



## **Week Three Menu...**

Sunday

**Chicken and Veggies Roast with Gravy**

Monday

**Chicken, Fruit and Spinach Salad**

Tuesday

**15 Minute Fish Tacos  
with Dressed Avocado**

Wednesday

**Olive Stuffed Meatballs and Spaghetti Squash Gratin  
and  
Simple Arugula Salad**

Thursday

**Turkey and Veggie Comfort Stew**



## This week's grocery list...

### Meat / Seafood / Egg

- 1 Organic Whole Chicken
- 4 Cod Fillets
- 3 lbs Lean Ground Turkey

### Produce

- 8 Organic Carrots
- 4 Organic Zucchini
- 1 cup Pearl Onions
- 3 Organic Yellow Onions
- 1 cup Brussels Sprouts
- 1 bunch Organic Celery, plus 2 stalks
- 3 Heirloom Tomatoes
- 1 Spaghetti Squash
- 4 ears Organic Corn on the Cobb
- 4 cups Organic Baby Spinach
- 1 bulb Fennel
- 1 head Living Butter Lettuce
- 1 cup shredded Cabbage
- 2 Avocados
- 1 cup Organic Red Grapes
- 1 Lime
- 2 Lemons
- 1 Orange
- 1 Organic Apple

### Fresh Herbs & Flavors

- 4 bulbs Garlic
- Fresh Rosemary
- Fresh Oregano
- Fresh Tarragon
- ¼ cup Fresh Mint

### Pantry Items

- 1 jar Fresh Papaya Mango Salsa
- 40 Pitted Kalamata Olives
- ½ cup Pine Nuts
- ½ cup Pecans
- ¾ cup Extra Virgin Olive Oil
- 5 Tbsp Virgin Coconut Oil
- 1 Tbsp Coconut Flour
- 1 packet Stevia
- 1 Tbsp Dijon Mustard
- 1 (14.5oz) can Stewed Tomatoes
- 3 Tbsp Tomato Paste
- 1 15oz can Organic Tomato Sauce
- 6 cups Organic Chicken Broth
- ½ cup Nutritional Yeast

### Spices

- Salt
- Pepper
- Paprika
- Garlic Salt
- Dried Thyme
- Dried Basil

## Roasted Chicken and Veggies

**Prep:** 30 minutes **Bake:** 120 minutes **Oven:** 350-400 **Makes:** 8 servings

**One serving equals:**

251 calories, 14g fat, 113mg sodium, 19g carbs, 7g fiber, and 17g protein



Here's what you need:

- 3 bulbs garlic
- 1/4 cup olive oil
- salt and pepper
- 4 Tablespoons coconut oil, gently melted
- 1 Tablespoon each minced, fresh rosemary, oregano, tarragon
- 1 teaspoon minced garlic
- zest and juice from one lemon
- 4 large organic carrots, cut into 1 inch pieces
- 3 organic zucchini, cut into 1 inch half-moons
- 1 cup pearl onions, ends trimmed
- 1 cup Brussels sprouts, halved
- 1 hormone-free, organic chicken
- 2 cups chicken broth
- 1 Tablespoon coconut flour

1. Preheat the oven to 400 degrees F.
2. Cut off the tips of each section of the garlic bulbs. Place bulbs in a small glass pan. Brush the tops with olive oil and sprinkle with salt and pepper. Cover the pan with aluminum foil and set aside.



3. In a small bowl combine the melted coconut oil, fresh herbs, minced garlic, lemon zest and lemon juice. Set 1/3 of the mixture aside for the veggies.
4. In a large bowl combine the carrots, zucchini, pearl onions and Brussels sprouts with 1/3 of the herb mixture. Season with salt and pepper. Set aside.
5. Rinse your chicken and pat dry. Carefully slide your hand between the skin and the breast and liberally rub some of the herb mixture. Rub the rest of the herb mixture over the top of the chicken. Season the chicken with salt and pepper and tie the legs together with kitchen string. Place the chicken on a large roasting pan, and surround it with the veggies.
6. Roast the chicken and veggies for 30 minutes. Reduce oven to 350° F, pour 1/2 cup of chicken broth over the chicken and veggies, and place the garlic pan in the oven to the side.
7. For the next 90 minutes, pour 1/2 cup of broth over the chicken and veggies every 30 minutes as it cooks at 350 degrees F.
8. To see if the chicken is done, poke the tip of a sharp knife between the leg and body and see that the juices run clear. Transfer the chicken and veggies to a large platter. Add a couple of the roasted garlic bulbs to the chicken platter, reserving one for the gravy.
9. To make gravy: Pour all of the roasting pan juices into a skillet and bring to a simmer. Remove the garlic cloves from one of the roasted blubs and smash with a fork. Add garlic to skillet. Mix in the tablespoon of coconut flour, and whisk the gravy as it simmers. Cook for 10 minutes, or until desired thickness. Season with salt and pepper.



## Chicken, Fruit and Spinach Salad

**Prep:** 30 minutes **Makes:** 4 servings

**One serving equals:**

289 calories, 15g fat, 795mg sodium, 13g carbs, 2g fiber, and 25g protein



Here's what you need:

For the Dressing:

- 1/4 cup olive oil
- 1/4 cup fresh squeezed orange juice
- 1 Tablespoon orange zest
- Stevia to taste
- 1 Tablespoon Dijon mustard
- dash of salt and pepper

1. In a small bowl whisk the olive oil, orange juice, orange zest, stevia, Dijon, salt and pepper.

For the Salad:

- 2 cups shredded roasted chicken
- 1 organic apple, chopped
- 2 organic celery stalks, chopped
- 1/4 cup fresh mint leaves, finely chopped
- 1 cup organic, red grapes, halved
- 4 cups baby spinach

1. In a medium bowl combine the turkey, apple, celery, mint and grapes. Toss with the dressing.
2. Prepare each plate with a pile of spinach. Top with the turkey salad mixture.

