



Week Six Menu...

Sunday

Real Healthy Coconut Flour Tortillas (make ahead of time)

Real Healthy Chicken Enchiladas (Gluten Free)

Monday

Real Healthy Tacos

Tuesday

Easy Turkey Loaf

Wednesday

Real Healthy Chicken Nuggets (Gluten Free)

Thursday

Beverly Hills Chopped Salad



This week's grocery list...

Meat / Seafood / Egg

- 2.5 lbs. Ground Turkey
- 5 Chicken Breasts (Boneless, Skinless)
- 2 lbs Ground Beef -Organic, Grass-Fed
- 17 Eggs

Produce

- 2 yellow onions
- 4 Bell Peppers (variety)
- 1 Tomato
- ½ cup Cherry Tomatoes
- 5 Green Onions
- 1 Avocado
- Premade Guacamole
- 1 Lime
- 1 Bunch Asparagus
- 2 heads Romaine Lettuce
- 1 green Zucchini
- 1 yellow Zucchini
- 4 large Carrots
- Shredded lettuce

Fresh Herbs & Flavors

- 5 cloves Garlic
- Fresh Cilantro

Pantry Items

- ½ cup Extra Virgin Olive Oil
- 1 cup Organic Ketchup
- 1 Tbsp Tomato Paste
- 3 Tbsp Dijon Mustard (gluten free)
- 1 tsp Champagne Mustard
- 2 Cups Organic Chicken Broth
- 1 8oz can Chopped Green Chiles
- 16 oz Enchilada Sauce
- Salsa/Pico de Gallo
- ¼ cup Kalamata Olives
- ¼ cup sliced Black Olives
- 2 packets Stevia
- 2 (13.66oz) cans Coconut Milk
- ½ cup Coconut Flour
- ½ cup Flax Meal
- 1 tsp Baking Powder
- ¼ cup Almond Flour
- ¼ cup Arrowroot Starch
- 1 cup Nutritional Yeast
- 2 Tbsp Coconut Nectar
- ¼ cup Pine Nuts
- 1 box Mary's Gone Crackers (gluten-free crackers)

Spices

- Salt
- Pepper
- Sweet Paprika
- Garlic Powder
- Ground Cumin
- Dried Thyme
- Onion Powder
- Chili Powder
- Fajita Seasoning



Real Healthy Coconut Flour Tortillas

Prep: 35 minutes **Makes:** 24 servings

One serving equals:

100 calories, 9g fat, 117mg sodium, 2g carbohydrate, 1g fiber, and 5g protein



*Make 24 tortillas the day before to cut down on prep time.

*Use 12 tortillas for Sunday's Enchiladas and 12 for Monday's Tacos.

Here's what you need:

- 12 eggs
- 2 (13.66oz) cans of coconut milk, full fat
- 1/2 cup coconut flour
- 1/2 cup flax meal
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 packets Stevia (optional)

1. Preheat a medium sized, non-stick skillet over medium low heat.
2. Combine all ingredients in a high speed blender and mix until smooth.
3. Coat the skillet with coconut oil. Pour 1/3 cup of batter into the skillet in a large tortilla shape. Allow to cook until set, then flip to brown the other side. Repeat with all of the batter – should make 12 tortillas.



Chicken Enchiladas (Gluten Free)

Prep: 35 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

159 calories, 3g fat, 389mg sodium, 9g carbohydrate, 4g fiber, and 19g protein



Here's what you need:

- 12 Real Healthy Coconut Flour Tortillas
- 2 boneless, skinless chicken breasts
- dash of salt & pepper
- dash of fajita seasoning
- 2 cups chicken broth
- 1 Tablespoon olive oil
- 1 onion, chopped
- 3 bell peppers, thinly sliced
- 2 cloves garlic, minced
- 8 oz can, chopped green chiles
- 1 teaspoon cumin
- 1 teaspoon fajita seasoning
- 16 oz jar enchilada sauce
- Chopped fresh cilantro

1. The day before, make 24 Real Healthy Coconut Flour Tortillas.
2. Rinse the chicken breasts and pat dry. Season with salt, pepper and fajita seasoning. Place in the slow cooker and add the chicken broth. Cook on low for 6 hours. Once cooled, shred the chicken breasts with a fork and set aside. *If you don't want to use a slow cooker then brown the chicken in a skillet over medium high heat, about 7 minutes per side, until there is no longer any pink in the center.
3. Preheat the oven to 350 F. Lightly grease a casserole pan with olive oil.



4. Place a large skillet over medium high heat. Add the olive oil, onion, bell peppers, and garlic. Sauté until tender. Add the chiles, cumin and fajita seasoning and chicken. After a minute, remove from heat.
5. Pour some of the enchilada sauce into a shallow bowl. Dip a tortilla into the sauce, then place 1/2 cup of the chicken filling in a line down the middle. Wrap the enchilada and place into the prepared pan, seam side down. Repeat with the remaining tortillas and filling, then pour the remaining sauce over the enchiladas.
6. Bake for 20 minutes. Serve with chopped cilantro.



