

Weekly Menu (3)

	B	L	D
Sunday	Cinnamon Quinoa Bake	BLTs	Grilling
Monday	Mango smoothie	Rice cake pizzas	Salmon loaf Acorn squash
Tuesday	Berry smoothie Fruit	Granola bars Hummus Carrots and peapods	Thai curry chicken OR Cashew chicken
Wednesday	Green smoothie Fruit	Leftover soup Hard boiled egg Avocado	Chicken noodle soup
Thursday	Pineapple smoothie	Salads Fruit Almonds	Honey Lemon Chicken Fried Parsnips
Friday	Coconut bread	Chicken salad in pita Hummus Carrots and peapods	Zucchini Lasagna or pizzas
Saturday	Egg wraps	Salad with rotisserie chicken veggies	Meatloaf Broccoli

List

- Spinach
- Frozen berries
- Avocado
- Celery
- Iceberg lettuce
- Strawberries
- Bananas
- squash
- Turkey lunch meat
- Unsweeted coconut
- Peanut butter
- Fruit (snacks)
- Nuts (snacks)
- Hummus
- Parsnips
- Rice wraps
- Tomatoes
- 2 large chicken breasts
- 8 green onions
- 3/4 cup cashews
- 1 can of mandarin oranges
- Almond milk
- Eggs
- tortillas
- Pizza toppings
- Rice cakes
- 8 ounces green beans
- 2 med carrots (10 oz)
- 2 cans light coconut milk
- 3/4 cup chicken broth
- 1 large sweet potato
- 2 lbs chicken breasts
- 1 med zucchini
- 2 lbs chicken
- Can red salmon
- Ground turkey
- Oatmeal
- Ketchup
- Quinoa
- Egg noodles

Pantry

- Honey
- Earth Balance spread
- Whey protein
- Parm cheese
- Olive oil
- Rosemary
- Hoisien Sauce
- Brown rice
- Tobasco
- Corn starch
- Garlic
- Rice vinegar
- Salt / Pepper
- Mayo
- Chili powder
- Garlic powder
- Wheat flour
- Sesame seeds
- Flax seeds
- Lemon Juice
- Onion
- Green curry paste
- Fish sauce
- Molassas

Thai Curry Chicken

- 8 ounces green beans, trimmed
 - 2 med carrots (10 oz), cut diagonal into 1/4-inch thick
 - 3 TBSP green curry paste
 - 2 (13.5-oz) cans light coconut milk
 - 3/4 cup low-sodium chicken broth*
 - 1 tablespoon Asian fish sauce
 - 2 tablespoons brown sugar (preferably dark)
 - 1 large sweet potato (about 1 lb), cut into 1-inch pieces
 - 2 lbs chicken breasts, cut into 1/4-inch-thick slices
 - 1 med zucchini, halved lengthwise & cut into 1/2-inch-thick slices
1. Bring a medium saucepan of water with 1/2 tsp salt to a boil. Blanch green beans and carrots for 2 minutes; drain. Set aside. 2. In a 4- to 5-quart heavy pot, cook curry paste over medium heat, stirring constantly for 1 minute. Whisk in coconut milk, chicken broth, fish sauce, and sugar, and simmer briskly until liquid is reduced by about one-third (10-15 minutes).
3. Add sweet potato to pot and simmer until it begins to soften (5 minutes). Add chicken, if using, bring to a simmer, and cook until no longer pink (5 minutes). Add zucchini, blanched vegetables, and tofu (if using). Continue to cook, covered, until zucchini is just tender (3-5 minutes more). Serve.

Honey Lemon Chicken

- 1/4 cup honey
1/4 cup lemon juice
2 teaspoon oil
1 teaspoon crushed rosemary
1 teaspoon lemon zest
1/2 teaspoon salt
1/4 teaspoon pepper
4-6 Chicken thighs or 3-4 Chicken Breasts
- Combine all the ingredients in a mixing bowl, stirring well. You can mix up the marinade and marinate the chicken for 30-60 minutes in the refrigerator to grill or broil for dinner. Or you can pour the marinade over the chicken in a freezer bag and freeze to use later in the month. Dump all the ingredients into a freezer storage bag and use it later. Thaw in the refrigerator and then pour off the marinade and grill or broil the chicken.

