

BREAKFASTS

Bacon Deviled Eggs X 2
Coconut Macadamia Nut Smoothie x 2
Blueberry Bowl

LUNCHES

Asparagus Soup
Cobb Salad
Chicken & Fruit Salsa
Turkey Wraps x2

DINNERS

Sundried Tomato Chicken x2
Curry Fish with Arugula Salad
Chicken Spinach Skillet
BLT Frittata

SNACK SUGGESTIONS

½ cup sugar snap peas
Macadamia nuts + blueberries
Almond milk tea

PREP GUIDE:

- Boil 5 eggs
- Bake ½ Pound nitrate free bacon
- Roast or Poach 1 large chicken breasts (¾ pound)

PREP DIRECTIONS

POACHED CHICKEN (for two meals)

- 1 large boneless, skinless chicken breasts ($\frac{3}{4}$ pound)
- 1 clove garlic, cut in half
- $\frac{1}{4}$ yellow onion sliced
- $\frac{1}{4}$ teaspoon kosher salt

1. Place chicken, garlic and onion in a stockpot. Dust with salt.
2. Add enough water to cover chicken by an inch.
3. Bring water to a boil periodically, removing the white foam with a spoon.
4. Reduce to a simmer and cook until no more pink shows, about 10-15 minutes depending on the thickness of the breast.
5. Remove chicken from pot and cool. Store in fridge.
6. Optional: remove onions and store to add to a salad or another meal

BACON BAKING METHOD

1. Preheat oven to 400°F
2. Arrange in strips on a baking sheet.
3. Bake without flipping for 15 minutes.
4. Check for browning of fat pieces and crispness.
5. Remove to a paper towel lined plate.
6. Cool and crumble before storing.

PERFECT HARD BOILED EGGS

1. Layer eggs in a small stockpot
2. Cover with water about two inches above eggs.
3. Add $\frac{1}{4}$ teaspoon white wine vinegar
4. Bring to boil. Turn off heat.
5. Cover and let sit for ten minutes.

SOAK 2 Tablespoons MACADAMIA NUTS in $\frac{1}{4}$ CUP OAT or ALMOND MILK OVERNIGHT

BREAKFASTS

(1) Bacon Deviled Eggs (for two breakfasts)

4 hardboiled eggs
2 strips bacon, well cooked/crisp (see prep)
1 green onion, chopped (whites and greens)
¼ teaspoon Dijon mustard
¼ teaspoon lemon juice
Pinch of paprika
Pinch of kosher salt
⅓ teaspoon black pepper
Serve with
1 orange (for each meal)

1. Cut each egg in half lengthwise. Scoop out yolks into bowl and mash with fork.
2. Mix in remaining ingredients.
3. Store filling and egg white pieces separately until ready to serve.
4. To serve, scoop 1 Tablespoon of mix into each egg half.

2 prepared eggs/4 halves: 287kcal, 6.2g protein, 26.5g Carb, 302mg Sodium, 5.1g Fiber, 0mg Cholesterol, 19.4g Fat, 3.4g Saturated, 10.7g Sugar, 26% Calcium, 20% Iron
Orange: 86kcal, 1.7g protein, 21.6g Carb, 0mg Sodium, 4.4g Fiber, 0mg Cholesterol, .2g Fat, 0g Saturated, 17.2g Sugar, 6% Calcium, 1% Iron

(2) Coconut Macadamia Smoothie X 2

¼ (14 oz) can coconut milk
2 Tablespoons chopped, unsalted, roasted macadamia nuts (soaked in nut milk)
¼ cup unsweetened oat or almond milk
½ nectarine
¼ teaspoon vanilla extract
½ cup ice

Soak macadamias in nut milk overnight. Blend ingredients on high for 30-60 seconds until smooth and frothy. Serve immediately.

Bowl: 392kcal, 5.6 protein, 18.8 Carb, 84mg Sodium, 4.5g Fiber, 0mg Cholesterol, 35.7g Fat, 21g Saturated, 12.4g Sugar, 2% Calcium, 12% Iron

(3) Blueberry Bowl

¼ cup roasted, unsalted macadamia nuts (or cashews), crushed or chopped
¼ cup unsweetened shredded coconut
½ cup fresh blueberries
½ lemon, juiced
Pinch of ground cinnamon
1 strip bacon, cooked and crumbled

Toss blueberries with lemon juice and cinnamon. Layer or mix in nuts, coconut and bacon.

