



Week One Menu...

Sunday

**Real Healthy Meatloaf
&
Real Healthy Rice**

Monday

**Teriyaki Salmon
&
Roasted Veggies
&
Strawberry Balsamic Salad**

Tuesday

**Butternut Squash Soup
&
Teriyaki Chicken Salad**

Wednesday

**Spaghetti
&
MeatBalls**

Thursday

One Pot Chicken Dinner



This week's grocery list...

Meat / Seafood / Egg

- 3.5 lbs Grass-fed, Ground Beef
- 1 lb. Sweet Lean Turkey Sausage
- 2 lbs Boneless, Skinless Chicken Thighs
- 1 lb. Organic, Chicken Breast Tenders
- 4 fillets Wild-Caught Salmon
- 12 Organic, Omega-3 Eggs

Produce

- 2 Heirloom Tomatoes
- 6 Large Carrots
- 4 Stalks Celery
- 1 bunch Asparagus
- 3 Zucchini
- 1 cup Brussels Sprouts
- 1 head Cauliflower
- 2 Butternut Squash
- 1 Spaghetti Squash
- 4 cups Baby Spinach
- 1 cup Mushrooms
- Sweet Potato, 1 cup chopped
- ½ cup Red Onion
- 5 Yellow Onions
- 4 cups Arugula
- 1 Orange
- 8 Strawberries

Fresh Herbs & Flavors

- 3 bulbs Garlic
- 2 ½ Tbsp Ginger Root
- 1 Tbsp Fresh Rosemary
- Fresh Sage, for garnish
- 2 Tbsp Fresh Cilantro
- 2 cups Fresh Basil

Pantry Items

- ½ cup Unsweetened Coconut Milk
- ½ cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 ½ cups Coconut Aminos
- ¾ cup Brown Rice Vinegar
- 1/3 cup Balsamic Vinegar Glaze
- 16 oz Chicken Broth
- ½ cup Natural Ketchup
- 8 oz can Tomato Paste
- 14.5 oz Diced Tomatoes
- splash of White Wine
- 1 ½ cups Almond Meal
- ¼ cup Sliced Almonds
- 2 packets Stevia
- 2 Tbsp Pure Maple Syrup, Grade B
- 12 oz Zevia Lemon Lime Soda
- 2 cups Quinoa
- 1/3 cup kalamata olives, pitted

Spices

- Dried Cumin
- Celery Seeds
- Dried Basil
- Dried Sage
- Dried Parsley
- Sweet Paprika
- Garlic Powder
- Dried Oregano
- Dried Thyme
- Dried Rosemary

Real Healthy Meatloaf & Real Healthy Rice

Prep: 30 minutes **Bake:** 70 minutes **Oven:** 350 **Makes:** 6 servings

One serving of Meatloaf with Rice equals:

441 calories, 24g fat, 201mg sodium, 15g carbohydrate, 6g fiber, and 34g protein



Here's what you need:

- 1/2 cup unsweetened coconut milk
 - 1 egg, beaten
 - Dash of salt and pepper
 - 1 Tablespoon balsamic vinegar glaze
 - 1 cup almond meal
 - 1 1/2 lbs grassfed ground beef
 - 1 cup mushrooms, chopped
 - 1 yellow onion, chopped
 - 4 hard boiled eggs, peeled
- For Glaze:
- 1/2 cup natural ketchup
 - 2 Tablespoons balsamic vinegar glaze

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl combine the coconut milk, egg, salt and pepper, balsamic glaze, and almond meal.



3. Add the ground beef, mushrooms, and onion. Press half of the mixture in a loaf pan. Line up the 4 hard boiled eggs and then press the remaining beef mixture on top. Smooth out the top. Bake for an hour.
4. While the meatloaf bakes, mix the ketchup and balsamic glaze. After an hour of baking, remove the meatloaf from oven, pour the glaze over the top and smooth out. Return to oven for 10 minutes.

Cauliflower Rice

Here's what you need:

- 1 head organic cauliflower
- 1 Tablespoon coconut oil
- Salt and pepper

1. Wash cauliflower, discard the leaves, and chop into small pieces. Grate the pieces with a food processor.
2. In a large skillet heat the coconut oil over medium. Add the shredded cauliflower. Sauté for about 5 minutes, until tender. Season with salt and pepper. Serve as you would traditional rice.

