

CHICKEN BROTH

Place a small whole chicken in the pot
6-8 garlic cloves
1 Bay Leaf
1-2 sprigs of Parsley
1 stalk of Celery
1 medium to large carrot
1-2 medium onions, halved

Cook on low for up to 4 hours. Once chicken is fully cooked, take out + let cool. Dice or pull apart.



ROASTED SWEET POTATO

1 medium to large sweet potato

Heat oven to 400 degrees and place sweet potato in foil on baking dish and bake for 40-50 minutes, or until semi-soft. Let cool. Once cooled down, peel skin off.

ROASTED BEETS

2 raw medium sized beets

Clean each beet and place in parchment in oven at 400 for about 40 minutes. Let cool + peel skin off with your fingers. This can be messy and stain your skin so wear gloves!

LEMON DRESSING

1/2 cup grass fed Greek Yogurt
2 Tbsp fresh lemon juice
1/4 tsp lemon zest



MINI EGG FRITATAS

5 or 6 soy-free large pastured eggs
1/4 cup almond milk or milk of your choice
1 tsp salt
1/4 tsp pepper
1 tsp garlic powder
1 tsp onion powder

This is your base. You can add fresh herbs, chopped spinach, cherry tomatoes, etc.

Using 12 count muffin tin, place muffin liners in each hole. Since you are making 12, you can make them all the same or different flavors.

Examples: diced cherry tomatoes + fresh basil with minced garlic OR chopped spinach, rosemary + thyme.



AMARANTH CEREAL

1 Tbsp raw = about 1/3 cup popped

Using a slighter tall pot on high heat, take raw amaranth + place in pot. Make sure you put the lid on top!

Within 1-3 seconds, but not more than 10 seconds, you should hear + see the amaranth pop.

Immediately place in large bowl + continue to pop amaranth.



CHERRY TOMATO SAUCE

3-4 garlic cloves or more if you like a garlic flavor
4-6 basil leaves, rolled and julienned
2 Tbsp olive oil

Take one small package of cherry tomatoes + cut in half. In a medium sauce pan, add olive oil + sauté garlic until fragrant. Add in cherry tomatoes, + cook on low, stirring often for about 15-20 min.

You can smash the tomatoes a little to create more of a sauce



TURKEY MEATBALLS

1 package (1 lb.) lean ground turkey
1-2 Tbsp Primal Kitchen Mayo
2 tsp lemon zest
1 tsp dried basil
1/2 tsp dried oregano
1 Tbsp organic tomato ketchup
3 Tbsp cooked quinoa or gluten free bread crumbs
Salt + Pepper to taste
Onion powder to taste
Garlic powder to taste

Mix everything + form small balls. Place in oven at 350 for 10-15 min

CAULIFLOWER RICE

1/2 Head Cauliflower
Cut in 1/4 chunks + boil in hot water until tender
Let cool + place in food processor until rice-like consistency.

As a side dish, add 2-3 Tbsp olive oil, salt, 2 Tbsp finely chopped parsley, 1/2 juiced lemon, 2 Tbsp lemon zest.
Mix in sauté pan on low for only a few minutes.

GROUND TURKEY

Drizzle 1 Tbsp olive oil in a sauté pan
Use 1 lb. of ground turkey. Season with salt + pepper + any other seasonings you'd like: curry, onion, garlic, turmeric, etc.
Cook thoroughly for about 5-7 minutes.

DIJON DRESSING

1 Tbsp Dijon Mustard
2 Tbsp fresh lemon juice
4 Tbsp Olive Oil
1-2 Tbsp Red Wine Vinegar



BREAKFAST

LUNCH

DINNER

MON

MASON JAR BREAKFAST CEREAL

1/3 cup puffed amaranth
1/4 cup sliced banana
1 date, halved and chopped
1/2 cup almond or rice milk
1 dash cinnamon

TURKEY TACO SALAD

3 cups of chopped kale, wilted with olive oil by hand
1/2 cup cooked turkey meat
1/4 cup diced sweet potato (already baked)
1/8 cup cooked quinoa
1/4 sliced avocado
*use 1 Tbsp lemon dressing

CAULIFLOWER SAUTE

1/2 cup cauliflower rice
2/3 cup ground cooked turkey
1 Egg
1/8 cup choice of nut, chopped
1/2 Tbsp coconut aminos
1/8th tsp fresh grated ginger
1 green onion, diced
1/4 cup total of fresh veggies

Blend cauliflower, aminos + ginger. In a separate bowl, blend in eggs + sauté the rest of the ingredients together