392kcal, 11.5g protein, 18.8g Carb, 530mg Sodium, 6.7g Fiber, 30mg Cholesterol, 33g Fat, 14.5g Saturated, 7.8g Sugar, 1% Calcium, 12% Iron

LUNCHES

(1) Asparagus Soup

- ½ cup (6 spears) asparagus, chopped into 1" pieces
- ½ medium zucchini, cut into pieces
- 1¼ cups chicken or vegetable broth
- 2 teaspoons coconut or olive oil
- 1 clove garlic, minced
- ¼ medium yellow onion, sliced
- 2 teaspoons lemon juice
- Kosher salt and black pepper to taste
- 1 Tablespoon finely chopped parsley
- 1 nectarine, sliced
- 2 Tablespoons shredded coconut

1. Add zucchini and asparagus to a pot filled with the broth. Bring to a simmer and cook for 5-7 minutes.
2. Heat olive oil in a small pan. Sauté onion and garlic.
3. Add to vegetables, garlic and onion with stock to blender. Don't overfill blender with hot liquid, it will explode. Fill to no more than ¾ at a time.
4. Puree until smooth.
5. Season with lemon juice, salt, and black pepper to taste.
6. Garnish with parsley to serve.
7. Serve with nectarines sprinkled with coconut.

308kcal, 12g protein, 28.6g Carb, 931mg Sodium, 7.7g Fiber, 28.6mg Cholesterol, 17.6g Fat, 8.7g Saturated, 17.5g Sugar, 5% Calcium, 19% Iron

(2) Cobb(ish) Salad

- ¼ head Bibb butter lettuce
- 2 Tablespoons cooked and crumbled bacon
- 1 hard-boiled egg, cut into wedges
- ¼ pint cherry tomatoes, sliced
- 1 Tablespoon minced red onion
- 1 oz sugar snap peas (¼ cup)
- 1 Tablespoon fresh Italian Parsley, chopped

Dressing

- 1 Tablespoon olive or coconut oil
- ½ Tablespoon white wine vinegar
- ½ green onion, finely chopped
- 1 teaspoon chopped basil
- salt and pepper to taste

1. Toss lettuce with dressing and place in a bowl.
2. Arrange bacon, eggs, tomatoes, onions and peas over lettuce.
3. Sprinkle with parsley. Serve cold.

Salad w/ 2 Tablespoons dressing: 290kcal, 20.5g protein, 9.5g Carb, 826mg Sodium, 3g Fiber, 199mg Cholesterol, 17.9g Fat, 5.8g Saturated, 4g Sugar, 9% Calcium, 19% Iron

LUNCHES

(3) Chicken & Fruit Salsa

½ Tablespoon olive oil
½ Tablespoon white wine vinegar
6 oz poached chicken breast, shredded (see prep)
½-1 nectarine, pitted and finely chopped
½ green onion, finely chopped
1 Tablespoon fresh parsley, finely chopped
1 Tablespoon chopped macadamia nuts
½ red bell pepper, seeds removed & chopped
pinch of cumin
pinch of salt
pinch of black pepper

½ cup baby spinach

Combine all salsa ingredients in a medium bowl. Chill until ready to serve with ½ cup spinach greens mixed in.

417kcal, 45 protein, 13.7g Carb, 113mg Sodium, 3g Fiber, 119mg Cholesterol, 20g Fat, 3.8g Saturated, 9.1g Sugar, 2% Calcium, 51% Iron

(4 & 5) Turkey Wraps x 2

¼ pound roasted turkey (sliced)
2 Tablespoons chopped sundried tomatoes in oil
2 stalks asparagus, chopped
A few thin slices of red onion
2 Bibb lettuce leaves, whole
½ Tablespoon olive oil
¼ teaspoon lemon juice
1 Tablespoon chopped fresh basil

Serve with

½ cup fresh blueberries
½ cup sugar snap peas

1. Toss asparagus and onion with olive oil and lemon juice.
2. Use the Bibb lettuce leaves as wrappers.
3. Fill with turkey, sundried tomatoes and asparagus/onion mix.
4. Top with fresh basil.

