



## **Week Seven Menu...**

Sunday

**Slow Cooker BBQ Pulled Pork Wraps**

Monday

**Chinese Chicken Salad**

Tuesday

**Fully-Loaded Lettuce-Wrapped Turkey-Bacon Burgers**

Wednesday

**Baked Chicken Chile Rellenos**

Thursday

**Zucchini Boats (Dairy and Gluten Free)**



## This week's grocery list...

### Meat / Seafood / Egg

- 1 lb Ground Turkey (Organic, Free-Range)
- 3 Chicken Breasts (Boneless, Skinless)
- 4lb Pork Shoulder Roast
- Uncured Nitrate-Free Pepperoni
- 8 Strips Nitrate-Free Bacon
- 1 Egg (Organic, Omega-3)
- 2 cups cooked chicken, shredded

### Produce

- 3 yellow onions
- 3 Red Bell Peppers
- 1 Yellow Bell Pepper
- 1 Green Bell Pepper
- 1 Tomato
- 3 Heads Romaine Lettuce
- 1 small green head Cabbage
- 1 Lemon
- 1 cup Pea Pods
- 4-6 green Zucchini

### Fresh Herbs & Flavors

- 4 cloves Garlic
- 1 Tbsp Chives
- 2 Tbsp Fresh Basil
- 2 Tbsp Fresh Cilantro

### Pantry Items

- 3/4 cup Extra Virgin Olive Oil
- 1/2 Cups Organic Chicken Broth
- 3/4 cup Apple Cider Vinegar
- 1/4 cup Coconut Aminos
- 2 tsp Balsamic Glaze
- 1 Tbsp Tomato Paste
- 1 Tbsp Dijon Mustard (gluten free)
- 1 (4oz) can Whole Green Chiles
- 1 cup BBQ Sauce (organic)
- 8oz Salsa
- 1/2 cup Spaghetti Sauce (organic)
- Black Olives (optional)
- 1 packet Stevia
- 2 Tbsp Coconut Flour
- 6 Tbsp Blanched Almond Flour
- 2 Tbsp Nutritional Yeast
- 1 cup Raw Cashews
- 1/4 cup Slivered Almonds
- 1 tsp Sesame Seeds
- 1 tsp Toasted Sesame Oil

### Spices

- Salt
- Pepper
- Sweet Paprika
- Garlic Powder
- Dried Thyme
- Onion Powder
- Smoked Paprika
- Chili Powder



## Slow Cooker BBQ Pulled Pork Wraps

**Prep:** 15 minutes **Cook:** 5 hours **Slow Cooker:** High **Makes:** 12 servings

**One serving equals:**

368 calories, 19g fat, 218mg sodium, 8g carbohydrate, 2g fiber, and 28g protein



Here's what you need:

- 1 teaspoon olive oil
- 1 (4lb) pork shoulder roast
- 1/2 cup organic chicken broth
- 1 cup organic, sugar-free barbeque sauce
- 1/2 cup apple cider vinegar
- 1 Tablespoon Dijon mustard
- 1 Tablespoon chili powder
- 1 large organic yellow onion, chopped
- 3 garlic cloves, minced
- 2 teaspoons dried thyme
- 1 green bell pepper
- 1 organic red bell pepper
- 1 organic yellow bell pepper
- 1 large organic yellow onion
- 1 head organic romaine lettuce

1. Place the olive oil in the bottom of your slow cooker.
2. Add the pork roast and pour the chicken broth over it.
3. In a medium bowl combine the barbeque sauce, vinegar, Dijon, chili powder, onion, garlic and thyme. Pour over the pork.



4. Cover and cook on high for 5 hours and 30 minutes. Once done, remove the pork from the slow cooker, discard the fat and shred the meat with two forks. Return the shredded meat to the juices in the slow cooker, on warm, until ready to serve.
5. Thinly slice the bell peppers and remaining onion. Sauté in a skillet with a drizzle of olive oil. Once very tender, season with salt and pepper and remove from heat.
6. Serve the pork on large romaine lettuce leaves and top with the tender peppers and onions. Enjoy!

## Chinese Chicken Salad

**Prep:** 15 minutes **Makes:** 6 servings

**One serving equals:**

202 calories, 10g fat, 89mg sodium, 10g carbohydrate, 3g fiber, and 17g protein



If you plan to cook the chicken yourself, here's my favorite way for effortless, moist shredded chicken: Wash and pat dry 2 organic chicken breasts. Season with salt and pepper. Place in a slow cooker and pour in chicken broth until it just covers the chicken. Cook on low heat for 6 hours. Pull the chicken breasts out of the broth and it will shred perfectly. I use this technique all the time – it never fails! Just remember to get the chicken into the slow cooker in the morning, and it will be ready by dinner.

Here's what you need:

- 1/4 cup slivered almonds
- 1 small organic green cabbage
- 1 cup pea pods, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 cup shredded cooked chicken

For the Sesame Dressing:

- 6 Tablespoons olive oil
- 4 Tablespoons apple cider vinegar
- 4 Tablespoons coconut aminos
- 1 packet Stevia
- 1 teaspoon toasted sesame oil
- 1 teaspoon sesame seeds



1. In a small skillet place the slivered almonds over medium-low heat. Stir often until golden brown. Remove from heat.
2. Wash the cabbage and cut into long thin strands. Do the same with the pea pods and the red bell peppers – the thinner you slice the better.
3. Mix the cabbage, bell pepper, pea pods, chicken and almond slivers in a large salad bowl.
4. Combine the salad dressing ingredients together.
5. Plate the salads and drizzle with some dressing. Enjoy!



