



## **Week Five Menu...**

Sunday

**Low Carb Lasagna (Dairy & Gluten Free)**

Monday

**Leftover Lasagna**

**&**

**Arugula Salad with Citrus and Asparagus**

Tuesday

**Slow Cooker Chicken Breast with Figs and Squash**

Wednesday

**Real Healthy Pizza Casserole**

Thursday

**Herb Chicken, Arugula and Mango Salad**



## This week's grocery list...

### Meat / Seafood / Egg

- 1-2 lbs. Ground Turkey (free Range)
- 20 Slices Salami (nitrate-free)
- 3 lbs Chicken Breasts (boneless, skinless)
- 1 lb Ground Beef (organic, grass fed)
- 6 Egg Whites
- 4 Eggs

### Produce

- 3 yellow onions
- 1 red onion
- 1 Bell Pepper
- 1 Small Butternut Squash
- 1 ½ Spaghetti Squash
- 4 Zucchini Squash
- 1 Avocado
- 2 Lemons
- 2 Bunches Asparagus
- 12 Cups Arugula
- ¼ cup Fresh Pineapple
- 3 Tangerines
- 2 Organic Mango

### Fresh Herbs & Flavors

- 9 cloves Garlic
- 2 Tbsp Fresh Tarragon
- 2 Tbsp Fresh Sage

### Pantry Items

- ½ cup Extra Virgin Olive Oil
- ¼ cup Red Wine Vinegar
- 1 Tbsp Dijon Mustard
- 1 Cup Organic Chicken Broth
- 1 (14oz) bag Frozen Roasted Peppers and Onions (Trader Joes has a good one)
- ¼ cup Greek Olives
- 1 packet Stevia
- 4 cups Organic Marinara Sauce
- 12 Dried Figs
- 6oz Goat Cheese

### Spices

- Salt
- Pepper
- Dried Basil
- Dried Oregano
- Dried Parsley
- Smoked Paprika
- Garlic Powder
- Ground Cumin
- Fennel Seed
- Celery Seed
- Dried Rosemary
- Dried Thyme
- Sweet Paprika

## Low Carb Lasagna (Dairy and Gluten Free)

**Prep:** 45 minutes **Bake:** 25 minutes **Oven:** 400 **Makes:** 12 servings

**One serving equals:**

161 calories, 7g fat, 276mg sodium, 9g carbs, 3g fiber, and 15g protein



Here's what you need:

For the noodles:

- 1 small spaghetti squash
- 4 zucchini, sliced into 1/8 inch noodles
- 1 Tablespoon olive oil
- 2 garlic cloves, crushed
- dash of salt and pepper
- 2 teaspoons dried basil

For the filling:

- 1-2 lbs free range ground turkey
- 2 cloves garlic, minced
- 1 yellow onion, chopped
- 2 teaspoons dried oregano
- 1 cup organic marinara sauce

For the assembly:

- 6 egg whites
- 1 cup organic marinara sauce

1. Preheat oven to 400 degrees F. Lightly grease 2 baking sheets and a 9×13 casserole dish with olive oil.



2. For the noodles: Cut the spaghetti squash in half, scrape out the seeds, then put into a microwave safe dish with 2 inches of water. Microwave each half separately for 10 minutes. Be careful when removing from microwave, it will be very hot. (If you don't want to use a microwave then pierce it and bake it whole at 375 F for an hour.) Set aside to cool.
3. Using a mandoline slicer, slice the zucchini into 1/8 inch lasagna noodles. Place in a single layer on the prepared baking sheets. In a small bowl combine the olive oil, salt and pepper and dried basil. Brush over the noodles. Bake at 400 F for 10 minutes.
4. For the filling: In a large skillet, place the turkey, garlic, onion and oregano over medium high heat. When the turkey is browned add the marinara sauce. Turn off the heat, and scrape the spaghetti squash into the skillet. Mix well. Press down on the filling with a spoon to release as much of the spaghetti squash's water as possible.
5. For the assembly: Check out the pictures below for the step-by-step. Start by making a single layer of zucchini noodles at the bottom of your casserole dish. Top with 2/3's of the filling. Crack 3 egg whites over the top of the filling layer. Top with the remaining zucchini noodles, the remaining filling, the remaining marinara, and then carefully crack the remaining 3 egg whites – It's very important to crack the egg whites on and to not touch them or try to spread them around. This will ensure that they come out looking pretty and white. If you spread them around then it will get cloudy with the marinara sauce and won't look so much like cheese. Sprinkle a little more oregano and basil on the very top.
6. Bake for 25 minutes and then turn on the broil for about 3 minutes. Enjoy!