Teriyaki Salmon & Roasted Veggies & Balsamic Salad

Prep: 35 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 6 servings

One serving of Salmon, Veggies & Salad equals:

456 calories, 26g fat, 349mg sodium, 23g carbohydrate, 6g fiber, and 29g protein



Here's what you need:

For the Teriyaki Salmon:

- 4 cloves garlic, crushed
- 1 1/2 Tablespoons fresh ginger, crushed
- 1 cup coconut aminos
- 2 Tablespoons pure maple syrup, grade b
- 4 fillets, wild caught salmon

1. Combine all the marinade ingredients in a large ziplock bag. Add the salmon fillets and evenly cover with marinade. Place in fridge for 40-60 minutes.
2. To Bake: Preheat oven to 350 degrees F. Remove salmon fillet from marinade and place in a large glass pan. Strain the minced garlic and ginger pieces from marinade and arrange on the fillet. Bake for 20 minutes. Turn on broiler for additional 5 minutes.
3. To Grill: Preheat grill to medium. Lightly oil the grate. Remove salmon from marinade and place on the grill. Grill each side for 6-8 minutes or until the fish flakes easily.



For the Roasted Veggies:

- 1 cup Brussels sprouts, halved
- 1 cup carrots, chopped
- 1 cup sweet potato, chopped
- 1/2 cup red onion, chopped
- 2 Tablespoons olive oil
- dash of salt and pepper
- 3 cloves garlic, minced
- 1 Tablespoon fresh rosemary, minced

1. Preheat oven to 400 degrees F. Lightly grease a roasting pan with olive oil.
2. In a large bowl combine all of the ingredients. Spread onto prepared pan.
3. Roast for 25-35 minutes until golden and tender, stirring every 10 minutes.

For the Balsamic Spinach Salad:

- 1/8 cup balsamic vinegar glaze
- 1/4 cup olive oil
- 1 packet Stevia
- 4 cups baby spinach
- 8 strawberries, sliced
- 4 hard boiled eggs, sliced
- 1/4 cup sliced almonds, toasted

1. Combine the balsamic glaze, oil and stevia in a small bowl.
2. Divide the spinach between 4 salad bowls. Top each bowl with strawberries, eggs and almonds. Drizzle on dressing.

Butternut Squash Soup and Teriyaki Chicken Salad

Prep: 35 minutes **Bake:** 40 minutes **Oven:** 400 **Makes:** 6 servings

One serving of Soup & Salad equals:

332 calories, 16g fat, 620mg sodium, 14g carbohydrate, 4g fiber, and 22g protein



Here's what you need:

For the Butternut Squash Soup:

- 1 butternut squash, peeled, seeded and chopped
- 4 Tablespoons coconut oil, divided
- 1 yellow onion, chopped
- 4 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon dried sage
- Dash of black pepper
- 16 ounces chicken broth
- Juice from one orange
- Sage leaves for garnish

1. Preheat oven to 400 degrees F. Grease a roasting pan, toss the cubed butternut squash with 1 tablespoon melted coconut oil. Bake for 40 minutes.
2. In a large soup pot, heat 2 tablespoons coconut oil and saute the onion until browned. Add the garlic, salt, sage and pepper. Cook for another 2 minutes.
3. Add the chicken broth, cooked butternut squash and orange juice. Heat for 5 minutes. Remove from heat, use an immersion blender to blend the soup until smooth (is using a regular blender, allow soup to cool first.)
4. Heat a tablespoon of coconut oil in a small skillet, add the sage leaves until crispy. Remove and use to garnish each bowl of soup.



