

# BREAKFAST hoose

PICK THREE TO FOUR OF THE FOLLOWING BREAKFAST OPTIONS FOR EACH WEEK.





INGREDIENTS: GLUTEN FREE
TOAST, SMASHED AVOCADO,
HEMP SEEDS, CHOPPED
CHERRY TOMATOES, FETA
CHEESE, BALSAMIC VINEGAR.



COCONUT CHIA SEED
PUDDING

INGREDIENTS: COCONUT
MILK, PURE MAPLE SYRUP,
VANILLA EXTRACT, CHIA
SEEDS, MIXED BERRIES.



FETA TOMATO SCRAMBLE

INGREDIENTS: SCRAMBLED EGGS WITH CHOPPED CHERRY TOMATOES, FETA CHEESE, TOP WITH SPROUTS.



Almond Flour Blueberry Muffins

INGREDIENTS: ALMOND FLOUR, BAKING SODA, SALT, EGGS, HONEY, OLIVE OIL, VANILLA, LEMON (ZEST AND JUICE), BLUEBERRIES (FRESH OR FROZEN).



COTTAGE AND BERRIES

INGREDIENTS: FULL FAT COTTAGE CHEESE, BERRIES OF CHOICE.



GREEN SMOOTHIE

Ingredients: Spinach, pineapple, mago, banana, protein powder.



PEACH YOGURT

INGREDIENTS: PLAIN
COCONUT MILK YOGURT,
SLICED PEACHES, ALMOND
SLICES, COCONUT SHREDS.



OATS AND BERRIES

INGREDIENTS: COOKED
STEEL CUT OATS TOPPED
WITH CHOPPED WALNUTS
AND BERRIES.



PICK THREE TO FOUR OF THE FOLLOWING LUNCH OPTIONS FOR EACH WEEK.









### **ZUCCHINI TURKEY PATTIES**

Ingredients: Ground Turkey, Shredded Zucchini, Garlic, Cumin, Salt, Black Pepper. Top with avocado And Salsa.



Ingredients: Baby spinach, pomegranate seeds, sliced backed chicken breast, olive oil, vinegar, salt, pepper.

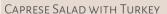
### Eggs and Sorts

INGREDIENTS: TWO OR
THREE HARD BOILED EGGS,
SIDE OF SLICED FRUIT,
MIXED RAW OR DRY
ROASTED NUTS.

### Tuna Salad

INGREDIENTS: CANNED
TUNA MIXED WITH
AVOCADO OIL MAYO,
OLIVES, SLICED RED ONION,
TOMATOES, LEMON JUICE,
SALT, PEPPER.





INGREDIENTS: SLICED
TOMATOES, SLICED
MOZZARELLA CHEESE, BASIL
LEAVES, BALSAMIC EDUCTION
DRIZZLE, SIDE OF TURKEY
SLICES.



Turkey Wrap

INGREDIENTS: GRAIN FREE
WRAP, SLICED ORGANIC
TURKEY, SHREDDED CARROTS,
SLICED CUCUMBER, ARUGULA,
AVOCADO OIL MAYO.



Bean Salad

INGREDIENTS: MIXED GREENS
TOPPED WITH SLICED RED
ONION, CANNED BEANS OF
CHOICE, SLIDE TOMATOES,
CHOPPED PARSLEY, OLIVE OIL,
LEMON, SALT, PEPPER. SERVE
WITH A PEACH.



Hummus Plate

INGREDIENTS: HUMMUS, KALAMATA OLIVES, SLICED CUCUMBER, SLICED BELL PEPPER, SLICED PITA.

# DINNER hoose

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.









## CHICKEN PESTO SPAGHETTI SQUASH

INGREDIENTS: SPAGHETTI
SQUASH, OLIVE OIL, CHICKEN
BREAST, SALT, PEPPER, RED
ONION, RED BELL PEPPER, PESTO,
BOCCONCINI CHEESE (OR
MOZZARELLA).

# SLOW COOKER PULLED PORK STREET TACOS

INGREDIENTS: PORK SHOULDER,
PAPRIKA, OREGANO, CUMIN, SALT,
BLACK PEPPER, YELLOW ONION,
GARLIC, ORANGE, TORTILLAS,
PICKLED RED ONION, GOAT
CHEESE, CILANTRO.

### SHRIMP TERIYAKI STIR FRY

INGREDIENTS: MEDIUM SHRIMP, AVOCADO OIL, SOY SAUCE OR COCONUT AMINOS, HONEY, GARLIC, SESAME OIL (OPTIONAL), GROUND GINGER, CORNSTARCH, BROCCOLI, BROWN RICE.

# STEAK AND SWEET POTATO BITES

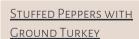
INGREDIENTS: SIRLOIN
STEAKS, OLIVE OIL, SWEET
POTATOES, GARLIC, SALT,
BLACK PEPPER, AVOCADO
OIL MAYO, CURRY POWDER.





### EASY CHICKEN FAJITAS

INGREDIENTS:, BONELESS
SKINLESS CHICKEN BREAST,
YELLOW ONIONS, BELL PEPPERS,
OLIVE OIL, LIME, TORTILLAS,
SOUR CREAM, PICE DE GALLO,
AVOCADO, PRE-MIXED FAJITA
SEASONING (SIETE BRAND IS MY
FAVORITE!)



INGREDIENTS: OLIVE OIL, BELL PEPPERS, GROUND TURKEY, ITALIAN SEASONING, SALT, PEPPER, CANNED DICED TOMATOES, BROWN RICE, MOZZARELLA CHEESE, PARMESAN CHEESE, BASIL.

### Honey Garlic Salmon

INGREDIENTS: SALMON FILETS,
SALT, PEPPER, CAYENNE
PEPPER, HONEY, APPLE CIDER
VINEGAR (OR LEMON JUICE),
OLIVE OIL, GARLIC, LEMON,
PARSLEY. SERVE WITH
STEAMED CARROTS AND
BROCCOLI.

## SLOW COOKER CHICKEN VEGGIE QUINOA STEW

INGREDIENTS: YELLOW ONION, GARLIC, CARROTS, İTALIAN SEASONING, SALT, TOMATO SAUCE, CANNED CHICKPEAS, CHICKEN BREAST, CHICKEN STOCK, CORN KERNELS (FRESH OR FROZEN), ZUCCHINI, OUINOA.