Salmon Loaf

- 1 (1 lb) can of red salmon, drained
- 2 cups fresh bread crumb
- 1 egg
- ½ cup milk
- ¼ tea. Tabasco
- 2 TBSP melted butter
- 2 TBSP lemon juice
- 2 TBSP minced onion

Place all items in bowl of food processor and process until smooth. Pour into a greased loaf pan.
Bake at 375 for 40 minutes. Let sit for 5 minutes before turning out onto a platter. Serves 4.

Dried Strawberries and Bananas

Strawberries dried in the oven. taste like candy but are healthy & natural. 3 hrs at 210 degrees.....might be better than Twizzlers.

Dried Banana chips

Slice banana into thin chips, dip in lemon juice, and spread on a cookie sheet. Bake for 2 hours @ 200 degrees and flip. Bake for another 1.5-2 hours or until crisp. Homemade banana chips!

Fried Parsnips

Ingredients:

- 1 pound of fresh organic parsnips – cut into two- to three-inch stick pieces, similar to French Fries
- Tablespoon of sesame seed oil (optional)
- Celtic Sea Salt to taste

Directions:

- Put the parsnips into a non-stick sauté pan with oil (optional) and lay flat, turning as each side gets brown
- Serve immediately, or you can even refrigerate and reheat later and they are still nice

Garlic Butter Acorn Squash

Preheat oven to 400 degrees F (200 degrees C). Spray a 9x13-inch baking dish with cooking spray.

Place each squash half in the baking dish, cut side down.

Bake squash in the preheated oven for 30 minutes. Flip squash over and place 1 tablespoon butter and 1 teaspoon garlic into each squash. Season with salt and pepper.

Bake squash, cut-side up until tender, about 20 more minutes. Cool for about 5 minutes before serving.

Egg wraps

Ingredients:

- Pinch of Celtic Sea Salt & pepper to taste
- 3 rice wraps
- 3 organic Omega-3 enriched eggs – scrambled
- 1 sliced vine-ripe tomatoes
- Cherry tomatoes with Romaine leaves and fruit for accompaniments

Directions:

- Assemble/layer all ingredients inside the rice wraps and roll up
- Return wraps to sauté pan to brown the outside

Coconut Lemon Meltaway

Step 1. Dry Ingredients (mix together & set aside)

1 & 1/2 cups Almond Flour

1 & 1/2 cups dried Shredded Unsweetened Coconut 1/3 c Coconut Flour

2 big pinches of Salt

Step 2. Wet Ingredients (mix in a small bowl)

6 Tbsp Agave//or//Grade B Maple Syrup//or//Raw Organic Honey

4 Tbsp Lemon Juice

2 tsp Vanilla

1 Tbsp Lemon zest (*Tip: Zest your Lemon before you juice it*)

Step 3. The Thickener

1/4 cup **AND** 1 Tbsp **melted** Coconut Oil

While your Mixer is on, stream in your melted Coconut Oil. Your batter will thicken fairly quickly as it mixes with the Oil and the oil cools down.

Finish - Option 1. Warm them in either your Dehydrator or Oven (set at it's lowest heat, leaving the door cracked open).

Warm your Cookies for 1 hour, maybe a bit longer

Place your cookies in the fridge after they've cooled down, letting them chill and set before you eat them.

Option 2. Place your Cookies to set in the fridge for about an hour.

Cashew Chicken

2 large chicken breasts
1 Tbsp. (approximately) of corn starch
6 small or 3 large cloves garlic (minced)
8 green onions
1/4 cup Hoisin Sauce
1/4 cup Rice Vinegar (unseasoned)
1/4 cup water
3/4 cup cashews (toasted over medium/low heat in pan)
1 can of mandarin oranges or 1 Sumo orange (optional)
Salt & Pepper
Vegetable Oil

1. Clean and separate green onions into white and green
2. Chop both white and green parts into 1" sections. If the white part of the green onions is very large around, also

slice in half lengthwise.

