

<b>Week 3</b>	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Day 1</b>	Avocado Mango Smoothie	Chobani 100 yogurt	Chicken Salad with Bacon and Tomatoes and ½ pear and ¼ c shelled pistachios	Kind Bar	White Turkey Chili
<b>Day 2</b>	Flax Muffin in a Cup 1 c kefir	1 serving Kale Krunch chips	Chicken Salad with Bacon and Tomatoes and ½ pear and ¼ c shelled pistachios	1 c sugar snap peas 2 TBSP hummus	White Turkey Chili
<b>Day 3</b>	Avocado Mango Smoothie	Chobani 100 yogurt	Chicken Salad with Bacon and Tomatoes and ½ pear and ¼ c shelled pistachios	Kind Bar	White Turkey Chili
<b>Day 4</b>	Flax Muffin in a Cup 1 c kefir	1 serving Kale Krunch chips	Healthy Choice Simply Chicken and Vegetable Stir Fry 1 c grapes ¼ c pistachios	1 c sugar snap peas 2 TBSP hummus	Salmon Pecan Cakes (in freezer from week one) with Mashed Cauliflower
<b>Day 5</b>	Avocado Mango Smoothie	Chobani 100 yogurt ¼ c pistachios	Mixed Greens Clementine Salad	Epic bar	Thai Barley and Veggie Stir-Fry with Edamame 1 c grapes
<b>Day 6</b>	Flax Muffin in a Cup 1 c kefir	1 serving Kale Krunch chips ¼ c pistachios	Mixed Greens Clementine Salad	1 c sugar snap peas 2 TBSP hummus	Thai Barley and Veggie Stir-Fry with Edamame
<b>Day 7</b>	Avocado Mango Smoothie	Chobani 100 yogurt ¼ c pistachios	Mixed Greens Clementine Salad	Kind bar	Blackened Chicken with Avocado Cream Sauce over Cauliflower Rice

## Week Three Recipes

### Avocado Mango Smoothie - Serves 1

#### Ingredients:

- 1 c spinach
- ½ avocado
- ½ c frozen chopped mango
- 1 scoop vanilla whey protein powder
- 1 TBSP chia seeds
- 1 c water

#### Instructions:

1. **Meal prep day:** Add spinach, avocado, mango, protein powder and chia seeds in a quart size bag. Make 8 bags. Place in freezer.
2. Day of: Remove from freezer. Pour ingredients in a blender. Add water. Blend until liquefied and serve.

### Chicken Salad with Bacon and Tomatoes - Serves 6

#### Ingredients:

- 1 TBSP salt plus 1 tsp
- 24 oz boneless, skinless chicken breasts, trimmed
- 4 slices turkey bacon, cut into 1-inch pieces
- 1 shallot, minced
- 2 garlic cloves, minced
- 3 TBSP extra-virgin olive oil
- 2 tsp cider vinegar
- 2 tsp Dijon mustard
- Pinch cayenne pepper
- 12 ounces cherry tomatoes, quartered
- 2 celery ribs, minced
- ¼ c chopped fresh basil

#### Instructions:

1. **Meal prep:** Make the night before day 1. Dissolve salt in 6 c cold water in Dutch oven.
2. Submerge chicken in water. Heat pot over med heat until water registers 170 degrees. Turn off heat, cover, and let sit until chicken

registers 165 degrees, 15 to 17 min. Transfer chicken to paper towel-lined baking sheet. Refrigerate until chicken is cool, about 30 min.

3. Cook bacon in 12-inch skillet over med heat until crisp, 8 to 10 min. Using slotted spoon, transfer bacon to paper towel-lined plate; set aside.
4. Add shallot to fat left in skillet (add more olive oil if needed) and cook over med heat until softened, about 2 min. Stir in garlic and cook until fragrant, about 30 seconds. Transfer mixture to large bowl and let cool slightly.
5. Whisk in oil, vinegar, mustard, cayenne, and ¼ tsp salt until combined. Divide in six small containers.
6. Pat chicken dry with paper towels and cut into ½-inch pieces. Add chicken, tomatoes, celery, basil and crisp bacon together. Season with salt and pepper to taste. Divide into 6 containers.