## Leftover Lasagna and Arugula Salad with Citrus & Asparagus

**Prep:** 25 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 4 servings

**One serving of salad equals:**

182 calories, 13g fat, 246mg sodium, 15g carbs, 7g fiber, and 4g protein



Here's what you need:

For the Dressing:

- 1/4 cup red wine vinegar
- 1 packet Stevia
- zest from a lemon
- 1 Tablespoon Dijon mustard
- 1 Tablespoon olive oil
- 1 Tablespoon fresh tangerine juice
- dash of salt and pepper

For the Asparagus:

- 1 bunch skinny asparagus
- 1 Tablespoon olive oil
- dash of salt and pepper

For the Salad:

- 4 cups organic arugula
- 2 tangerines, peeled and segmented
- 1 avocado, peeled, pitted and sliced

1. In a small bowl combine the dressing ingredients.
2. Preheat oven to 350 degrees F and lightly grease a baking pan with olive oil.



3. Trim and discard the asparagus ends. Cut into 1-inch segments. Toss with the olive oil, season with salt and pepper.
4. Spread the asparagus over the prepared pan, bake for 10-15 minutes, until tender. Remove from oven and allow to cool.
5. In a large bowl combine the arugula, tangerine segments, avocado slices and cooked asparagus. Drizzle with the dressing and serve.

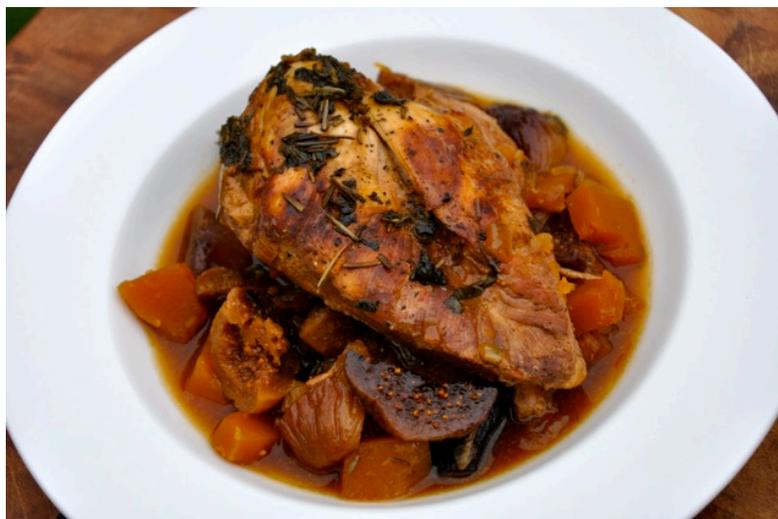
Serve with Leftover Lasagna

## Slow Cooker Chicken Breast with Figs and Squash

**Prep:** 15 minutes **Cook:** 6 hours **Slow Cooker:** low **Makes:** 6 servings

**One serving of salad equals:**

389 calories, 7g fat, 400mg sodium, 27g carbs, 2g fiber, and 48g protein



Here's what you need:

- 1 Tablespoon olive oil
- 1 small red onion, chopped
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 3 lbs organic, boneless, skinless chicken breasts
- salt and pepper
- 12 dried figs, chopped
- 1 cup butternut squash, chopped
- 1 cup chicken broth
- 1 teaspoon dried rosemary
- 2 Tablespoons fresh tarragon, chopped
- 2 Tablespoons fresh sage, chopped

1. In a large skillet place the olive oil over medium heat. Add the onions and garlic and sauté for 5 minutes.
2. Rinse the chicken and pat dry. Season with salt and pepper. Add to the skillet, browning each side for about 5 minutes.
3. Transfer the contents of the skillet to your slow cooker and top with the remaining ingredients.
4. Cook on low for 6 hours.

