



Week Two Menu...

Sunday

**Awesome Crispy Orange Chicken
&
Stir Fried Cauliflower Rice**

Monday

Gluten-Free Sausage Pizza

Tuesday

**Beef and Broccoli
&
Stir Fried Cauliflower Rice**

Wednesday

Macadamia Nut Crusted Pesto Chicken

Thursday

(Bean-less) Chili Loaded Sweet Potato



This week's grocery list...

Meat / Seafood / Egg

- Boneless Skinless Chicken Tenders: 4.5 lbs
- Organic Omega-3 Eggs: 7 eggs
- Ground Sausage: 2 lbs
- Grassfed Flank, Skirt or Minute Steak: 1.5 lbs

Produce

- 1 Orange
- 1 Lemon
- 1 Red Onion
- 1 Yellow Onion
- 1 ½ bunches Green Onions
- 4 Bell Peppers- Red, Orange, Yellow & Green
- Carrots, 3 cups chopped
- 4 Cauliflower heads
- 1 Acorn Squash
- Broccoli, 4 cups chopped
- 3 Purple Sweet Potatoes
- 1 Avocado
- Frozen Peas, 2 cups

Fresh Herbs & Flavors

- 1 ½ TBL Fresh Ginger
- 6 cloves Garlic
- 2 cups Fresh Basil

Pantry Items

- 1 cup Olive Oil
- 2 TBL Coconut Oil
- 1 TBL Raw Honey
- ¾ cup Pure Maple Syrup grade B
- 2 packets Stevia
- 5 TBL Coconut Flour
- ¾ cup Blanched Almond Flour
- 1 cup Macadamia nuts
- 1 TBL Sesame Seeds
- 2 TBL Apple Cider Vinegar
- 1/3 cup Dijon Mustard
- ½ cup Organic Pizza Sauce
- 2 (15oz) cans Tomato Sauce
- 3 TBL sliced Black Olives
- 1 packet Active Dry Yeast
- 1/3 cup Nutritional Yeast
- 1 cup Arrowroot Starch
- 1 ½ cups Coconut Aminos
- 1.5 TBL Unsweetened Cocoa Powder
- ½ cup Orange Juice Concentrate

Spices

- Chili Powder
- Allspice
- Sweet Paprika
- Cloves
- Ground Cinnamon
- Granulated Onion
- Cumin
- Red Pepper Flakes



Awesome Crispy Orange Chicken and Stir Fried Rice

Prep: 30 minutes **Cook:** 20 minutes **Makes:** 6 servings

One serving of chicken and rice equals:

430 calories, 17g fat, 705mg sodium, 27g carbs, 4g fiber, 44g protein



Here's what you need:

- ½ cup orange juice concentrate (no sugar added)
- 3 Tablespoons coconut aminos
- 1 Tablespoon olive oil
- Zest from one orange
- 3 cloves garlic, minced
- dash of granulated onion
- 3 green onions, chopped
- dash of red pepper flakes
- 2 packets Stevia
- 1 Tablespoon coconut oil
- 2.5 pounds boneless, skinless chicken tenders, cut into bite sized pieces
- dash of salt and pepper
- 1 Tablespoon sesame seeds

1. Combine the orange juice concentrate, coconut aminos, olive oil, orange zest, red pepper flakes and Stevia in a small bowl. Mix well and set aside.
2. In a large skillet, heat the coconut oil on medium-high.
3. Generously season the chicken pieces with salt, pepper and granulated onion. Add chicken to hot skillet and brown on all sides.
4. When chicken is almost fully cooked, add the orange sauce, stirring to coat all of the chicken. Cook, uncovered, simmering the sauce until thickened and fully sticking to the chicken.
5. Garnish with sesame seeds and freshly chopped green onion.



Stir Fried Rice

* Save ½ for use with Beef and Broccoli recipe

Here's what you need:

- 3 cups carrots, chopped
- 2 cups frozen peas
- 4 heads organic cauliflower, cut into small pieces
- 4 Tablespoons olive oil
- 6 omega-3, free-range eggs
- 6 Tablespoons coconut aminos
- salt and pepper to taste

1. Bring a medium pot of water to boil. Add the chopped carrots and boil for 3 minutes. Add the frozen peas and boil for another 2 minutes. Drain the water and set the veggies aside.
2. Using a food processor with the grating blade, grate all of the cauliflower.
3. Heat the olive oil in a large skillet or wok over medium. Add the carrots and peas, saute for 3 minutes. Add the 6 eggs, stir to combine. When the eggs have set, add the grated cauliflower and mix to combine.
4. Season the rice mixture with coconut aminos, salt and pepper. Reduce the heat to low, cover and allow to cook for another 5 minutes.
5. Add more coconut aminos, salt and pepper to taste.



