

DINNERS

1. Thai style stir fry
 - Beef strips
 - Sesame oil
 - Onion
 - Broccoli
 - Peppers
 - Thai sauce
 - Season to taste
2. Chicken fajitas
 - Chicken breasts
 - Onion
 - Peppers
 - Fajita seasoning
 - Optional- brown rice/corn tortillas/lettuce
3. Chicken sandwiches
 - Chicken breasts
 - Tomato
 - Pineapple
 - Seasoning to taste
 - Avocado
 - Optional- gf buns/romaine for wrap
 - Optional- tamari/Braggs on the chicken
 - Marinade chicken. Layer chicken/pineapple/tomato/avocado.
4. Paleo chili
 - Ground beef
 - Seasoning to taste- chili powder/cayenne/salt/pepper
 - Organic tomato paste
 - Diced tomato with chilies
 - Beef broth
 - Diced onion/zucchini/carrots/garlic
5. Stuffed peppers
 - Remaining chili
 - Cooked quinoa with broth
 - Peppers
 - Optional- daiya cheese
 - Mix cooked quinoa with chili to thicken. Season to taste. Stuff lightly boiled peppers. Bake at 350 for 45 minutes.
6. Lemon garlic chicken
 - Chicken breasts
 - Crushed garlic
 - Lemon juice
 - Water
 - Steamed broccoli
 - Optional- brown rice
 - Place chicken/lemon/garlic/water in crockpot 4-6 hours on low. Serve with rice and broccoli.
7. Beef and mushroom soup
 - Beef strips

- Pacific creamy mushroom soup
- Onion
- Spinach
- Optional- wild rice/gf noodles

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

- Beef strips
- Ground beef
- chicken breasts
- multi colored peppers
- onion
- crushed garlic
- lemon
- romaine
- spinach
- creamy mushroom soup
- tomato
- pineapple
- avocado
- sesame oil
- Thai sauce
- chili powder
- cayenne
- wild rice
- gluten free noodles
- corn tortillas
- quinoa
- beef broth
- Braggs

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