## Fully Loaded Lettuce-Wrapped Turkey-Bacon Burgers

**Prep:** 35 minutes **Bake:** 20 minutes **Oven:** 400 **Makes:** 6 servings

**One serving equals:**

175 calories, 9g fat, 256mg sodium, 3g carbohydrate, 1g fiber, and 18g protein



Here's what you need:

- 8 strips nitrate-free bacon
- 1/2 a yellow onion, sliced
- 1/8 cup blanched almond flour
- 1 pound organic, ground turkey
- 2 teaspoons balsamic glaze
- 1 teaspoon tomato paste
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/8 cup red bell pepper, minced
- 1 Tablespoon fresh chives, chopped
- Large lettuce leaves
- sliced organic tomato

1. Set the oven to 400 degrees F. Line a baking sheet with foil and place a metal cooling rack in the center. Arrange bacon pieces on the rack and bake for 20 minutes, until crispy. Remove from oven and set aside to cool.
2. Grill the sliced onion in a grill pan over medium high heat with a few drops of olive oil. Grill until tender and caramelized. Remove from heat and set aside to cool.



3. Chop 6 of the bacon strips and place in a medium bowl. Chop 1/4 cup of the grilled onions and add to the bowl. Add the almond flour, turkey, balsamic glaze, tomato paste, paprika, garlic powder, onion powder, bell peppers and chives to the bowl. Mix well with your hands – it's OK to get messy here! Form into 6 patties.
4. Place the patties on your grill pan over medium high heat for about 4 minutes per side, until cooked through.
5. Serve your Fully Loaded-Lettuce Wrapped-Turkey Bacon Burgers on large lettuce leaves and topped with sliced tomato and the extra grilled onions and bacon pieces. Serve with a side of Mexican Style Cauliflower Rice.

## Baked Chicken Chiles Rellenos

**Prep:** 45 minutes **Bake:** 30 minutes **Oven:** 375 **Makes:** 12 servings

**One serving equals:**

209 calories, 12g fat, 223mg sodium, 8g carbohydrate, 3g fiber, and 15g protein



For the Dairy-free cheese spread:

\*Double the Cheese Spread recipe and save half for use with Zucchini Boats

- 6 oz (about 1 cup) raw cashews, soaked in hot water for 10 minutes
- 1 Tablespoon lemon juice
- 1 Tablespoon water
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon sweet paprika
- 1/2 clove garlic
- dash of pepper

For the Rellenos:

- 6 skinless, boneless, organic chicken breast halves
- 2 Tablespoons coconut flour
- 2 Tablespoons almond flour
- 2 Tablespoons nutritional yeast
- 1/4 teaspoon smoked paprika
- 1 omega-3 egg
- 1 Tablespoon water
- 1 (4oz) can whole green chile peppers, rinsed, seeded and cut in half lengthwise
- 2 Tablespoons snipped fresh cilantro
- 1/2 teaspoon black pepper
- 8oz salsa



1. Preheat the oven to 375 degrees F. Lightly grease a casserole pan with olive oil.
2. Discard the cashew soaking water. Combine all of the cheese spread ingredients into a high speed blender. Mix until completely smooth. Set aside.
3. Rinse the chicken and pat dry. Place between 2 pieces of plastic wrap. Using the flat side of a meat mallet, pound meat lightly into a rectangle about 1/8 inch thick. Repeat with remaining chicken breast halves.
4. In a shallow bowl combine the coconut flour, almond flour, nutritional yeast and paprika. In another shallow bowl place the egg and water, beat lightly to combine.
5. For each roll, place a chile pepper half on a chicken piece near the edge, smear with 1/6 of the cheese spread, sprinkle with cilantro and a dash of pepper. Fold in sides, roll up starting from the edge with the chile pepper. Secure with a toothpick.
6. Dip each chicken roll in the egg mixture and then the flour mixture. Place rolls, seam side down, in prepared baking dish.
7. Bake, uncovered, for 25-30 minutes, until the chicken is no longer pink. Remove the toothpicks. Heat the salsa, pour over the rolls and serve. Enjoy!

## Zucchini Boats (Dairy & Gluten Free)

**Prep:** 35 minutes **Bake:** 20 minutes **Oven:** 400 **Makes:** 6 servings

**One serving equals:**

290 calories, 19g fat, 284mg sodium, 15g carbohydrate, 4g fiber, and 9g protein



Here's what you need:

- 4-6 organic zucchini
- 1/2 cup organic spaghetti sauce
- sliced olives
- fresh basil, chopped
- uncured pepperoni, chopped
- leftover dairy-free cheese spread

1. Preheat the oven to 400 degrees F. Lightly grease a shallow baking dish with olive oil.
2. Wash the zucchini and slice in half lengthwise. Scoop out some of the zucchini flesh (that sounds creepy, but you know what I mean) to make little boats. I used a knife to slice down the sides and then a spoon to scoop it out. If the zucchini is pretty soft then you won't need to use a knife.
3. Combine all of the cheese spread ingredients in a food processor. Blend until smooth.  
\*Optional: mix some finely diced green bell pepper and chopped black olives into the cheese spread.



4. Spread some of the cheese spread into the well of each zucchini boat. Top with spaghetti sauce, sliced olives, chopped pepperoni and fresh chopped basil. Arrange in prepared pan. Bake for 20 minutes or until the toppings are cooked and the zucchini are soft. Enjoy!