

BREAKFASTS

Strawberry Almond Muffins x2  
Tomato Basil Scramble  
Chocolate Banana Smoothie x2

LUNCHES

Guacamole Tostadas x2  
Steak Salad  
Strawberry Gazpacho  
Stuffed Avocado

DINNERS

Ribeye Steak  
Pineapple Shrimp Bowls  
Turkey Burgers w/ Sweet Potato Nuggets  
Broccoli Beef Soup  
Ginger Turkey Wraps

SNACK SUGGESTIONS

Watermelon & Cucumber Salad  
3 Ribs Celery & 2 Tablespoons Nut Butter  
1 Strawberry Muffin w/ hot tea or coffee  
1 cup warm broth with veggies

PREP GUIDE:

- Slice and freeze 1 banana
- Prepare Muffins
- Grill or Pan Roast steak
- Boil Shrimp
- Turkey Burger Patties
- Boil Sweet Potatoes
- Hard boil eggs

**PREP DIRECTIONS**

**STRAWBERRY MUFFINS**

6 Tablespoons almond or oat milk  
2 pitted dates soaked in water  
¼ cup unsweetened applesauce  
1 Tablespoon coconut oil  
2 small egg whites (save yolks for mayo)  
1 cup almond flour  
1½ teaspoons baking powder  
¼ teaspoon kosher salt  
½ cup fresh strawberries (frozen okay)

1. Preheat oven to 400°F
2. In a blender, puree almond or oat milk with dates.
3. Add applesauce, coconut oil, and eggs. Pulse until well mixed.
4. Combine dry ingredients and mix into batter a little at a time.
5. Carefully, fold in strawberries.
6. Divide into 6 paper lined muffin cups.
7. Bake for 20 minutes.

**MAYONNAISE (makes one cup)**

1 small egg yolk (save whites for muffins)  
Pinch of kosher salt  
¼ cup extra virgin olive oil  
½ teaspoon lemon juice

1. Start by beating egg yolk with hand mixer or immersion blender until thickened a little. Add salt and continue to beat. Add oil, a tiny drizzle at a time. Go very slow, it is the key to making good mayo. It should take 1-2 minutes to add all of the oil.
2. Once your mixture has stiffened quite a bit, add in lemon juice (or vinegar).
3. Store in fridge until use.

**BOIL SHRIMP**

¼ pound medium shrimp  
Pinch of kosher salt  
1 teaspoon lemon juice

Bring 4 quarts of water to a boil in a large stockpot. Add salt and lemon juice. Add shrimp and reduce the heat to medium. Cook for 3 minutes or until the shrimp are cooked through. Remove with a slotted spoon to a bowl of cold water. Drain well and refrigerate.

**SNACKS**

**WATERMELON CUCUMBER SALAD**

2 cups watermelon, cubed

¼ cucumber, cubed (½ cup)

1 Tablespoon fresh herbs of choice (cilantro,  
basil and parsley will all work well)

¾ teaspoon lime juice

¼ teaspoon honey, optional

pinch of organic sea salt

1. In a serving bowl, combine watermelon, cucumber and herbs.
2. Whisk lime juice with honey (optional) and salt and drizzle over watermelon salad. Serve chilled.

**BREAKFASTS**

**(1) Strawberry Almond Muffins x2**

- 2 strawberry muffins
- 1 cup warm oat or almond milk
- (2 muffins & 1 cup almond milk per serving)

2 Muffins: 249kcal, 7g protein, 25.5g Carb, 213mg Sodium, 4.8g Fiber, 0mg Cholesterol, 15.3g Fat, 4.7g Saturated, 18.7g Sugar, 14% Calcium, 1% Iron

1 cup oat milk: 130kcal, 4g protein, 24g Carb, 115mg Sodium, 2g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 9g Sugar, 27% Calcium, 10% Iron

**(2) Tomato Basil Scramble**

- 2 medium organic eggs
- 1 teaspoon water
- ¼ teaspoon extra virgin olive oil
- 2 Tablespoons diced red onion
- ½ clove garlic, minced
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ small tomato, chopped
- ¾ teaspoon chopped fresh basil
- ½ cup pineapple, cut into cubes

1. In a small bowl, whisk together eggs & water. Set aside.
2. Heat the olive oil in a sauté pan over medium-high heat. Once hot, add onion, garlic, salt, and pepper. Cook 1-2 minutes, until vegetables have softened. Add tomatoes.
3. Lower heat to medium-low and pour in eggs. Stir consistently over medium-low heat until eggs are no longer runny.
4. Fold in basil just before serving with a side of pineapple.