Turkey Wrap: 292kcal, 51 protein, 6.2g Carb, 624mg Sodium, 2.7g Fiber, 120mg Cholesterol, 7.3g Fat, 1g Saturated, 2.1g Sugar, 3% Calcium, 24% Iron

½ cup blueberries: 42kcal, .6 protein, 10.5g Carb, 0mg Sodium, 1.8g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 7.2g Sugar, 0% Calcium, 6% Iron

DINNERS

(1) Sun Dried Tomato Chicken (for two meals)

- ½ pound skinless boneless chicken breast (not poached)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 teaspoons extra virgin olive oil, divided
- 1 garlic clove, minced
- 2 Tablespoons minced red onion
- ¼ cup sundried tomatoes packed in oil, chopped
- ¼ (14 oz) can coconut milk
- ½ cup low sodium chicken or vegetable broth
- ½ Tablespoon lemon juice
- ¼ teaspoon paprika
- ½ Tablespoon Herbes de Provence or dried oregano
- 1 medium zucchini, cut into discs
- 2 Tablespoons chopped fresh basil
- ½ cup baby spinach

1. Season chicken with salt and pepper.
2. Heat 1 teaspoon oil in a skillet over a medium-high heat on the stove. Add the chicken breasts and cook each side for 5-7 minutes or until browned on each side. Remove the chicken from the skillet and set aside on a plate.
3. Wipe down the skillet removing any blackened bits. Add the remaining 1 teaspoon oil to the pan. On a low heat, sauté the garlic and onion for a minute or two until fragrant.
4. Add the sun dried tomatoes, coconut milk, broth, lemon juice, and spices to the pan. Let simmer for about 5 minutes to let reduce down.
5. Add the chicken back to the skillet with zucchini. Cover and let cook for another 5-10 minutes or until the chicken is cooked all the way through. In the last couple of minutes of cooking add the basil and spinach.
6. Save half for another meal.

435 kcal, 25.9g Protein, 30g Carb, 941mg Sodium, 9.3g Fiber, 50mg Cholesterol, 28.5g Fat, 15g Saturated, 14.2g Sugar, 8% Calcium, 24% Iron

DINNERS

(2) Curry Fish with Arugula Salad

- ½ Tablespoon coconut oil
- ¼ red onion, finely chopped
- 1 clove garlic, minced or pressed
- ½ teaspoon curry spice blend
- ¼ teaspoon red pepper flakes
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ (14 oz) can coconut milk
- ¼ teaspoon lemon juice
- ½ pound white fish (cod, halibut, check what's on sale)
- 1 Tablespoon chopped flat leaf parsley
- 2 ounces arugula
- 2 Tablespoons pantry dressing

1. Heat oil in small skillet and add onions; sauté until soft about 1-2 minutes.
2. Add the garlic, curry, pepper flakes, salt, and pepper cooking until fragrant.
3. Pour in coconut milk and lemon juice. Bring to a simmer.
4. Arrange fish to the pan and cook for 8-10 minutes.
5. Sprinkle with parsley.
6. Serve with dressed arugula salad.

427 kcal, 42g Protein, 9.4g Carb, 488mg Sodium, 3.2g Fiber, 135mg Cholesterol, 26g Fat, 18g Saturated, 4.3g Sugar, 7% Calcium, 18% Iron

DINNERS

(3) Chicken Spinach Skillet

- 2 teaspoons coconut oil
- ¼ medium yellow onion, sliced
- 1 garlic clove, minced or pressed
- 6 ounces poached chicken breast, cut into cubes (from prep)
- ½ medium zucchini, sliced into half moons
- ½ cup sugar snap peas
- ½ bell pepper, sliced (your choice of color)
- ¼ teaspoon kosher salt
- ½ teaspoon spice of choice
- 1½ cups baby spinach

1. Heat olive oil in large skillet on high heat. Add onions and garlic.
2. Toss in chicken, zucchini, snap peas, and bell pepper.
3. Season with salt and ½ teaspoon spice of your choice.
4. Just before serving, toss in spinach.

