

DINNERS

1. Turkey burgers with spinach & cranberry
 - Ground turkey
 - Season to taste
 - Spinach
 - Cranberry or cranberry goat cheese
 - Sweet potato fries
 - Chipotle ketchup
 - Gluten free bun-optional
2. Crock pot pulled pork
 - Pork roast
 - Good quality BBQ sauce
 - Season to taste
 - Side salad or carrot sticks
 - Gluten free bun: optional
3. Crock pot beef and broccoli
 - Beef strips
 - Broccoli
 - Tamari
 - Sugar
 - Sesame oil
 - Red pepper flakes
 - Brown rice- optional
4. White chicken chili
 - Shredded chicken
 - 4 cups vegetable broth
 - Onion/bell pepper/jalapeno/garlic/green chili's
 - 3 tbsp. coconut cream/milk
 - Chopped green onions
 - Cumin/coriander/salt/pepper
 - 3 tbsp. of arrowroot powder
 - Sauté vegetables. Add chicken/broth/chili's/coconut milk. Whisk in arrowroot powder if you want to thicken your soup.
5. Meatloaf
 - 3 lbs. ground beef
 - 1 egg
 - 1 medium onion
 - 2 cloves garlic
 - 1 8oz can of tomato sauce
 - ½ cup almond flour
 - 1 ½ tbsp. Italian seasoning
 - Salt and pepper to taste
 - Top with tomato sauce and Italian seasoning
 - Mix all ingredients. Place in baking dish. Bake at 350 for 1 hour. Top with tomato sauce and Italian seasoning mixture.
6. Buffalo chicken casserole
 - 1 large cauliflower
 - 6 eggs

- 1 pound of shredded chicken
 - ½ onion/1 red bell pepper
 - Garlic powder/salt/smoked paprika
 - Buffalo sauce
 - Optional toppings: crisp bacon, red onion, green onion, diced avocado, diced tomato, blue cheese crumbles.
 - Combine/mix grated cauliflower and eggs. Stir in remaining ingredients. Pour into casserole dish and bake at 400 for 1 hour.
7. Lemon garlic cod with vegetables
- Cod
 - Earth balance or real butter
 - Garlic salt
 - Lemon
 - Steamed vegetables: broccoli/green beans
 - Optional- wild rice/brown rice

Grocery list for dinners week 2- Before you shop/check your inventory

- Beef strips/flank steak
- Ground turkey or premade turkey burgers
- Ground beef
- chicken breasts
- pork roast or premade pulled pork
- cod
- eggs
- multi colored peppers/cauliflower
- onion/green onion
- crushed garlic or garlic cloves
- lemon
- sweet potato/sweet potato fries
- broccoli/green beans
- carrot sticks
- spinach/romaine
- buffalo sauce
- tomato sauce
- green chili's
- sesame oil
- BBQ sauce
- smoked paprika/Italian seasoning/cumin/coriander
- coconut milk
- wild rice/gf buns/brown rice-optional
- almond flour
- earth balance
- ketchup
- vegetable broth
- tamari

Breakfasts and lunches- four rotating breakfasts and four rotating lunches.

- Breakfasts

1. Bullet proof coffee
 - 1 cup of coffee
 - 1 tbsp. Kerrigold butter
 - 1tbsp coconut oil
 - Optional-splash of vanilla/cinnamon/nutmeg
 - Blend in high power vitamix/blendtec/blender.
2. Hearty protein shake/smoothie
 - Protein powder
 - Almond milk
 - Frozen banana
 - PB2
 - Chia seeds
 - Optional-spinach
 - Blend in high power vitamix/blendtec/blender.
3. Omelet with daiya/avocado/spinach
 - Eggs
 - Daiya
 - Spinach
 - Avocado
4. Cubed sweet potatoes with spinach/sausage/egg

- Sweet potatoes or yams
 - Spinach
 - Oil/butter
 - Sausage/ham
 - Egg
 - Cook potatoes. Sauté spinach. Mix. Add cooked meat. Top with egg.
5. Refrigerator chia oatmeal
- ½ cup gf oats
 - 1 cup almond milk
 - 1tbsp chia seeds
 - Mix together. Leave in fridge overnight. Stir in morning. Top with fruit.

○ Lunches

1. Always leftovers
 - Always check fridge inventory!
2. Tuna salad
 - Tuna
 - Mayo/avocado {or both}
 - Snap peas
 - ½ apple
3. Turkey wrap
 - Turkey
 - Avocado
 - Lettuce/spinach
 - Condiment
 - Carrot sticks
 - ½ apple
 - I like to wrap the avocado/condiments/spinach in the turkey.
4. Hardboiled eggs
 - Hardboiled eggs
 - Snap peas and carrot sticks
 - ½ apple
5. Chicken salad
 - Shredded or chopped chicken

- Mayo/avocado {or both}
- Spinach
- ½ apple

Grocery list for breakfasts and lunches

1. Eggs
2. Bacon
3. Sausage
4. Turkey
5. Tuna
6. Chicken
7. Banana
8. Apples
9. Berries
10. Avocado
11. Sweet potato or yam
12. Spinach
13. Carrots
14. Snap peas
15. Vanilla almond milk
16. Protein powder/PB2
17. Chia seeds
18. Gf rolled oats
19. Coffee
20. Kerrigold butter
21. Coconut oil