

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 20 eggs
- Bake 2 Pounds nitrate free bacon
- Roast or Poach 6 Chicken Breasts

PREP DIRECTIONS

POACHED CHICKEN (for two meals)

6 chicken boneless, skinless breasts
4 cloves garlic, cut in half
1 yellow onion sliced
1 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 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 2 baking sheets.
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 medium stockpot (6 quart)
2. Cover with water about two inches above eggs.
3. Add 1 Teaspoon white wine vinegar
4. Bring to boil. Turn off heat.
5. Cover and let sit for ten minutes.

SOAK ½ CUP MACADAMIA NUTS in 1 CUP OAT or ALMOND MILK OVERNIGHT

BREAKFASTS

(1) Bacon Deviled Eggs (for two breakfasts)

16 hardboiled eggs
8 strips bacon, well cooked/crisp (see prep)
4 green onions, chopped (whites and greens)
2 teaspoons Dijon mustard
¼ medium lemon, juiced (1 teaspoon)
¼ teaspoon paprika
dash of kosher salt
½ teaspoon black pepper
Serve with
4 oranges (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

1 cup unsweetened oat or almond milk
½ cup unsalted, roasted macadamia nuts (soaked in nut milk)
1 (14 oz) can coconut milk
2 nectarines
1 teaspoon vanilla extract
2 cups 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

1 cup roasted, unsalted macadamia nuts (or cashews), crushed or chopped
1 cup unsweetened shredded coconut
2 cups fresh blueberries
1 lemon, juiced
¼ teaspoon ground cinnamon
6 strips bacon, cooked and crumbled (½ cup)

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

2 cups (24 spears) asparagus, chopped into 1" pieces
2 medium zucchini, cut into pieces
5 cups chicken or vegetable stock
3 Tablespoons coconut or olive oil
2 clove garlic, minced
1 medium yellow onion, sliced
3 Tablespoons lemon juice
Kosher salt and black pepper to taste
¼ cup finely chopped parsley
4 nectarines, sliced
½ cup shredded coconut

1. Add zucchini and asparagus to a pot filled with the stock. Bring to a simmer and cook for 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. Divide into bowls and garnish with parsley.
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

1 head Bibb butter lettuce
½ cup cooked and crumbled bacon
4 hard-boiled eggs, cut into wedges
1 pint cherry tomatoes, sliced
¼ red onion, finely chopped
4 oz sugar snap peas (1 cup)
¼ cup fresh Italian Parsley, chopped

Dressing

¼ cup olive or coconut oil
2 Tablespoons white wine vinegar
1 green onion, finely chopped
1 Tablespoon chopped basil
salt and pepper to taste

1. Toss lettuce with dressing. Divide between bowls.
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

2 Tablespoons olive oil
2 Tablespoons white wine vinegar
3 poached chicken breasts, shredded (see prep)
2 nectarines, pitted and finely chopped
1 green onion, finely chopped
¼ cup fresh parsley, finely chopped
¼ cup macadamia nuts, chopped
2 red bell peppers, seeds removed & chopped
dash of cumin
dash of salt
dash of black pepper

2 cups baby spinach

Combine all salsa ingredients in a medium bowl. Chill until ready to serve with 2 cups 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

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

Serve with

2 cups fresh blueberries
2 cups 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)

6 skinless boneless chicken breast (not poached)
1 teaspoon kosher salt
1 teaspoon black pepper
3 Tablespoons extra virgin olive oil, divided
2 garlic cloves, minced
½ red onion, finely chopped
1 cup sundried tomatoes packed in oil, chopped
1 (14 oz) can coconut milk
2 cups low sodium chicken or vegetable broth
1 lemon to yield 2 Tablespoons
1 teaspoon paprika
2 Tablespoons Herbes de Provence or dried oregano
4 medium zucchini, cut into discs
½ cup fresh basil, chopped
2 cups baby spinach

1. Season chicken with salt and pepper.
2. Heat 2 Tablespoons oil in a large 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 browned bits. Add the remaining 1 Tablespoon 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

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

1. Heat oil in large skillet (10" – 12"), add onions and sauté until soft about 3 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 6-8 minutes depending on thickness.
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

- 3 Tablespoons coconut oil
- 1 medium yellow onion, sliced
- 3 garlic cloves, minced or pressed
- 3 poached chicken breasts, cut into cubes (from prep)
- 2 medium zucchini, sliced into half moons
- 2 cups sugar snap peas
- 2 bell peppers, sliced (your choice of color)
- 1 teaspoon kosher salt
- 2 teaspoons spice of choice
- 6 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 2 teaspoons 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

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

1. Preheat oven to 400°F.
2. Heat a large oven proof non-stick skillet over medium heat and add oil.
3. Add onion and cook for about 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		