For the Teriyaki Chicken Salad:

- 1 can naturally sweetened, zero calorie lemon lime soda (Zevia brand)
- 1/2 cup coconut aminos
- 3/4 cup brown rice vinegar
- 1 medium yellow onion - half minced and half thinly sliced
- 4 cloves garlic, smashed
- 1 Tablespoon fresh ginger, grated
- 1 packet Stevia
- 2 pounds boneless, skinless chicken thighs
- 2 teaspoons coconut oil
- 1 bunch asparagus, trimmed and cut into 1 inch segments
- 2 Tablespoons chopped cilantro
- optional *baby arugula and cooked quinoa

1. Combine the soda, soy sauce, vinegar, minced onion, garlic, ginger and coconut crystals in a bowl. Add the chicken and turn to coat. Place in refrigerator overnight.
2. Remove chicken from marinade and pat dry. Reserve 1 cup of marinade.
3. Heat one teaspoon of coconut oil in a large skillet. Add the chicken and heat on medium high, turning once, for 8-10 minutes, until browned and cooked through. Transfer to a plate.
4. Wipe out the skillet. Heat remaining 1 teaspoon of coconut oil. Add the sliced onion and asparagus. Cook for 5 minutes, until browned. Add the reserved marinade and boil until slightly reduced. Add the cilantro.
5. Serve over a bed of baby arugula and cooked quinoa.

Spaghetti and Meatballs

Prep: 35 minutes **Bake:** 3 hours **Oven:** 375 **Makes:** 12 servings

One serving equals:

266 calories, 12g fat, 426mg sodium, 14g carbohydrate, 4g fiber, and 26g protein



Here's what you need:

Meatballs:

- 2 pounds lean, organic, grass-fed ground beef
- 1/2 cup almond meal
- 1 pound lean, sweet turkey sausage
- 2 Tablespoons dried oregano
- 4 celery stalks, diced
- 1 teaspoon garlic powder
- 1 yellow onion, diced
- dash of salt and pepper
- 3 carrots, diced
- 1/3 cup pitted kalamata olives
- 3 omega-3, eggs

Sauce:

- 14.5 oz can diced tomatoes
- 2 cups fresh basil, chopped
- 1 can tomato paste
- 6 garlic cloves, chopped
- splash of white wine
- dash of salt and pepper

Noodles:

- 1 spaghetti squash



1. Preheat oven to 375 degrees F. Wash spaghetti squash and poke all over with a knife. Place directly on the middle oven rack and bake for 1 hour. Remove from oven and allow to cool. Once cooled, slice in half and remove the seeds. Scoop the spaghetti squash strands out with a large spoon, set aside in a bowl.
2. Throw all of the meatball ingredients into a large bowl and mix with your hands. Form into large, golf ball sized meatballs.
3. Combine all of the sauce ingredients into a medium bowl and mix well.
4. **Cook with Crockpot:** Place the meatballs in your slow cooker. Cover with the sauce and cook on low for 6-8 hours. OR **Cook with stovetop:** Place meatballs in a large pot. Cover with sauce and cook, covered, over low heat for 2-3 hours.
5. Place a scoop of spaghetti squash noodles on each plate, top with meatballs and some sauce and then throw on a few olives.

One Pot Chicken Dinner

Prep: 30 minutes **Cook:** 30 minutes **Makes:** 5 servings

One serving equals:

192 calories, 6g fat, 424mg sodium, 14g carbohydrate, 4g fiber, and 20g protein



Here's what you need:

- 2 cups butternut squash, cube
- 2 Tablespoons coconut oil
- 1 pound organic chicken breast tenders
- 1/2 teaspoon salt
- 1 teaspoon dried basil
- 1 teaspoon crushed rosemary plus a dash more
- 1/2 teaspoon sweet paprika plus a dash more
- 1/2 teaspoon dried thyme plus a dash more
- 1/4 teaspoon garlic powder
- dash of pepper
- 1/4 teaspoon celery seeds
- 1/2 teaspoon dried parsley
- pinch of ground cumin
- 3 organic zucchini, cut into half moons
- 2 large heirloom tomatoes, chopped
- 1 yellow onion, chopped
- 4 garlic cloves, minced

1. In a large skillet heat 1 Tablespoon of coconut oil over medium heat. Add the cubed butternut squash and sauté, covered, for about five minutes, until tender. Transfer the squash to a bowl, then set the skillet back on medium heat.



2. Add the remaining 1 Tablespoon of coconut oil. Season the chicken with salt and pepper, add to the hot skillet. Sear for about 5 minutes, until browned on all sides.
3. Turn the heat down to medium-low. Sprinkle with all the seasonings. Add the remaining ingredients and cook, covered, for 15 minutes. Add the butternut squash back into the pot for the remaining 5 minutes.