228kcal, 13 protein, 16.4 Carb, 405mg Sodium, 2g Fiber, 380mg Cholesterol, 11.7g Fat, 3.5g Saturated, 9.9g Sugar, 5% Calcium, 10% Iron

**(3) Chocolate Banana Almond Butter Smoothie x2**

- ¾ cup raw almond milk
- ½ frozen banana (ripe)
- 1½ Tablespoons almond butter
- 1½ Tablespoons cacao powder
- ¼ cup ice

Add all ingredients to blender and blend to desired consistency (30 to 60 seconds).

339kcal, 10.4g protein, 39.7g Carb, 88mg Sodium, 7.2g Fiber, 0mg Cholesterol, 18.6g Fat, 1.4g Saturated, 22g Sugar, 22% Calcium, 22% Iron

**LUNCHES**

**(1) Guacamole Tostadas x2**

½ avocado, mashed  
½ garlic clove, minced or pressed  
½ Tablespoon lime juice  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
Pinch of chili powder (optional)  
Pinch of ground cumin

1 corn tortilla or paleo tortillas (made with plantains)  
½ -1 cup shredded romaine lettuce  
1 boiled egg, sliced  
1 Tablespoon roasted pumpkin seeds

1. Mash first seven ingredients together in a bowl until smooth, but still a little chunky.
2. Squeeze a little additional lime juice on top to prevent discoloring.
3. Heat tortilla in a dry skillet until slightly browning and crisp.
4. Remove from heat and transfer to plate.
5. Spread guacamole over tortilla.
6. Cover with a layer of lettuce followed by a layer of sliced egg.
7. Sprinkle with pumpkin seeds.

383kcal, 11.2g protein, 30.6g Carb, 380mg Sodium, 9.7g Fiber, 164mg Cholesterol, 26.6g Fat, 5.9g Saturated, 2.7g Sugar, 6% Calcium, 33% Iron

**(2) Steak Salad**

1-2 cups chopped romaine lettuce  
1 Tablespoon pantry dressing (balsamic)  
2 Tablespoons diced red onion  
½ tomato, diced  
½ bell pepper, diced (any color)  
½ cucumber, sliced  
¼ pound prepared rib eye steak, sliced into thin strips (from Ribeye dinner)  
½ Tablespoon fresh parsley, chopped

1. Toss lettuce with dressing, place in a salad bowl.
2. Toss onion, tomatoes, and bell peppers and add to bowl.
3. Arrange steak strips over vegetables.
4. Garnish with cucumber slices.
5. Sprinkle with parsley. Serve cold.

Salad w/ 2 Tablespoons dressing: 358kcal, 32.8g protein, 13.8g Carb, 97mg Sodium, 2.8g Fiber, 165mg Cholesterol, 19.3g Fat, 5.4g Saturated, 7.7g Sugar, 3% Calcium, 40% Iron

**LUNCHES**

**(3) Strawberry Gazpacho**

¾ pound ripe tomatoes, cored (3 medium)

¼ medium cucumber, peeled

¼ medium red bell pepper, cored and seeded

¼ medium red onion

½ garlic clove

¼ bunch fresh flat-leaf parsley, long stems removed

½ cup fresh strawberries, hulled

1-2 teaspoons lemon juice

1 teaspoon white wine vinegar, or to taste

¼ teaspoon kosher salt, or to taste

Up to 2 Tablespoons water, if desired

½ Tablespoon olive oil

2 Tablespoons pumpkin seeds

1. Combine the tomatoes, cucumber, bell pepper, red onion, garlic, parsley, and strawberries in a blender or food processor and puree until relatively smooth; for a chunky version, pulse instead of puree.
2. Add half of the lemon juice, vinegar, and salt and blend. Taste and adjust the seasoning as necessary by adding lemon juice, vinegar, and/or salt. If the gazpacho is too thick, add some or all of the water. Refrigerate for at least 10 minutes.
3. Transfer the gazpacho to a large bowl. Drizzle with the olive oil. Garnish with pumpkin seeds.

