

Week 4

SUNDAY

- B** Protein Shake w/ greens & addons
- L** Another shake w/ small snack & fizz
 - see snack guide for ideas
- D** Tuscan White Bean Soup

MONDAY

- B** Protein Shake w/ greens & addons
- L** Another shake w/ small snack & fizz
- D** Left overs from the night before

TUESDAY

- B** Protein Shake w/ greens & addons
- L** Another shake w/ small snack & fizz
- D** Burger Bowls

WEDNESDAY

- B** Protein Shake w/ greens & addons
- L** Another shake w/ small snack & fizz
- D** Left overs from the night before

THURSDAY

- B** Protein Shake w/ greens & addons
- L** Another shake w/ small snack & fizz
- D** Grill Chicken thighs & veggies

FRIDAY

- B** Protein Shake w/ greens & addons
- L** Another shake w/ small snack & fizz
- D** Left overs from the night before

SATURDAY

- B** Protein Shake w/ greens & addons
- L** Another shake w/ small snack & fizz
- D** Pumpkin Patch Peppers

SHOPPING LIST

PRODUCE

- 2.5 cups chopped broccoli
- 2 small yellow onion
- 3 medium red onions
- 1 bulb garlic
- 5 cups mixed greens
- 1 cup baby spinach
- 1 large bundle of asparagus
- 1 lemon
- 1/2 cup cherry tomatoes
- 2 small avocados
- 6 bell peppers
- celery
- kale
- 2 tbsp green olives
- 1 vine ripe tomato
- 1 head bibb lettuce
- 2 Green onions
- 2 large carrots

MEAT, AND FISH

- ground beef
- chicken for 3 meals
- ground turkey

NUTS, GRAINS, AND SEEDS

- pine nuts

MISCELLANEOUS

- Avocado oil
- Olive oil
- Sesame oil
- Garlic salt
- Ground cumin
- Chili powder
- Onion powder
- Crushed red pepper flakes
- Dried thyme
- Dried dill
- Ground ginger
- Sea salt
- Black pepper
- Coconut aminos or tamari
- Grilling Skewers

Tuscan White Bean Soup



INGREDIENTS

- 1/4 Cup Olive Oil extra virgin
- 1 Small Onion diced
- 2 Medium Shallots chopped
- 4 Cloves Garlic mashed
- 2 Carrots chopped into coins
- 2 Celery Stalks diced
- 3 15 Ounce Cans Cannellini Beans drained and rinsed
- 2 Bay Leaves
- 1 Tablespoon Italian Seasoning
- 1/2 Teaspoon Red Pepper Flakes
- 5-6 Cups Vegetable Broth
- 1/2 Teaspoon Sea Salt
- 1/4 Teaspoon Ground Black Pepper
- 3 Cups Fresh Spinach

DIRECTIONS

1. Start by heating the olive oil in a large pot, on the stove, over medium-low heat.
2. Sauté the onions, garlic, and shallots in the olive oil for, about 3-4 minutes.
3. Then, adding the carrots and celery and sauté for another 7-10 minutes. This is really important to ensure that the flavors build.
4. Rinse and drain your cannellini beans, and add them to the pot along with the bay leaves, Italian seasoning, red pepper flakes, vegetable broth, salt, and pepper.
5. Bring your mixture to a boil, then reduce the heat to low, cover, and simmer for another 15 minutes.
6. Remove the cover to pull out and discard the bay leaves.
7. Next, transfer two cups of the soup to a high-speed blender and blend so it gets creamy.
8. Return your soup to the pot and stir generously.
9. Add in the spinach and stir until it's wilted.

Burger Bowls



INGREDIENTS

- 1 lb. ground chicken
- ¼ cup each: minced red onion and chopped parsley
- 1 tablespoon chili powder
- 2 teaspoons sea salt
- ½ teaspoon black pepper
- AVOCADO PESTO:
- ½ cup each: basil leaves and parsley (packed)
- ¼ cup each pine nuts and olive oil
- Juice from ½ lemon
- ¾ teaspoon sea salt
- 1 large avocado (peeled and pitted)
- THE BURGER BOWLS
- A few handfuls of lettuce for each bowl
- Cherry tomatoes (cut in half)
- A sprinkle of pine nuts (or your favorite nut)

