

Week 2	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	<u>Eggs and Sautéed Veggies</u> 1 c veggies (onion, pepper, kale) sautéed in 1 tsp olive oil 2 eggs fried in 1 tsp olive oil Season with all purpose herb blend and a pinch of salt Add ¼ c sauerkraut	1 c carrots 2 TBSPs almond butter	Mediterranean Medley Salad in a Jar	String cheese 1 apple	Slow Cooker Chicken Fajitas
Day 2	Strawberry Limeade Smoothie	1 c celery 2 TBSPs almond butter	Mediterranean Medley Salad in a Jar	Good Greens bar	Slow Cooker Chicken Fajitas
Day 3	Eggs and Sautéed Veggies (see Monday's recipe) Top with ½ avocado	1 c carrots 2 TBSPs almond butter	Healthy Choice Simply Grilled Chicken and Broccoli Alfredo 1 c raspberries	String cheese 1 apple	Slow cooker Herb Roasted Pork Tenderloin with 2 c asparagus stir fry frozen veggie blend (steamed or sautéed) and ½ c cooked quinoa
Day 4	Strawberry Limeade Smoothie	1 c celery 2 TBSPs almond butter	1 c tomato soup 1 box Green Giant Steamers Green Beans and Almonds	Good Greens bar	Same as day 3
Day 5	Strawberry Limeade Smoothie	1 c carrots 2 TBSPs almond butter	1 c tomato soup 1 box Green Giant Steamers Green Beans and Almonds	String cheese 1 apple	Grilled Flank Steak with ½ baked sweet potato
Day 6	Eggs and Sautéed Veggies (see Monday's recipe)	1 c celery 2 TBSPs almond butter	Tuna Avocado Salad 1 serving Nut Thins	Good Greens bar	Greek Lentil Stew
Day 7	Strawberry Limeade Smoothie	1 c carrots 2 TBSPs almond butter	Tuna Avocado Salad 1 serving Nut Thins	String cheese 1 apple	Greek Lentil Stew

Week Two Recipes

Mediterranean Salad in a Jar - Serves 1

Ingredients:

2 TBSP lemon vinaigrette dressing
½ c cucumber, chopped
½ c tomatoes, chopped
¼ c red onion, chopped,
4 tomato basil chicken meatballs, quartered
¼ jar artichokes
¼ c crumbled feta cheese
1 c spinach, chopped

Instructions:

1. Meal prep day: Starting from the top of the ingredient list, place all ingredients in a large canning jar. *Alternatively, place all ingredients in a regular food storage container in the same order and keep salad dressing separate.*
2. Make 4 jars.

Slow Cooker Chicken Fajitas - Serves 4

Ingredients:

12 oz skinless chicken breasts
4 sweet peppers, cut in strips
2 c onion, cut in strips
Juice of one lime
1 TBSP honey
1 packet Mrs. Dash Fajita Seasoning
1 avocado
½ c plain Greek yogurt
½ c salsa

Instructions:

1. **Meal prep day:** Place chicken, peppers, onions, lime juice, honey and Mrs. Dash in a gallon-sized bag.
2. Day of: pour bag into slow cooker. Cook on low for 4-6 hrs or until chicken is fully cooked.
3. Top with avocado slices, Greek yogurt and salsa.

Strawberry Limeade Smoothie - Serves 1

Ingredients:

1 c strawberries
1 c kale
Juice from ½ lime
1 scoop vanilla protein powder
8 oz plain kefir
4 oz water

Instructions:

1. **Meal prep day:** Add strawberries, kale, lime juice and protein powder in a quart size bag. Make 8 bags. Place in freezer.
2. Day of: Remove from freezer. Pour ingredients in a blender. Add kefir and water. Blend until liquefied and serve.

Slow Cooker Herb Roasted Pork Tenderloin - Serves 4

Ingredients:

1 tsp garlic powder
1 tsp dried oregano
1 tsp ground cumin
1 tsp ground coriander
½ tsp ground thyme
½ tsp onion powder
½ tsp salt
¼ tsp pepper
1 lb pork tenderloin
1 c water

Instructions:

1. **Meal prep day:** Place all ingredients (except water) in gallon-sized bag. Add to freezer.
2. Day of: add pork tenderloin, seasonings and water to slow cooker for 5-6 hrs, or until fully cooked.
3. Let meat rest for 5-10 mins. Slice at an angle into 4 servings and serve.