287kcal, 9.6 protein, 33.5g Carb, 184mg Sodium, 8.9g Fiber, 0mg Cholesterol, 16.2g Fat, 2.7g Saturated, 17.9g Sugar, 8% Calcium, 30% Iron

**LUNCHES**

**(4) Stuffed Avocado**

1 Tablespoon mayonnaise (see prep)  
¼ teaspoon Dijon mustard  
½ Tablespoon balsamic vinegar  
½ Tablespoon lemon juice  
¼ pound boiled shrimp, peeled & chopped (see prep)  
½ -1 rib/stalk celery, finely chopped  
1 hard boiled egg, chopped  
Pinch each salt and pepper  
1 avocado half, pit removed  
Serve with fruit

1. In a small bowl, whisk together the mayonnaise, mustard, balsamic vinegar, and lemon. Combine with shrimp.
2. Add the celery and egg. Salt and pepper to taste.
3. Serve shrimp salad in avocado half.

423kcal, 29.6 protein, 16g Carb, 469mg Sodium, 7.5g Fiber, 284mg Cholesterol, 27.6g Fat, 5.8g Saturated, 2.2g Sugar, 10% Calcium, 8% Iron

**DINNERS**

**(1) Ribeye Steak**

½ teaspoon cumin

¼ teaspoon salt

⅛ teaspoon black pepper

½ Tablespoon Italian seasoning

¾ pound rib eye steak or beef equivalent

½ Tablespoon olive oil

**Sweet Potatoes**

½ medium sweet potato, skin scrubbed and cut into 2 pieces lengthwise

1 teaspoon olive oil

dash of salt and pepper

1. Mix cumin, salt, black pepper, and Italian seasoning in a small bowl. Rub seasoning mix into steaks.
2. Heat outdoor grill.
3. Remove steak from the refrigerator about 20 minutes before grilling. This will allow the steak to cook more evenly. Brush sweet potato slices with oil and season with salt and pepper.
4. Place rib eye and sweet potato slices onto the preheated grill and cook for 4-5 minutes per side, or until desired doneness is achieved. Timing is for 1" thick steak - adjust accordingly. Sweet potatoes should go on outside edges of grill with steak in the middle.
5. Remove steak and potatoes from the grill - allow the steak to rest five minutes before slicing.
6. Save ¼ pound for Steak Salad (lunch) and ¼ pound for Broccoli Beef Soup (dinner).

**Cooking Indoors?**

Heat a grill or sauté pan over medium-high heat and add ½ teaspoon olive oil. Once oil is hot add steak cook for 3-4 minutes per side, or until desired doneness is achieved. Timing is for 1" thick steak - adjust accordingly.

4 ounces steak: 340 kcal, 20.2g Protein, .5g Carb, 260mg Sodium, 0g Fiber, 77mg Cholesterol, 28.2g Fat, 10.5g Saturated, .2g Sugar, 2% Calcium, 12% Iron

½ sweet potato 95 kcal, 1g Protein, 16.5g Carb, 23mg Sodium, 2g Fiber, 0mg Cholesterol, 3.5g Fat, .5g Saturated, 3.5g Sugar, 1% Calcium, 1% Iron



**DINNERS**

**(2) Pineapple Shrimp Bowl**

½ small pineapple, cubed to yield ¾ cup  
½ red bell pepper, cut in half and seeded  
¼ red onion, sliced in thick rings  
¾ teaspoon coconut or olive oil  
⅛ teaspoon kosher salt  
⅛ teaspoon black pepper  
⅛ teaspoon paprika

¼ pound medium shrimp, peeled and deveined (can sub ¼ pound chicken tenders, cut into pieces)  
¾ teaspoon olive oil  
½ teaspoon lemon zest  
Pinch of organic sea salt  
Pinch of black pepper  
2 Tablespoons chopped basil

1 medium cucumber, diced (2 cups)  
1 Tablespoon white wine vinegar  
⅛ teaspoon black pepper  
Pinch of paprika  
Pinch of salt

1. Heat outdoor grill to medium-high.
2. On a baking sheet, arrange pineapple, bell peppers, and onion. Toss with oil and season with salt, pepper, and paprika.
3. Place on grill and char on all sides, about 4-5 minutes. Remove from grill and cool slightly - leave grill on.
4. Combine shrimp with olive oil, zest, salt, and pepper.
5. Grill shrimp for 3-5 minutes until firm and opaque.
6. Toss all ingredients together in a serving bowl.
7. Fold in fresh basil.
8. Toss cucumbers with vinegars, pepper, salt and paprika. Chill until ready to serve.