DIRECTIONS

1. In a medium-sized bowl, mix together the ground chicken or beef, red onion, parsley, chili powder, salt, and pepper. Form into 4 patties and set them on a plate.
2. 1 lb. ground chicken, ¼ cup each: minced red onion and chopped parsley, 1 tablespoon chili powder, 2 teaspoons sea salt, ½ teaspoon black pepper
3. Place the basil, parsley, pine nuts, olive oil, lemon juice, and sea salt in your blender and blend on medium speed until mostly smooth. Add the avocado and blend again, adding 2-4 tablespoons of water to thin the pesto if needed.
4. ½ cup each: basil leaves and parsley, ¼ cup each pine nuts and olive oil, Juice from ½ lemon, ¾ teaspoon sea salt, 1 large avocado
5. Cook the chicken burgers either on your BBQ or in a non-stick pan on your stove on medium-high heat for 12 minutes, flipping halfway through cooking.
6. To assemble the bowls, place a few handfuls of greens in each bowl and top with some steamed sweet potatoes, a burger patty, some avocado pesto, and some cherry tomatoes and pine nuts.

Grilled Chicken & Veggies



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 20 - 25 MIN

(TIME TO COOK CHICKEN,
BACON, AND EGGS)

INGREDIENTS

- 4 chicken thighs bone-on
- 2 medium zucchini cut in ¼ inch planks
- 2 medium sweet potatoes cut in ¼ inch circles
- 1 delicata squash halved, seeded, and cut in ¼ inch semi-circles
- 1 red onion cut in ¼ circles
- 1 lemon halved
- Kosher salt & fresh pepper
- Avocado oil

DIRECTIONS

1. Cut the veggies and season with oil and a generous pinch of salt and pepper on all sides. Season the chicken with oil and a generous amount of salt and pepper on both sides.
2. Add chicken to grill on medium heat, skin side up. Flip after about 10 minutes. Once it turns all white, flip it and flip every few minutes until juice runs clear.
3. Grill veggies a few minutes on each side until soft.
4. Plate everything on one big platter and squeeze the grilled lemons over the top and garnish with a drizzle of really good extra virgin olive oil if you have it. Enjoy!

Pumpkin Patch Peppers



INGREDIENTS

- Salt, to taste
- 6 orange bell peppers, rinsed
- 2 tablespoons oil
- ½ cup diced onion
- ¾ cup uncooked long grain rice
- ½ pound ground turkey or chicken
- 2 tablespoons taco seasoning, store bought or homemade
- ⅓ cup canned diced tomatoes
- 1 ¼ cups water
- 1 – 15-ounce can black beans, drained and rinsed

DIRECTIONS

1. Preheat oven to 375 degrees F. Line a sheet tray with parchment paper. Bring a large pot of salted water to boil.
2. While waiting for the pot of salted water to boil, prepare the bell peppers. Use a small paring knife to cut around the top ½ inch of the bell peppers in a full circle, leaving the stem attached. Twist the tops of the peppers and remove along with the seeds that are attached. Trim off the seeds, again leaving the stem attached, and set aside to serve as the lids later. Cut or tear out the white ribs of the bell peppers and remove any seeds left inside. Using a small paring knife, cut out a jack-o-lantern face on each pepper.
3. When the water reaches a boil and all of the peppers are prepared, put the peppers and their tops into the water. Allow to cook until the peppers are tender. Remove the peppers and their tops from the water and set aside to cool.
4. In a sauté pan over medium heat, heat oil. Add the onion and cook until translucent.
5. Add the rice and cook, stirring often, until the rice smells and turns a light golden color and the onions are slightly caramelized.
6. Add the ground chicken and the taco seasoning, and cook until the chicken is no longer pink.
7. Add tomatoes, a pinch of salt, and 1 ¼ cups of water, and bring to a boil. Cover and reduce the heat to low, maintaining a gentle simmer, and cook until the rice is mostly cooked through and there is no longer excess water in the bottom of the pan. Allow the rice to sit for 5 minutes.
8. Fluff the rice with a fork and mix in the rinsed black beans.
9. Fill each pepper with the rice mixture and place on your lined baking sheet. Top the peppers with the lids.
10. Bake the peppers in the preheated oven for 30 minutes, or until pepper is done to desired tenderness.