Gluten and Dairy Free Pizza

Prep: 35 minutes **Bake:** 5-7 minutes **Oven:** 425 **Makes:** 6 servings

One serving equals:

244 calories, 12g fat, 339mg sodium, 22g carbohydrate, 4g fiber, and 9g protein



Here's what you need:

- 1 Tablespoon raw honey
- 1 packet (2 tsp) active dry yeast
- ¼ cup warm, filtered water
- ¾ cup blanched almond flour
- ½ cup arrowroot starch
- ½ teaspoon sea salt
- 1 omega-3 egg
- 1 Tablespoon olive oil
- 1 teaspoon apple cider vinegar
- ½ cup organic pizza sauce (no sugar added)
- ½ cup ground sausage
- ½ cup green bell pepper, thinly sliced
- ¼ cup red onion, thinly sliced
- 3 Tablespoons sliced black olives

1. Preheat oven to 425 degrees F. Lightly grease a baking sheet with olive oil.
2. In a small bowl combine the honey, yeast and warm water. Mix carefully with a fork. Set aside for 5 minutes, until foamy.
3. In a medium bowl combine the almond flour, coconut flour, arrowroot starch and salt. Work out the lumps with a fork. Add the egg, olive oil and vinegar to the yeast mixture and mix to combine.



4. Add the wet ingredients to the dry ones. Mix well and form a ball of dough. Work the dough for about 30 seconds with your hands, smoothing out any lumps.
5. Place the dough ball in the middle of your prepared pan. Dip your fingers in olive oil, then use them to flatten the dough into your preferred pizza shape (hearts are fun!). Place the dough in preheated oven for 5-7 minutes.
6. In a small skillet sauté the bell pepper and red onion with a drizzle of olive oil for 5 minutes or until tender. Remove from skillet. Add the ground sausage to the skillet and cook until browned, about 5 minutes.
7. Top the crust with sauce, sausage, bell pepper, onion and sliced olives. Bake for another 5-7 minutes.
8. Slice and enjoy immediately.



Beef and Broccoli with Stir Fried Rice

Prep: 25 minutes **Cook:** 15 minutes **Makes:** 6 servings

One serving of Beef and Broccoli equals:

371 calories, 14g fat, 684mg sodium, 15g carbohydrate, 2g fiber, and 34g protein



Here's what you need:

- 2/3 cup coconut aminos
- 1 ½ Tablespoons fresh ginger, minced
- 4 garlic cloves, minced
- ½ cup filtered water
- 1/3 cup pure maple syrup, grade B
- 3 Tablespoons arrowroot starch
- 2 Tablespoons olive oil, divided
- 1 bunch green onions, chopped
- 4 cups organic broccoli, cut into small pieces
- 1.5 pounds grass-fed flank, skirt or minute steak, cut into very thin strips

1. In a medium bowl combine the coconut aminos, ginger, garlic, water, syrup and arrowroot. Set aside.
2. Heat 1 tablespoon of the olive oil, on high, in a large skillet or wok. Add the green onions and broccoli, sauté for 5 minutes. Remove from skillet.
3. Heat the remaining 1 tablespoon of olive oil and stir-fry the steak until almost done, about 4 minutes.
4. Return the veggies to the skillet and add the sauce. Heat until the sauce boils and thickens, about 3 minutes.
5. Serve with leftover Stir Fried Cauliflower Rice.