Real Healthy Tacos

Prep: 35 minutes **Bake:** 12 minutes **Oven:** 425 **Makes:** 12 servings

One serving equals:

265 calories, 14g fat, 220mg sodium, 3g carbohydrate, 3g fiber, and 21g protein



Here's what you need:

- 12 Real Healthy Tortillas
- 2 lb grass fed ground beef
- 2 teaspoons chili powder
- 1/2 teaspoons sweet paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- dash of sea salt

Toppings:

- diced tomato
- shredded lettuce
- sliced olives
- guacamole or chopped avocado
- salsa
- pico de gallo

1. Use 12 leftover tortillas from Sunday night.
2. In a large skillet over medium high heat, brown the ground beef with all of the spices.
3. Place the tortillas, ground beef and all the toppings on the table for a make-your-own-taco buffet!



Easy Turkey Loaf

Prep: 25 minutes **Bake:** 90 minutes **Oven:** 325 **Makes:** 12 servings

One serving equals:

146 calories, 2g fat, 322mg sodium, 5g carbohydrate, .5g fiber, and 25g protein



Here's what you need:

- 2 teaspoons olive oil
- 2 garlic cloves, minced
- 1 yellow onion, chopped
- 1 red bell pepper, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon dried thyme
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 Tablespoon tomato paste
- 2 omega-3 rich eggs
- 2.5 pounds organic, ground turkey
- 1 cup Organic Ketchup

1. Preheat the oven to 325 degrees F. Lightly grease a small casserole pan with olive oil.
2. Place a skillet over medium heat, add the olive oil, garlic, onions and peppers. Sauté until soft, about 10 minutes. Remove from heat and allow to cool slightly.
3. Add the spices, tomato paste, eggs and turkey. Mix well then transfer to the prepared pan, shaping into a loaf. Pour the ketchup evenly over the top of your loaf. Bake for 90 minutes, and until no longer pink in the center.



Real Healthy Chicken Nuggets (Gluten Free)

Prep: 35 minutes **Bake:** 20 minutes **Oven:** 400 **Makes:** 80 Nuggets

One nugget equals:

37 calories, 1g fat, 44mg sodium, 2g carbohydrate, 1g fiber, and 4g protein



Here's what you need:

- 3 boneless skinless chicken breasts
- 1/4 cup almond flour
- 1/4 cup arrowroot starch
- 1/2 teaspoon salt
- dash of pepper
- 3 Tablespoons Dijon mustard (gluten free)
- 3 eggs
- 3 Tablespoons olive oil
- 1 box Mary's Gone Crackers, gluten free crackers, ground to crumbs
- 1 cup nutritional yeast

1. Preheat the oven to 400 F. Lightly grease 2 baking sheets with olive oil.
2. Rinse the chicken breasts and pat dry. Place between two sheets of parchment paper and pound it down to 1/2 inch thickness. Trim off any excess fat and cut into 2-inch strips. Cut the strips into about 80 2x2 inch nuggets.
3. Arrange 3 shallow bowls next to your prepared baking pans. In the first bowl combine the almond flour, arrowroot starch, salt and pepper. In the second bowl combine the



Dijon, eggs and olive oil. In the third bowl combine the gluten free cracker crumbs and nutritional yeast.

4. Take each chicken piece and drag it through bowl #1, dip into bowl #2 and roll in bowl #3. Place each coated nugget on the prepared baking sheets.
5. Bake the chicken for 20 minutes, then turn the oven on high broil for about 2 minutes to get them really crispy.
6. Serve with natural ketchup and mustard.

*Freeze leftover nuggets in a freezer safe bag. To reheat place on a baking sheet at 350 degrees F for 20 minutes, or until warmed through.



Beverly Hills Chopped Salad

Prep: 25 minutes **Bake:** 20 minutes **Oven:** 425 **Makes:** 4-6 servings

One serving equals:

236 calories, 14g fat, 147mg sodium, 25g carbohydrate, 8g fiber, and 6g protein



Here's what you need:

- 1 bunch asparagus, chopped
- 4 large carrots, chopped
- 5 green onions, chopped
- 1 green zucchini
- 1 yellow zucchini
- 1 teaspoon olive oil
- dash of salt and pepper
- 1 avocado, chopped
- 2 heads of romaine lettuce, chopped
- 1/2 cup cherry tomatoes, chopped
- 1/4 cup kalamata olives, chopped
- 1/4 cup pine nuts, toasted

For the dressing:

- 1/8 cup olive oil
- 2 Tablespoons lime juice
- 2 Tablespoons coconut nectar
- 1 clove garlic, minced (or use one frozen garlic cube from Trader Joes)
- 1 teaspoon champagne mustard

1. Preheat oven to 425 degrees F. Place the asparagus, carrot, onion and zucchinis in a large bowl, mix well with the olive oil and salt and pepper. Place on a baking sheet and roast for 20 minutes, stirring after the first 10 minutes.
2. Meanwhile place the remaining salad ingredients into a large bowl. In a small bowl combine all of the dressing ingredients and whisk with a fork.



3. Once the veggies are roasted, mix into the salad bowl and toss with the dressing.