### White Turkey Chili - Serves 6

#### Ingredients:

- 1 TBSP butter
- 1 ½ c onion, chopped
- ½ c celery, chopped
- ½ c red bell pepper, chopped
- 1 TBSP jalapeno pepper
- 1 tsp garlic, minced
- 1 lb ground turkey, cooked
- 1 can cannellini or white beans
- 30 oz low sodium chicken broth
- 1 can (4.5 oz) green chilies
- 1 ½ tsp ground cumin
- 1 tsp chili powder
- ½ tsp salt
- ¼ tsp black pepper
- ½ c cilantro, chopped
- 1 c 1% milk

#### Instructions:

1. **Meal prep day:** Combine onion, celery, bell pepper, jalapeno and garlic in a bag.

2. Combine turkey, beans, broth, chilies, cumin, chili powder, salt and pepper in another bag. Place both bags in refrigerator or freezer.
3. Day of: melt butter in a large sauce pan over med-high heat.
4. Add veggie bag and sauté for 5 min.
5. Add turkey bag and bring to a boil.
6. Cover, reduce heat, and simmer for 15 min.
7. Add milk to the mixture. Simmer, uncovered for 20 min or until mixture is thick, stirring frequently.
8. Stir in cilantro and serve.

### **Mixed Greens Clementine Salad in a Jar - Serves 1**

#### **Ingredients:**

- 1 tbsp white balsamic vinegar
- 1 tsp honey
- 2 tbsp red onion, finely chopped
- 2 tbsp dried cranberries (no sugar added)
- 1 clementines, peeled
- 2 TBSP raw cashews, chopped
- 4 oz Applegate Naturals Smoked Turkey Breast deli meat, cut into bite sized squares
- 2 c spring mix, chopped

#### **Instructions:**

1. **Meal prep (night before):** Starting with white balsamic vinegar, place all ingredients in order in a large canning jar or air tight container. Can also keep dressing in a separate container.
2. Make 6 jars.
3. Day of: pour contents in a large bowl or plate.

### **Flax Muffin in a Cup - Serves 1**

#### **Ingredients:**

- 1 egg
- 3 TBSP ground flax seed
- ½ tsp baking powder
- 1 packet stevia
- 1 TBSP cinnamon
- ½ c blueberries

#### **Instructions:**

1. In a small bowl or mug, whisk the egg with a fork.
2. Add ground flax, baking powder, stevia, and spices and mix well until all ingredients are moistened.
3. Add blueberries and mix.
4. Cook in a microwave on high for 1 ½ min (cooking times may vary depending on microwave strength).
5. Let cool slightly; and remove muffin by using a knife to loosen the muffin from the sides, and invert c.
6. Cut in half to cool before eating.

### **Mashed Cauliflower - Serves 2**

#### **Ingredients:**

- 4 c cauliflower
- 2 cloves garlic
- ¼ c buttermilk
- 2 tsp olive oil
- ½ tsp butter
- ¼ tsp salt
- Fresh pepper to taste

#### **Instructions:**

1. Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12 to 15 min. (Alternatively, place florets and garlic in a microwave-safe bowl with ¼ c water, cover and microwave on High for 3 to 5 min.)
2. Place the cooked cauliflower and garlic in a food processor. Add buttermilk, 1 tsp oil, butter, salt and pepper; pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Drizzle with the remaining 1 tsp oil. Serve hot.