Shrimp Bowls: 262 kcal, 26.1g Protein, 23.9g Carb, 669mg Sodium, 3.4g Fiber, 223mg Cholesterol, 8.8g Fat, 1g Saturated, 16.5g Sugar, 5% Calcium, 25% Iron

**DINNERS**

**(3) Protein Style Turkey Burgers with Sweet Potato Nuggets**

½ pound ground turkey (85/15)

¼ teaspoon oregano

⅛ teaspoon paprika

¼ teaspoon organic sea salt

¼ teaspoon black pepper

½ Tablespoon almond flour

1 small egg white

¾ teaspoon olive oil

1 clove garlic, minced

¼ red onion, finely chopped

¾ bell pepper, finely chopped

¾ teaspoon chopped basil

1. Place turkey and seasonings in a mixing bowl and combine until well mixed.
2. Refrigerate half for Ginger Turkey Wraps.
3. Add almond flour and egg to meat. Form into a burger patty (add additional flour if needed to help hold patty together or refrigerate 30 minutes).
4. Heat a small skillet over medium heat. Add oil, garlic, onion, and bell pepper and sauté for about 2 minutes. Place patty in pan and cook about 6-8 minutes each side or until internal temperature of 165°F is reached.
5. Serve patty, onions, and bell peppers over a mound of sweet potato nuggets and garnish with basil.

½ medium sweet potato, peeled and cut into large dice (nuggets)

¾ teaspoon olive oil

½ teaspoon kosher salt

1. Preheat oven to 450 degrees and adjust oven rack to the top third.
2. Toss cut potatoes with olive oil and kosher salt and place on a foil-lined baking sheet. Roast for 20-25 minutes or until the potatoes are tender and slightly browned.

1 Turkey Patty: 240 kcal, 25.1g Protein, 6.8g Carb, 125mg Sodium, 1.6g Fiber, 125mg Cholesterol, 14.3g Fat, 2.4g Saturated, 2.9g Sugar, 4% Calcium, 14% Iron

½ sweet potato 95 kcal, 1g Protein, 16.5g Carb, 23mg Sodium, 2g Fiber, 0mg Cholesterol, 3.5g Fat, .5g Saturated, 3.5g Sugar, 1% Calcium, 1% Iron

**DINNERS**

**(4) Broccoli Beef Soup**

- ½ Tablespoon olive oil
- ¼ yellow onion, diced
- ¼ pound of cooked steak, sliced thin (from Ribeye Dinner)
- ½ clove garlic, minced or pressed
- 1 small carrot, finely chopped
- 1 cup broccoli florets
- ⅓ teaspoon kosher salt
- ⅓ teaspoon black pepper
- 1½ cups low-sodium chicken or vegetable broth

1. Heat a pot over medium heat and add oil. When oil is hot add onions, carrots and steak. Cook 3-4 minutes.
2. Add garlic and cook for 1 minute. Add broccoli, salt, and pepper.
3. Add broth and bring to a simmer until broccoli is very tender.

2 cups soup: 388 kcal, 36.2g Protein, 13.7g Carb, 502mg Sodium, 3.8g Fiber, 69mg Cholesterol, 20.9g Fat, 6.7g Saturated, 4.2g Sugar, 5% Calcium, 28% Iron

**(5) Ginger Turkey Wraps**

- ¾ teaspoon olive oil
- ¼ pound seasoned (uncooked) ground turkey from burger recipe
- ¾ teaspoon grated ginger
- ⅓ teaspoon kosher salt
- ⅓ teaspoon black pepper
- ¼ head whole romaine lettuce leaves
- 1 medium tomato, chopped

1. Heat a skillet over medium heat and add oil.
2. Add turkey and ginger and cook for about 2-3 minutes.
3. Season with salt and pepper.
4. Cook until no more pink can be seen in turkey.
5. Remove from heat and scoop ¼ cup into each romaine leaf.
6. Top with tomatoes. Eat with your hands!
7. Serve with any leftover fruit.