360 kcal, 35.8g Protein, 13.5g Carb, 142mg Sodium, 4.2g Fiber, 97mg Cholesterol, 18.5g Fat, 11g Saturated, 6.8g Sugar, 7% Calcium, 18% Iron

(4) BLT Frittata

- ¼ teaspoon olive oil
- ¼ medium yellow onion, chopped
- 2-3 large eggs, beaten with 1 teaspoon water
- 2 Tablespoons cooked and crumbled bacon
- ¼ teaspoon kosher salt
- Pinch of black pepper
- ¼ head Bibb lettuce, shredded
- ¼ pint cherry tomatoes, halved about ½ cup

1. Preheat oven to 400°F.
2. Heat a small oven proof non-stick skillet over medium heat and add oil.
3. Add onion and cook for about 2-3 minutes.
4. Pour in eggs and distribute evenly in pan.
5. Sprinkle bacon evenly over eggs and let cook, without disturbing, for 3-4 minutes.
6. Put in oven for about 5-10 minutes to finish cooking.
7. Remove from oven, season with salt and pepper, and top with shredded lettuce and tomatoes before serving

460 kcal, 23.6g Protein, 10g Carb, 519mg Sodium, 2.2g Fiber, 519mg Cholesterol, 36g Fat, 11g Saturated, 5.3g Sugar, 7% Calcium, 28% Iron

Meat & Seafood	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
chicken breast	12 (6 lbs)	6 (3 lbs)	1-1/2 pounds	\$18.00	
bacon, nitrate free	2 pounds	1 pound	1/2 pound	\$8.00	
roasted turkey	2 pounds	1 pound	1/2 pound	\$16.00	
white fish	1.5 pounds	3/4 pound	1/3 pound	\$15.00	<i>cod, halibut, whatever is on sale</i>

Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
yellow onion	4	2	1	\$4.00	
red onion	2	1	1 small	\$2.00	
green onion	6	3	2	\$1.00	
lemon	3 large	2 large	1 large	\$1.50	
oranges	8	4	2	\$4.00	
nectarines	10	5	3	\$5.00	
blueberries	3 pints	2 pints	1 pint	\$6.00	<i>6 cups</i>
asparagus	40 spears	20 spears	10 spears	\$8.00	
zucchini	8 medium	4 medium	2 medium	\$8.00	
fresh parsley	1 bunch	1 small bunch	1 small bunch	\$1.50	
Bibb lettuce	3 heads	2 heads	1 head	\$6.00	
cherry tomatoes	2 pints	1 pint	1/2 pint	\$6.00	
snap peas	2 pounds	1 pound	1/2 pound	\$5.00	
fresh basil	1 bunch	1 small bunch	1 small bunch	\$1.50	
bell peppers	4	2	1	\$4.00	<i>2 red, 2 any color</i>
baby spinach	1 pound	1/2 pound	1/4 pound	\$6.00	
arugula	8 ounces	4 ounces	2 ounces	\$3.00	

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
eggs	30	15	7	\$15.00	
coconut milk	4 (14 oz) cans	2 (14 oz) cans	1 (14 oz) cans	\$8.00	
macadamia nuts	2-1/4 cups	1-1/4 cups	2/3 cup	\$15.00	
oat or almond milk	2 cups (16 fl oz)	1 cup (8 fl oz)	1/2 cup (4 fl oz)	\$6.00	<i>unsweetened</i>
shredded coconut	1-1/2 cups	3/4 cup	6 Tablespoons	\$2.00	<i>unsweetened</i>
sundried tomatoes	2 cups	1 cup	1/2 cup	\$4.00	<i>in oil</i>
curry spice blend	2 teaspoons	1 teaspoon	1/2 teaspoon	\$1.00	

PANTRY INGREDIENTS

olive oil	1 cup	1/2 cup	1/4 cup		
coconut oil	1/2 cup	1/4 cup	2 Tablespoons		
balsamic vinegar					
white wine vinegar	1/4 cup	2 Tablespoons	1 Tablespoon		
chicken/vegetable broth	7 cups (56 fl oz)	3.5 cups (28 fl)	2 cups (16 fl oz)		
garlic cloves	14 cloves	8 cloves	5 cloves		
organic sea salt	4-1/2 teaspoons	2-1/4 teaspoons	1-1/4 teaspoons		
black pepper	3-1/2 teaspoons	1-3/4 teaspoons	1 teaspoon		
chili powder					
paprika	1-1/4 teaspoons	3/4 teaspoon	1/2 teaspoon		
dried oregano					
herbes de provence	2 Tablespoons	1 Tablespoon	1/2 Tablespoon		
ground cumin	1/4 teaspoon	1/8 teaspoon	dash		
red chili flakes	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
dijon mustard	2 teaspoon	1 teaspoon	1/2 teaspoon		
cinnamon	1/4 teaspoon	1/8 teaspoon	dash		
vanilla	2 teaspoons	1 teaspoon	1/2 teaspoon		