

DINNERS

1. Open face bacon beef burgers
 - Beef
 - Bacon
 - Butter lettuce
 - Grilled onions
 - Condiments
 - Optional- whole grain bun/GF bun/lettuce wrap.
 - Optional-regular fries/homemade fries/homemade sweet potato fries.
2. Crockpot chicken
 - 3 chicken breasts {feeds 5 people}
 - ¼ cup water or broth
 - Seasoning to taste- I like just a little garlic salt or no salt seasoning
 - Side dish-rice/steamed broccoli
 - Fun for kids- give them 3 different dipping sauces {ketchup/ranch/honey mustard}.
3. Eggroll stir fry
 - Ground pork
 - Cabbage
 - Onion
 - Garlic
 - Carrots
 - Sesame oil
 - Tamari/soy sauce/Braggs
 - Sauté onion in oil. Add pork till cooked. Add cabbage strips/carrot shreds. Add ¼ c. soy sauce. Simmer.
4. Meat balls with roasted vegetables
 - Premade Costco meatballs or homemade with ground meat
 - Seasoning to taste
 - Frozen mixed veggies steamed or squash/broccoli/cabbage/chopped and roasted
5. Sausage with peppers and onions
 - Organic Costco sausage/sausage
 - Multicolored peppers
 - Onions
 - Sauté peppers/onions. Cook sausage. Mix and serve.
 - Optional- rice/gf noodles with sauce or butter for littles 😊
6. Fish tacos
 - Cod
 - Earth balance/butter
 - Garlic salt
 - Lemon
 - Corn tortillas/gf tortillas
 - Daiya cheese
 - Optional- serve over spinach
7. Pork chops
 - Pork chops
 - Garlic salt or no salt seasoning
 - Steamed green beans
 - Baked apples/applesauce

Grocery list for dinners week 1- Before you shop/check your inventory

- ground pork
- ground chicken
- chicken breasts
- pork chops
- sausage
- cod fillets
- bacon
- broccoli
- cabbage
- butter lettuce
- onion
- green beans
- multicolored peppers
- squash
- lemon
- apples
- optional- buns/tortillas/gf noodles
- earth balance
- garlic salt
- sesame oil
- cinnamon

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
17. Chia seeds
18. Gf rolled oats
19. Coffee
20. Kerrigold butter
21. Coconut oil