1. Dice your chicken breasts into even, bite sized pieces.
2. Add cornstarch, S&P to a bag. Add chicken and shake to coat.
3. Fry your chicken, the WHITE part of the green onions and garlic over medium/high heat in 1 Tbsp. vegetable oil. You may have to do 2 batches to avoid overcrowding (and therefore steaming) the chicken. Add another Tbsp. of oil for the second batch and remove the first batch to a plate.
4. Once all the chicken, onions and garlic are cooked, return it all to the pan. Add 1/4 cup of rice vinegar and cook until evaporated. Add 1/4 cup Hoisin Sauce and 1/4 cup of water. Cook and stir until fully combined.
5. Remove from heat and stir in the green bits of the green onion, toasted cashews and oranges (optional).
6. Serve on bed of brown rice

Paleo Coconut Bread

6 eggs
1 tsp vanilla extract / seeds of 1 vanilla bean
3 tbs honey
3 cups desiccated coconut (unsweetened)
1 tsp baking powder (gluten free) / 1 tsp bicarbonate of soda
1 tsp coconut oil (for oiling the pan)

Preheat your oven to 350°F.

Beat the eggs with the vanilla and honey with an electric mixer.

Place the coconut flakes in food processor or coffee grinder and grind it until it's flour like (max 1 min or it will become coconut butter). *(In case you do not have a food processor or do not want to waste time with the coffee grinder, you can skip this step.)*

Mix the coconut flakes with the baking powder and add to the egg mixture.

Oil your pan with the coconut oil (if it is nonstick) or use parchment paper (if it's not nonstick).

Bake your bread on the preheated temperature for 20 minutes, then open the oven door and turn the temperature down to 150°C / 302°F and bake it for about another 15-20 minutes, until the toothpick comes out clean.

Granola Bars

5 Ingredient Peanut Butter Granola Bars (Yield 12-16 granola squares)

4 cups rolled oats

2 tablespoons chia seeds (these are optional, I just love the texture they give)

1/2 cup unsalted peanuts, chopped

3/4 cup natural peanut butter, melted

1/2 cup brown rice syrup (honey works too!)

add ins! chocolate chips wheat germ, flaxseed, dried fruit, other nuts, seeds coconut

Preheat oven to 350.

In a large bowl, combine oats, chia seeds and peanuts. Add brown rice syrup (or honey) and mix to combine. Add melted peanut butter and mix until moistened. This works as a perfect, simple granola bar, but you can also throw in any add-ins at this time. Fold them into the dough. You may need to get in there with your hands and work the granola dough! If dough is still too dry (this can depend on your ingredients) add more peanut butter or syrup (or honey) 1 tablespoon at a time until moistened.

Press dough in a greased (non-stick spray) 9 x 13 baking dish. Bake for 25 minutes.

Cinnamon Quinoa Bake

2 1/2 cups quinoa, cooked and cooled

4 eggs, beaten

1/3 cup vanilla soy milk

1/3 cup maple syrup (optional)

1 teaspoon vanilla extract

1 tablespoon cinnamon

DIRECTIONS

1. Preheat the oven to 375°F and place the quinoa in a large mixing bowl. Line an 8-by-8-inch baking pan with lightly greased parchment.
2. Whisk together eggs, soy milk, vanilla extract, and cinnamon until thoroughly combined. Add maple syrup (if using) and whisk.
3. Add egg mixture to cooked and cooled quinoa. Stir with a large spoon to combine. Pour into the parchment-lined baking dish and spread it around to ensure that it's even.
4. Bake for 20 to 25 minutes until set and golden.
5. Using parchment, remove bake from pan as soon as possible so that it doesn't steam.
6. Cool completely and cut into squares. Serve with a dollop of nut butter.

Honey Peach Fro Yo

Ingredients

3 ripe peaches, peeled and cut into chunks. (about 3 cups of cut fruit and you can use a mix of white and yellow)

¼ cup honey

2 ½ cups Fage Greek yogurt

Method

With a blender or a hand blender, puree peaches. Add, honey and yogurt and puree more.. Pour contents into ice cream maker and turn on for 25 to 30 minutes, until mixture is stiff and bunching into the blades.

Freeze for 2 hours & serve.

Fried Honey Bananas

Fried Honey Banana; slice banana, mix 1 tbsp honey and 1/2 tbsp water (set aside), brown bananas (1-2 min/ side), brown both sides then turn off stove, cover with honey-water mix, and let fry, top with cinnamon, and enjoy :) super easy snack