

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 Leftover 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 2 cups green grapes
- Make Chimichurri
- Marinate Steak
- Make Pesto
- Grill 2 Turkey Italian Sausage
- Sauté Shrimp
- Pantry Dressing

*\* see last page for recipes*

**PREP DIRECTIONS**

**PESTO**

3 Tablespoons cashews  
Heaping ½ cup fresh basil leaves  
1 garlic clove, peeled  
1 Tablespoon extra virgin olive oil  
A few teaspoons water  
Small pinch of salt

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

**SAUTÉED SHRIMP**

1/4 pound medium shrimp, peeled  
1 Tablespoons olive oil  
1 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 8 ounces)**

- 1 small lemon, juiced
- ¾ cup ripe green seedless grapes
- ¼ medium bunch flat-leaf parsley, chopped
- 2½-3 Tablespoons diced avocado
- 1 date, pitted
- ½ cup 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 8)**

- 4 Tablespoons nut butter (almond or cashew)
- 1 egg
- ½ teaspoon vanilla
- 1 extra ripe banana, mashed
- ½ cup almond flour
- ½ teaspoon baking soda
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg (optional)
- ¼ teaspoon kosher salt
- 2 Tablespoon chopped walnuts

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. Divide into 8 muffin cups.
6. Top with chopped walnuts.
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**

¾ teaspoon olive or coconut oil

¼ pound baby spinach leaves (2½-3 cups)

½ teaspoon kosher salt

⅛ teaspoon black pepper

2 eggs, whisked with 1 teaspoon water

1. Heat oil in a skillet over medium heat. Add spinach, salt, and pepper and cook until spinach is wilted.
2. Preheat oven to 375°F.
3. Grease a 3-cup muffin tin with olive or coconut oil (or use muffin tin liners for easy grab and go).
4. Divide spinach between 3 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

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**LUNCHES**

**(1) Shrimp Bowl**

- 1 cup mixed greens, finely chopped
- 1 small tomato, fine dice
- ¼ avocado, fine dice
- ½ Tablespoon basil, julienned
- ¾ teaspoon extra virgin olive oil
- ¾ teaspoon lemon juice
- ¼ pound medium shrimp, chilled and chopped

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**

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

1. To a 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 link.

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  
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)**

1 Tablespoon extra virgin olive oil  
½ yellow onion, diced  
1 clove garlic, minced  
2 carrot, diced  
2 stalk celery, diced  
½ bulb fennel, diced, optional, to taste  
2/3 pound bulk sausage  
3 ounces mushrooms, sliced (½ cup)  
Pinch of organic sea salt  
Pinch of black pepper  
¼ teaspoon paprika  
½ teaspoon Herbes de Provence  
2-1/2 cups low-sodium chicken broth  
1½ ounces baby spinach (1 cup)

1. Heat a soup 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**

- 1 small zucchini
- ½ Tablespoon water or broth
- Pinch of kosher salt
- Pinch of ground pepper
- ¼ cup pesto (see prep)
- ¼ 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**

- ½ Tablespoon extra virgin olive oil
- 2 Tablespoons diced yellow onion
- ½ clove garlic, minced
- 1 turkey sausage link, cut into quarters
- 1 stalk celery, diced
- 1 bell pepper, sliced
- ⅛ teaspoon black pepper
- ⅛ teaspoon kosher salt
- ⅛ teaspoon crushed red pepper, optional
- ½ cup low sodium chicken or vegetable broth
- 1 small tomato, diced
- 2 ounces peeled shrimp (omit or sub 2 ounces cubed chicken breast)
- ½ Tablespoon 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**

- 1½ Tablespoons finely chopped parsley
- 2 Tablespoons extra virgin olive oil
- ¼ teaspoon kosher salt
- ½ clove garlic, pressed
- ¼ teaspoon red pepper flakes
- ½ pound flank steak

1. Combine parsley, olive oil, salt, garlic and red pepper flakes.
2. Save ½ Tablespoon for hard boiled egg snack.
3. Place steak in a 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**

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

In a salad bowl, whisk together oil, oregano, cumin, black pepper, and salt until well incorporated. Add remaining ingredients and toss well. Chill until ready to serve. Save 1/3 cup for steak and egg 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**

1/3 cup mushroom pepper salad

Pinch of kosher salt

Pinch of black pepper

¼ pound cooked flank steak, shredded

2 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.

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**

1 turkey sausage link, cooked & heated

1 small cucumber

2 watermelon wedges

½ bell pepper, sliced

1½ ounces baby spinach (1 cup)

1 Tablespoon 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 pound watermelon

¼ lime, zested and juiced (to taste)

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

**Chocolate Banana Shake (serves 1)**

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	
<b>Fruits &amp; Vegetables</b>					
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>
<b>Misc.</b>					
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	
<b>PANTRY INGREDIENTS</b>					
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	