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## Fish Tacos and Dressed Avocado

**Prep:** 30 minutes **Bake:** 15 minutes **Oven:** 375 **Makes:** 4 servings

**One serving equals:**

246 calories, 12g fat, 602mg sodium, 15g carbohydrate, 4g fiber, 20g protein



Here's what you need:

For the Tacos:

- 4 Wild Marinated Soy Ginger Cod Fillets, Trader Joe's
- 1 lime
- 1 head living butter lettuce
- dressed avocado
- 1 cup shredded cabbage, buy pre-shredded
- Papaya mango salsa, Trader Joe's has a good one

1. Defrost frozen cod by placing in the fridge overnight.
2. Preheat oven to 375 degrees F. Grease a pan with olive oil.
3. Place defrosted cod in prepared pan, cut lime in half and squeeze juice over cod. Bake for 15 minutes.
4. While cod is baking, separate leaves from lettuce, being careful to keep them intact. Assemble individual tacos by putting a slice of dressed avocado on a lettuce leaf, topped with a sprinkle of cabbage.
5. Once fish is done, change oven to broil for a few minutes, watching closely until top is browned. Remove from oven and cut into 1 inch pieces.



6. Top each prepared taco with a piece of fish, a spoonful of salsa, and a slice of the remaining lime half.

For the Avocado:

- Avocado, sliced
- Freshly squeezed lemon juice
- Dash of paprika
- Dash of garlic salt

1. Slice your avocado, generously drizzle it with lemon juice and then sprinkle with paprika and garlic salt. That's it!



## Olive-Stuffed Meatballs and Gratin

**Prep:** 40 minutes **Bake:** 70 minutes **Oven:** 350 **Makes:** 10 servings

**One serving of Meatballs and Gratin equals:**

260 calories, 15g fat, 520mg sodium, 15g carbohydrate, 4g fiber, 18g protein



Here's what you need:

For the Meatballs:

- 1.5 lbs Italian Seasoned Lean Ground Turkey
- 30-40 pitted olives
- 1 Tablespoon olive oil
- 2 cloves garlic, finely minced

1. Take one tablespoon of ground turkey at a time, flatten it in your hand and form around an olive to create a ball. Repeat with all of the turkey and olives.
2. Heat the olive oil in a large skillet. Add the garlic and spread around the pan. Add the meatballs.
3. Turn the meatballs every 3 minutes for 20 minutes of cooking. Remove once all sides are browned and the meatballs are cooked through.
4. Serve on a platter with any remaining olives.



#### For the Gratin:

- 1 organic spaghetti squash
- 1 organic zucchini, peeled into long strips with vegetable peeler
- 1 Tablespoon olive oil
- 1 yellow organic onion, sliced
- 3 cloves garlic, minced
- 3 heirloom tomatoes, chopped
- dash of salt and pepper
- 1 teaspoon dried thyme
- 1 (15oz) can organic tomato sauce
- 1 cup Cheese Substitute

1. Preheat oven to 350 degrees F. Slice the spaghetti squash in half, lengthwise, scoop out the seeds and brush the cut side with olive oil. Place, cut side down, in a baking dish and bake for 40 minutes, or until tender. Allow to cool, and then spread evenly over a greased gratin dish. Mix in the zucchini strips. Set aside.
2. In a large skillet, heat the olive oil over medium. Add the onions and cook for 4 minutes. Add the garlic and continue to cook until the onions are translucent, about 5 minutes. Add the tomatoes, salt and pepper, dried thyme and tomato sauce. Bring the mixture to a simmer.
3. Spread the tomato mixture over the squash in the gratin pan. Top with the cheese substitute.
4. Bake for 30 minutes, until bubbly with a browned top.

#### For the Cheese Substitute:

- 1 Tablespoon coconut oil
- 1/2 cup pine nuts
- 1/2 cup pecans, chopped
- 1/2 cup nutritional yeast
- 1 teaspoon sea salt

1. In a small pan heat the coconut oil. Add the nuts and saute them until golden brown. Allow to cool slightly then pulse in a food processor until finely chopped.
2. Place the nuts in a bowl and mix in the nutritional yeast and salt.



## Turkey Stew

**Prep:** 15 minutes **Cook:** 45 minutes **Makes:** 8 servings

**One serving equals:**

274 calories, 6g fat, 480mg sodium, 34g carbs, 11g fiber, 22g protein



Here's what you need:

- 2 teaspoons olive oil
- 2 garlic cloves, minced
- 4 carrots, chopped
- 2 onions, chopped
- 1 bunch of celery
- 1 fennel bulb
- 1.5 lbs lean ground turkey
- 4 cups chicken broth
- 1 (14.5oz) can stewed tomatoes
- 4 ears of corn, kernels sliced off cobb
- 3 Tablespoons tomato paste
- 2 teaspoons dried basil
- dash of salt and freshly ground pepper

1. In a large skillet heat the olive oil. Add garlic.
2. Add chopped carrots, cover for 5 minutes.
3. Add onions, celery and fennel. Sauté until soft.
4. In another skillet cook the ground turkey over medium heat until fully cooked, stirring often. Drain off excess fat.



5. Transfer the veggies to large soup pot and add the remaining ingredients, and the cooked turkey. Cover and cook over low heat for 40 minutes. Add extra water as desired.