Grilled Flank Steak - Serves 2

Ingredients:

1 tsp teriyaki sauce
1 TBSP balsamic vinegar
1 TBSP olive oil
1 clove garlic, minced
Ground pepper, to taste
8 oz flank steak

Instructions:

1. In a mixing bowl, whisk together teriyaki sauce, balsamic vinegar, olive oil, garlic and pepper.
2. Place flank steak in a glass dish. Pour marinade over steak and cover. Place in refrigerator and marinate meat for 8 to 24 hrs, stirring occasionally.
3. Grill or broil until done. Serve.

Tuna Avocado Salad - Serves 4

Ingredients:

4 avocados, pitted and mashed
2 (5 oz) cans tuna, drained
½ c red onion, chopped
Juice from one lemon
4 TBSP plain Greek yogurt
4 tsp lemon pepper
2 tsp dill
½ tsp salt

Greek Lentil Stew - Serves 4

Ingredients:

1 TBSP extra virgin olive oil
1 small red onion, chopped
1 medium yellow sweet pepper, chopped
2 cloves garlic, finely chopped
1 c lentils
2 tsp dried oregano
1 tsp ground cinnamon
2 ½ c low-sodium vegetable broth, divided
1 medium zucchini squash, chopped
1 medium yellow squash, chopped
1 TBSP tomato paste
½ c unsweetened pomegranate juice
½ tsp salt
¼ tsp black pepper
¼ c feta cheese

Instructions:

1. In small Dutch oven, heat oil over medium-high heat. Add onion and bell pepper and sauté for 1 min. Cover pot tightly and cook over medium heat for 4 mins. Add garlic and cook for 1 min longer.
2. Stir in lentils, oregano, and cinnamon, and cook until seasoning is fragrant, 30 seconds.
3. Add 2 c of broth. Bring to a boil, reduce heat and cover. Simmer lentils for 25 mins. Add zucchini and yellow squash, tomato paste, pomegranate juice, remaining broth, salt and pepper. Simmer for 15 mins. Serve warm or at room temperature, divided among soup bowls, with 1 TBSP of feta sprinkled over each serving.

Week Two Shopping List

Produce

11 c kale
4 c spinach
6 red onions
6 sweet peppers (any color)
1 yellow pepper
8 c carrots
6 c celery
2 cucumbers
2 large tomatoes
5 limes
1 lemon
6 avocados
3 cloves garlic
1 zucchini
1 yellow squash
1 sweet potato
2 c raspberries

Dairy

1 dozen omega-3 eggs
1 ¼ c reduced fat feta cheese
1 c plain reduced fat Greek yogurt
8 reduced-fat string cheese sticks

Frozen

8 c strawberries
2 Healthy Choice Simply Grilled Chicken and Broccoli Alfredo
4 c asparagus stir fry veggie blend
4 Green Giant Steamers Green Beans and Almonds

Meat

12 oz skinless chicken breasts

1 lb pork tenderloin
8 oz flank steak

Health Section

1 jar refrigerated sauerkraut (like Bubbies)
1 pkg Al Fresco Tomato Basil Chicken Meatballs
64 oz plain kefir
2 c natural almond butter
Lemon Vinaigrette dressing
1 box Nut Thins
8 scoops vanilla protein powder (should have some leftover from last week)
6 Good Greens bars
1 box Pacific Low Sodium Tomato Soup

General Grocery

1 jar artichokes
½ c salsa
Garlic powder
Oregano
Cumin
Coriander
Thyme
Lemon pepper
Dill
Cinnamon
Onion Powder
Honey
Low sodium teriyaki sauce
Balsamic vinegar
Olive oil
2 (5 oz) cans wild-caught tuna
1 c dried lentils
2 ½ c low sodium vegetable broth