## Real Healthy Pizza Casserole

**Prep:** 15 minutes **Bake:** 105 minutes **Oven:** 375-400 **Makes:** 8 servings

**One serving of salad equals:**

251 calories, 13g fat, 460mg sodium, 9g carbs, 2g fiber, and 20g protein



Here's what you need:

- 1/2 of a spaghetti squash (or 7 zucchini, turned into zucchini noodles with a vegetable peeler. If using zucchini, skip step 1.)
- 1 pound organic, grass-fed ground beef
- 2 cloves garlic, minced
- 1 teaspoon fennel seed
- 2 teaspoons smoked paprika
- 1/2 a yellow onion, minced
- 1 1/2 cups organic marinara sauce
- 4 eggs
- 1 (14oz) bag frozen roasted onions and bell peppers (Trader Joe's has a good one)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- dash of salt and pepper
- 20 Nitrate free salami slices
- 1/4 cup Greek olives, sliced
- 1/4 cup fresh pineapple pieces
- 1/4 cup fresh bell pepper, chopped

1. Preheat the oven to 375 degrees F. Place the spaghetti squash half in an oven safe pan in 2 inches of water, cut side down. Bake for 45-60 minutes, until the squash is tender. Remove from oven and set aside to cool. Increase the oven temperature to 400 degrees F.



2. In a large skillet brown the beef along with the garlic, fennel, paprika and onion. Once browned, remove from heat.
3. Remove the seeds from the spaghetti squash. Scrape the squash strands into a large mixing bowl. Add the marinara, eggs, frozen veggies, oregano, basil, salt, pepper, and browned beef. Mix well.
4. Lightly grease a 9×13 casserole pan with olive oil. Spread the mixture evenly into the pan, smoothing out the top. Bake for 35 minutes.
5. Top the casserole with the salami, olives, pineapple and bell pepper pieces (or choose your own favorite pizza toppings and use those!) Return to the oven for 10 minutes. Finish with a couple minutes on broil to brown the top.

## Herb Chicken, Arugula and Mango Salad

**Prep:** 20 minutes **Cook:** 20 minutes **Makes:** 4 servings

**One serving of salad equals:**

332 calories, 13g fat, 740mg sodium, 16g carbs, 4g fiber, and 34g protein



Here's what you need:

For the Herb marinade:

- Juice from 1 lemon
- 1 teaspoon olive oil
- 1 teaspoon salt
- 1 teaspoon dried basil
- 1 teaspoon crushed rosemary
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried thyme
- 1/4 teaspoon celery seeds
- 1/4 teaspoon dried parsley
- 1/8 teaspoon ground cumin

For the Salad:

- 1 lb skinless, boneless, thin chicken breasts
- 1 bunch asparagus, ends trimmed and cut into 1 inch pieces
- 8 cups organic arugula
- 2 small organic mangoes, peeled and sliced
- 6 oz crumbled goat cheese



1. Combine the herb marinade ingredients in a small bowl. Place 1 Tablespoon of the marinade in a large ziplock bag with the asparagus pieces, and the rest in another large ziplock bag with the chicken breasts. Make sure the chicken and asparagus are fully coated with the marinade, then place in the refrigerator for an hour.
2. Heat a grill pan and another medium pan. Place the chicken breasts on the grill pan, and cook 4 minutes each side, until there is no longer any pink in the middle. Sauté the asparagus in the medium pan, stirring often while the chicken cooks. Remove both pans from heat.
3. Once the chicken has cooled, slice each breast into even strips.
4. In a large bowl combine the arugula, mango slices and crumbled goat cheese. Add the cooked asparagus and the chicken. Mix and serve.