

Week 3

SUNDAY

- B** Protein Shake w/ greens & add-ons
- L** Another shake w/ small snack & fizz
 - see snack guide for ideas
- D** Grilled Chicken & Veggies

MONDAY

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

TUESDAY

- B** Protein Shake w/ greens & add-ons
- L** Another shake w/ small snack & fizz
- D** Skirt Steak with Sweet potatoes & Brussels

WEDNESDAY

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

THURSDAY

- B** Protein Shake w/ greens & add-ons
- L** Another shake w/ small snack & fizz
- D** Pumpkin Curry

FRIDAY

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

SATURDAY

- B** Protein waffles; 1 egg 1 serving of protein
- L** Another shake w/ small snack & fizz
- D** Slow Cooker Chipotle Beef Burrito Bowls

SHOPPING LIST

PRODUCE

- Carrots
- garlic cloves
- asparagus
- zucchini
- bell peppers
- sweet potatoes
- brussel sprouts
- 1 lemon
- 2 cups broccoli florets
- 1 small ginger root (or use ground ginger)
- Celery
- cilantro
- limes
- guacamole or avocado slices
- beans or rice
- salsa or chopped tomatoes

MEAT AND FISH

- 5 oz skirt steak per serving
- 6, 4-5oz boneless, skinless chicken breasts or thighs
- 2.5 pound beef chuck roast

NUTS, GRAINS, AND SEEDS

- Cashews

MISCELLANEOUS

- Avocado oil
- Olive oil
- Salt
- Canned Pumpkin
- Dried rosemary
- Sea salt
- Black pepper
- ancho chili powder
- cayenne
- thyme
- paprika
- full fat coconut milk, canned
- lime juice
- canned green chilies

Grilled Chicken & Veggies



INGREDIENTS

- For the marinade
- ¼ cup olive oil
- ¼ cup fresh lemon juice
- 4 garlic cloves crushed
- 1 tsp smoked paprika
- ½ tsp chilli flakes
- 1 tsp dried oregano
- 1 tsp salt
- black pepper to taste
- For grilling
- 4 large chicken breasts skinless + de-boned
- 2 bell peppers seeds removed and sliced into thick strips
- broccolini
- 12-16 spears asparagus woody ends trimmed
- 2-3 large zucchini sliced into thick slices

DIRECTIONS

1. Pre-heat the grill/griddle pan.
2. Season the chicken with salt and allow to sit while you make the marinade.
3. Combine all the marinade ingredients and mix well. Pour half of the marinade over the chicken and the other half over the vegetables. Allow to marinate for a few minutes.
- 4.
5. Grill the chicken for 5-7 minutes per side (depending on thickness) until cooked to your preference. Remove from the grill, cover with foil and allow to rest while you grill the vegetables.
6. Grill the vegetables until they are starting to char and are cooked to your preference.
7. Remove from the grill and serve with the chicken and lemon wedges for squeezing.

Skirt Steak Dinner



INGREDIENTS

- 5 oz of skirt steak per person
- 2 teaspoons ancho chili powder
- 1 teaspoon paprika
- ½ teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 2 pounds of small brussels sprouts
- 1/4 cup walnuts
- 2 pounds of sweet potatoes
- 1 teaspoon ground cumin
- ¼ teaspoon cinnamon
- ¼ teaspoon cayenne pepper
- Kosher salt
- Olive oil

DIRECTIONS

1. Season the steaks with ancho chili, paprika, cayenne, thyme and salt. Let sit at room temperature for 20 minutes with the rub on.
2. Chop brussels and sweet potatoes.
3. Toss them in a bowl with, salt, olive oil, cayenne pepper, cinnamon, cumin.
4. Lay on a sheet pan and roast on 375 until sweet potatoes are tender
5. To cook the steak, pre-heat a cast pan over medium-high heat for 2-3 minutes with 2 teaspoons of oil. Place the meat in the pan and let it cook for 3 minutes without touching the meat. Flip the meat and let it cook another 2-3 minutes and move it to a clean plate. Let the steak rest for 5 minutes before cutting. Make sure to slice the steak AGAINST the grain when you are eating it.

Pumpkin Curry



SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

INGREDIENTS

- 1 Tablespoon avocado oil
- 1 pound boneless skinless chicken thighs, cut into 1/2" pieces
- 1 yellow onion, 12 ounces, peeled and diced into 1/2" pieces
- 3–4 carrots, peeled and sliced 1/4" thick, 2 cups
- 1 –2 heads broccoli, 12 ounces
- 2 Tablespoons yellow curry paste, or Thai red curry paste
- 1 Tablespoon lime zest, grated with a micro plane, or 2 lime leaves
- 1 Tablespoon minced ginger
- 3 cloves garlic, minced
- 1/2–1 Teaspoon sea salt, to taste
- 1 – 15 ounce can pumpkin purée
- 1 – 13.5 ounce can coconut milk, full fat
- 2 Tablespoons freshly squeezed lime juice

DIRECTIONS

1. Next you sauté the chicken, remove from the pan, then sauté the veggies until still crisp but starting to soften.
2. From there you add the curry paste, ginger, and garlic, and sauté until it's fragrant, (see photo below).
3. Then you add the coconut milk and pumpkin purée and simmer until everything is cooked through, and the sauce is thickening.
4. When the sauce is done, add the chicken and broccoli florets, and cook just until the broccoli is tender.
5. Finally you add the lime juice, and season to taste before serving immediately.

Slow Cooker Chipotle Beef Burrito Bowls



INGREDIENTS

- 2.5lb beef chuck roast
- 1 tablespoon salt
- 1 medium white onion, sliced
- 3 cloves garlic
- 1 – 15oz can diced tomatoes
- 1 – 4oz can diced green chilis
- 1/3 water
- 2 dried bay leaves
- 1 tablespoon cumin
- 1/2 tablespoon chipotle powder or chili powder
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon dried oregano
- 1/2 teaspoon paprika
- sliced bell peppers and onions

Base & Toppings:

- romaine lettuce
- salsa
- cauliflower, brown rice, or black beans
- guacamole
- limes
- cilantro

DIRECTIONS

1. Heat a large heavy-bottomed skillet over medium-high heat. While the pan is heating, sprinkle a half tablespoon of salt on each side of the beef. When the pan is hot, add the avocado oil. Sear the beef for 7-8 minutes per side until it's golden brown. Remove the meat from the skillet and place it in the slow cooker.
2. Lower the skillet heat and add the onions and garlic to the skillet. Cook 3-4 minutes and then pour over the beef.
3. Add all of the remaining ingredients to the slow cooker. Cook on high for 5-6 hours until the beef is tender and easily shreds with two forks.
4. Make the fajita veggies by sautéing sliced bell peppers and onions in a skillet over high heat. Finish the veggies with a little salt and fresh lime juice.
5. Assemble your burrito bowls. Start with romaine lettuce and then top with salsa, guacamole, cauliflower, brown rice or black beans, fajita veggies, and the shredded beef. Serve with fresh limes and lots of cilantro. Enjoy!