257 kcal, 22.8g Protein, 11.5g Carb, 636mg Sodium, 3g Fiber, 70mg Cholesterol, 13.8g Fat, 3.6g Saturated, 6.7g Sugar, 5% Calcium, 18% Iron

Meat & Seafood	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
medium shrimp	2 pounds	1 pound	1/2 pound	\$20.00	
rib eye steak	3 pounds	1-1/2 pounds	3/4 pound	\$25.00	
ground turkey (85/15)	2 pounds	1 pound	1/2 pound	\$8.00	
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
strawberries	2 pints	1 pint	1 cup	\$6.00	
lemon	3	2	1	\$1.50	
lime	3	2	1	\$1.50	
watermelon	1 medium	1 small	1 mini	\$3.00	
cucumber	7 medium	4 medium	2 medium	\$3.50	
red onion	4	2	1	\$4.00	
yellow onion	1	1 small	1 small	\$1.00	
tomatoes	18	9-10	5	\$9.00	<i>about 4-1/2 pounds</i>
basil	1 bunch	1 small bunch	1 small bunch	\$1.50	
pineapple	2 medium	1 medium	1 small	\$6.00	
banana	4	2	1	\$2.00	
avocado	6 medium	3 medium	2	\$10.50	
romaine lettuce	3 heads	1 large/2 med	1 small head	\$6.00	
bell pepper	6	3	2	\$12.00	<i>3 red, 3 any color</i>
fresh parsley	1 large bunch	1 small bunch	1 small bunch	\$1.50	
celery	2 stalks	1 stalk	1 stalk	\$1.00	
sweet potatoes	4 medium	2 medium	1 medium	\$2.00	
carrots	3 medium	2 medium	1 small	\$1.00	
broccoli	1 head	1 small head	1 cup florets	\$2.00	
fresh ginger	1" piece	1/2"	1/4"	\$1.00	
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
almond or oat milk	16 cups (128 fl oz)	8 cups (64 fl oz)	4 cups (32 fl oz)	\$12.00	
applesauce	1 cup	1/2 cup	1/4 cup	\$1.00	<i>unsweetened</i>
dates	6	5	4	\$1.00	
eggs	24	12	7	\$8.00	
almond flour	4-1/4 cups	2-1/4 cups	1-1/4 cups	\$3.00	
baking powder	6 teaspoons	3 teaspoons	1.5 teaspoons	\$1.00	
almond butter	2/3 cup	1/3 cup	3 Tablespoons	\$4.00	
cacao powder	2/3 cup	1/3 cup	3 Tablespoons	\$2.00	
pumpkin seeds	1 cup	1/2 cup	1/4 cup	\$5.00	
corn tortillas	8	4	2	\$4.00	<i>paleo use plantain-based tortillas</i>
PANTRY INGREDIENTS					
olive oil	1-3/4 cups	1 cup	1/2 cup		
coconut oil	5 Tablespoons	2.5 Tablespoons	1.5 Tablespoons		
balsamic vinegar	2 Tablespoons	1 Tablespoon	1/2 Tablespoon		
white wine vinegar	5 Tablespoons	2.5 Tablespoons	1.5 Tablespoons		
chicken/vegetable broth	6 cups (80 fl oz)	3 cups (24 fl oz)	1.50 cups (12 fl oz)		
garlic cloves	14	7	4 cloves		
organic sea salt	8 teaspoons	4 teaspoons	2 teaspoons		
black pepper	4 teaspoons	2 teaspoons	1 teaspoon		
chili powder	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		
paprika	1-1/4 teaspoons	3/4 teaspoon	1/2 teaspoon		
dried oregano	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
herbes de provence					
ground cumin	2-1/2 teaspoons	1-1/4 teaspoons	3/4 teaspoon		
red chili flakes					
dijon mustard	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
Italian seasoning	2 Tablespoons	1 Tablespoon	1/2 Tablespoon		
vanilla					