pepper, sliced

6 ounces baby spinach (4 cups)

¼ cup pantry dressing

Toss spinach with dressing. Arrange everything on plates to make individual platters. This is a true summer meal!

277 kcal, 21.6 Protein, 31.4g Carb, 564mg Sodium, 4.7g Fiber, 75mg Cholesterol, 8.8g Fat, 2.3g Saturated, 21g Sugar, 11% Calcium, 26% Iron

Italian Dressing: 56 kcal, 2g Protein, 6.6g Carb, 166mg Sodium, 0g Fiber, 0mg Cholesterol, 3.4g Fat, .3g Saturated, 2.9g Sugar, 0% Calcium, 0% Iron

SNACKS

Watermelon Ice

½ watermelon (2 pounds)

1 lime, zested and juiced

Blend until smooth, place in freezer proof container and chill overnight.
Scoop out and serve immediately.

Chocolate Banana Shake (serves 1)

shopping list includes quantities to make 4 servings

2 Tablespoons cacao powder

1 ripe bananas, frozen

¼ cup almond or cashew butter

1 cup oat milk

½ teaspoon vanilla extract

Blend on high for sixty seconds until smooth.

Meat & Seafood	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
medium shrimp	2-1/2 pounds	1-1/4 pounds	2/3 pound	\$20.00	
turkey Italian sausage	18 links	9 links	4 links	\$20.00	
flank steak	2 pounds	1 pound	1/2 pound	\$20.00	
Fruits & Vegetables					
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
fresh basil	3 bunches	2 bunch	1 small bunch	\$3.00	
flat leaf parsley	4 bunches	2 bunches	1 bunch	\$6.00	
lemons	8	4	2	\$4.00	
lime	2.00	1.00	1	\$0.50	<i>includes one for water</i>
green seedless grapes	6 cups	3 cups	1-1/2 cups	\$8.00	<i>about 2.5 pounds</i>
watermelon	1 medium	1 small	1 small	\$4.00	
banana	10	5	3	\$5.00	
avocado	2	1	1 small	\$3.00	
baby spinach	2-1/4 pounds	1-1/4 pounds	2/3 pound	\$10.00	
mixed greens	4 ounces	2 ounces	1 ounce	\$2.00	<i>need 3 cups</i>
tomatoes	5	3	2 small	\$2.50	
red onion	2	1 small	1 small	\$2.00	
bell peppers	10	5	3	\$15.00	
yellow onion	3	2	1 small	\$3.00	
carrots	8 medium	4 medium	2 medium	2	
celery	10 stalks	5 stalks	3 stalks	2	
fennel	1 bulb	1 bulb	1 (optional)	\$2.00	<i>optional, add to taste</i>
mushrooms	2 pounds	1 pound	1/2 pound	\$9.00	<i>brown or button</i>
zucchini	3 medium	2 small	1 small	\$3.00	
cucumbers	3 medium	1 medium	1 medium	\$2.00	<i>includes one for snack</i>
Misc.					
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
cashews	1 cup	1/2 cup	1/4 Tablespoons	\$3.00	<i>includes snacks</i>
walnuts	2 cup	1/2 cup	1/4 Tablespoons	\$3.00	<i>includes snacks</i>
dates	8	4	2	\$1.00	<i>includes snacks</i>
nut butter	2 cups	1 cup	1/2 cup	\$10.00	<i>almond or cashew</i>
eggs	24	12	6	\$10.00	<i>includes snacks</i>
vanilla	4 teaspoons	2 teaspoons	1 teaspoon	\$2.00	
almond flour	2 cups	1 cup	1/2 cup	\$2.00	
hemp seeds	6 Tablespoons	3 Tablespoons	1.5 Tablespoons	\$2.00	
cacao powder	1/2 cup	1/4 cup	2 Tablespoons	\$2.00	
oat milk	4 cups (32 fl oz)	2 cups (16 fl oz)	1 cup (8 fl oz)	\$4.00	
PANTRY INGREDIENTS					
olive oil	1-3/4 cups	1 cup	1/2 cup		
coconut oil					
balsamic vinegar					
white wine vinegar					
chicken/vegetable broth	12 cups (96 fl oz)	6 cups (48 fl oz)	3 cups (24 fl oz)		<i>low sodium</i>
garlic cloves	12 cloves	6 cloves	3 cloves		
organic sea salt	5 teaspoons	2.5 teaspoons	1-1/2 teaspoons		
black pepper	2 teaspoons	1 teaspoon	1/2 teaspoons		
chili powder					
paprika	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		
dried oregano	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
herbes de provence	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
ground cumin	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		
red chili flakes	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon		
baking soda	2 teaspoons	1 teaspoon	1/2 teaspoon	\$1.00	
cinnamon	2 teaspoons	1 teaspoon	1/2 teaspoon	\$1.00	
nutmeg (optional)	1 teaspoon	1/2 teaspoon	1/4 teaspoon	\$1.00	