TUES

PULLED CHICKEN SALAD

Taking one piece of chicken, pull apart with fork + set aside
Using about 2-3 Tbsp grape seed oil based Veganaise, mix with pulled chicken.
Add in 2-3 Tbsp chopped dates
Add 1/4 cup diced celery
Add 1/4 cup shaved carrot
Blend together
Add salt + pepper, if needed

Enjoy over a romaine salad or scoop on romaine or bibb lettuce cups

MASON JAR BREAKFAST CEREAL

1/3 cup puffed amaranth
1/4 cup sliced banana
1 date, halved and chopped
1/2 cup almond or rice milk
1 dash cinnamon

SPAGHETTI SQUASH PASTA

1 spaghetti squash
6 small meatballs
1/2 cup marinara sauce

Heat oven to 375 + place spaghetti squash, cut in half (open faced down) on a baking sheet.

Bake for 40 minutes or until you can pull the "spaghetti" like squash apart easily

Fork squash into a bowl. Mix-in the rest of the ingredients.

WED

QUINOA FRUIT SALAD

1/2 cup cooked quinoa
1 tsp chia seeds
1/4 cup fresh diced strawberries
1/2 cup almond milk
1/4 tsp raw cocoa powder
raw honey or maple syrup to sweeten

You can heat this up, or enjoy cold

LETTUCE WRAP. SPICY GREEK SAUCE

Take 5-6 small/medium romaine leaves as the "cup"
1 cup ground turkey meat (optional)
1/2 cup cubed carrot + peas medley
2 green onions, chopped
Mix ingredients together + scoop into lettuce wrap
Sauce:

2 Tbsp grass fed greek yogurt
1 Tbsp hot sauce of your choice
1 tsp chopped chives
Mix together and dollop on tacos

CHICKEN BROTH SOUP

Using your stock, use 1-2 cups of liquid broth
1/4 cup diced carrot
1/2 cup diced spinach
1/4 cup cooked quinoa
In a stock pot, reheat the broth with the above ingredients
Add 1/2 cup pulled chicken, if desired

THURS

BREAKFAST

EGG FRITTATA

5 or 6 large brown eggs
1/4 cup almond milk or milk of your choice
1 tsp salt
1/4 tsp pepper
1 tsp garlic powder
1 tsp onion powder
This is your base. You can add fresh herbs, chopped spinach, cherry tomatoes, etc.

Using a basic 12 count muffin tin, place muffin liners in each hole

You can choose to make them all the same or different flavors. Examples: diced cherry tomatoes, fresh basil + minced garlic or chopped spinach, rosemary + thyme

LUNCH

SALMON AVOCADO BOAT

1 avocado, in half
1 piece of cooked salmon
break apart salmon in a mixing bowl, add salmon, salt, pepper
1 Tbsp olive oil
2 tsp champagne vinegar
2 tsp chopped capers
2 tsp chopped chives
Mix together and place large scoop on halved avocado

DINNER

TURKEY TACOS. HEIRLOOM TOMATO SALAD

1/4 Avocado
1/2 cup already cooked ground turkey
1/4 cup cooked and julienned poblano peppers
2 Gluten Free Corn Tortillas
1/8 cup halved cherry tomatoes
1/8 cup Cauliflower "Rice"
Cilantro Garnish
Heirloom tomato salad:
take 1/2 cup diced tomatoes
S&P
Drizzle olive oil and dash apple cider vinegar
fresh basil to taste
1 tsp minced or shaved red onion
You can make this ahead of time and let sit in the fridge and it will marinate with more flavor :)

FRIDAY

MASON JAR BREAKFAST CEREAL

1/3 cup puffed amaranth
1/4 cup raspberries
1/4 cup blueberries
1 tsp raw honey
drizzle
1/2 cup almond or rice milk
1 dash cinnamon

BEET CHICKEN SALAD

1/2 cup diced beets (yellow + red)
1 tsp fresh lime juice
Drizzle agave to sweeten
coarse sea salt to taste
Chicken Paillard:
1 chicken breast, pounded thin
Season with salt + pepper
Grill until fully cooked

HALIBUT. LEMON SHALLOT.

Season Halibut with salt + pepper
Grill in sauté pan until fish flakes, 5-6 minutes on each side
Dressing: 1 Tbsp minced shallot
2 Tbsp olive oil
1 tsp fresh lemon juice
lemon zest
1/8 tsp agave
Whisk together + place on top of cooked fish

Blanche about 2 cups of kale, this will cook down
Season with fresh lemon juice + dash of olive oil