Macnut-Crusted Pesto-Stuffed Chicken with Acorn Squash

Prep: 40 minutes **Bake:** 30 minutes **Oven:** 400 **Makes:** 8 servings

One serving equals:

328 calories, 17g fat, 614mg sodium, 13g carbohydrate, 3g fiber, and 29g protein



For the Acorn Squash:

- 1 acorn squash
- juice from half a lemon (save other half for pesto)
- salt and pepper

For the Pesto:

- 1/2 cup macadamia nuts
- 2 cups fresh basil leaves
- 2 garlic cloves
- 1/3 cup nutritional yeast
- Juice from half a lemon
- 1/4 cup olive oil
- dash of sea salt

For the Chicken:

- 2 lbs boneless skinless chicken tenders
- 1/3 cup Dijon mustard
- 2 Tablespoon olive oil
- 2 Tablespoons pure maple syrup, grade B
- 1 Tablespoon sweet paprika
- 1/3 cup macadamia nuts, finely chopped
- 1/8 cup coconut flour
- salt and pepper

1. Preheat oven to 400 degrees F. Lightly grease 2 baking pans with olive oil.



2. For Acorn Squash: Slice the acorn squash in half, scoop out the seeds and using a sharp knife score the inside of the squash flesh. Place in one of the prepared baking pans and drizzle with the lemon juice, and season with salt and pepper. Bake for 50 minutes. Remove from oven and set aside.
3. For Pesto: Place the macadamia nuts, basil leaves, garlic, nutritional yeast, salt and pepper and lemon juice in a food processor. Pulse until well combined while drizzling in the olive oil. Set 1/3 of the pesto aside to serve with the chicken.
4. For Chicken: Rinse the chicken tenders with cold water and pat dry. Place between two sheets of wax paper and lightly pound with the back of a wooden spoon. The idea is to flatten the tenders out so they are wider, yet still intact.
5. Place a tablespoon of pesto in the center of each tender, and spread out until the pesto evenly covers the entire side. Roll the tender up and place, seam side down, in the prepared baking pan, leaving space between each chicken roll.
6. In a small saucepan combine the mustard, olive oil, syrup and paprika over low heat. Mix constantly, and remove from heat after 3 minutes, when the sauce is uniform. Spread a tablespoon of the mustard sauce over the top of each chicken roll, reserve the leftover sauce.
7. In a small bowl combine the chopped macnuts, coconut flour, salt and pepper. Press a tablespoon of the macadamia nut topping over the top of each chicken roll.
8. Cover the entire pan with foil. Bake for 25 minutes covered. Remove the foil and turn on the high broiler. Broil, watching closely, for 2-5 minutes, until the tops are nicely browned.
9. Scoop the cubed acorn squash out of the shells and place in a skillet over medium heat. Add the reserved mustard sauce, and mix until fully combined. Continue to heat until the squash is fork-tender and the sauce covers each piece.
10. Place a scoop of acorn squash on each plate, then top with slices of chicken roll. Serve with a few dollops of the reserved pesto.



(Bean-less) Chili Loaded Sweet Potato

Prep: 15 minutes **Bake:** 45 minutes **Oven:** 400 **Makes:** 8 servings

One serving equals:

272 calories, 11g fat, 532mg sodium, 24g carbohydrate, 7g fiber, and 22g protein



Here's what you need:

- 3 purple sweet potatoes
- 2 Tablespoons olive oil
- 3 cloves garlic, minced
- 3 bell peppers, red, orange and yellow, chopped
- 1 yellow onion, chopped
- 1.5 pounds ground pork sausage (or your ground meat of choice)
- 1 Tablespoon chilli powder
- 1/2 teaspoon allspice
- 1 Tablespoon sweet paprika
- pinch of cloves
- 1 1/2 Tablespoon unsweetened cocoa
- 1 teaspoon ground cinnamon
- 2 teaspoons cumin
- 1/2 teaspoon sea salt
- 2 (15oz) cans organic tomato sauce
- 1 Tablespoon apple cider vinegar
- 1/2 cup filtered water
- 1 avocado



1. Preheat oven to 400 degrees F. Wash the sweet potatoes and pierce the skin in several places with a knife. Bake for 45 minutes.
2. In a large pot, heat the olive oil over medium. Add garlic, bell peppers and onion. Cook for about 5 minutes, until tender.
3. Add the pork and chili powder and cook until the meat is no longer pink.
4. Add the rest of the spices, tomato sauce, vinegar and water. Bring to a simmer. Reduce heat to low and simmer, uncovered for 1 1/2 hours.
5. To serve: Slice open a piece of sweet potato and top with a big scoop of chili and avocado slices. Season the avocado with lemon juice, cumin, sweet paprika and sea salt.

*For a meal lower in carbs, serve your chili over scrambled eggs instead of sweet potato