### **Thai Barley and Veggie Stir-Fry with Edamame - Serves 4**

#### **Ingredients:**

- ½ c pearled barley
- 1 c water
- 2 TBSP butter, divided
- 2 cloves garlic, finely chopped
- 1 c thinly sliced eggplant

½ c chopped red bell pepper  
½ c chopped onion  
1 c green soybeans (edamame)  
3 TBSP chopped fresh basil leaves  
1 TBSP chopped fresh mint leaves  
8 to 10 drops red pepper hot sauce  
1 tsp red pepper hot sauce  
1 tsp coconut aminos  
2 TBSP chopped unsalted cashews  
½ c shredded red cabbage  
½ c shredded carrots

**Instructions:**

1. **Meal prep day:** chop all veggies and store in refrigerator. Can also make entire recipe (except garnishing) and store in freezer.
2. Day of: in a med saucepan, combine barley and water, and bring to a boil. Reduce heat to low, cover, and then cook for 45 min or until the barley is tender and liquid is absorbed. Set aside.
3. In a large skillet or wok, heat 1 TBSP of the butter over med-high heat. Add garlic and stir-fry for 3 to 4 min. Add the cooked barley and stir-fry an additional 3 min. Transfer mixture to a dish and set aside.
4. Return the same skillet to stove, and heat the remaining TBSP of butter over high heat. Add the eggplant, bell pepper, onion, and soybeans, and stir-fry for 3-4 min.
5. Add basil, mint, hot sauce, and soy sauce. Cook for about 2 min. Add the barley and garlic mixture back to the pan and heat for 3 min, stirring frequently.
6. Garnish by topping with chopped cashews, shredded carrots and red cabbage.

**Blackened Chicken with Avocado Cream Sauce with Cauliflower Rice**

- Serves 4

**Ingredients:**

4 chicken breasts  
2 TBSP blackened seasoning  
1 c plain Greek yogurt  
1 avocado  
2 tsp lemon juice  
1 tsp garlic powder  
¼ tsp salt  
1 head cauliflower

**Instructions:**

1. **Meal prep day:** combine chicken and blackened seasoning in a gallon bag. Shake to coat.
2. Blend yogurt, avocado, lemon juice, garlic powder and salt in a food processor and put in bag. Store both bags in the freezer.
3. Day of: Place bags in the refrigerator the night before to thaw. Lightly coat a large skillet with cooking spray and turn on med heat.
4. Add chicken and cook until cooked all the way through.
5. Meanwhile, steam or boil cauliflower until tender. Place in a food processor and pulse until cauliflower resembles rice.
6. Place each breast over cauliflower rice and top with sauce.

## Week Three Shopping List

### Produce

8 c spinach  
12 c spring mix  
5 avocados  
2 white or yellow onion  
1 small red onion  
1 shallot  
1 red pepper  
1 jalapeno pepper  
8 cloves garlic  
2 heads of cauliflower  
1 eggplant  
1 bunch basil (can freeze extra)  
1 bunch mint (can freeze extra)  
1 bunch cilantro (can freeze extra)  
1 small bag red shredded cabbage  
1 small bag shredded carrots  
3 pears  
1 lemon  
6 c sugar snap peas  
4 c grapes  
12 oz cherry tomatoes  
12 clementines

### Dairy

Butter  
1% milk (need 1 c)  
Small container buttermilk (need ¼ c)  
2% plain Greek yogurt (need 1 c)  
8 Chobani 100 yogurt (6 oz)  
1 dozen eggs (need 6 eggs)

### Frozen

4 c mango, cubed  
3 c blueberries  
1 c edamame  
2 Healthy Choice Simply Chicken and Vegetable Stir-Fry

### Meat

1 lb ground turkey  
4 small skinless chicken breasts

24 oz skinless chicken breasts

### Health Section

6 Kind bars  
Vanilla whey protein powder (need 8 scoops)  
Hummus (need 12 tbsp)  
Chia seeds (need 8 tbsp)  
Ground flax seeds (need 1.5 c)  
Apple cider vinegar (need 2 tsp)  
Stevia  
½ c pearled barley  
2 Epic bars  
Uncured turkey bacon  
2 bags Kale Krunch (baked kale chips)  
2 bottles kefir (plain or low sugar like Lifeway Perfect 12 or Siggis Vanilla)  
Dried cranberries (need ¾ c)  
3 (7 ounce) packages Applegate Naturals Smoked Turkey deli meat  
1 bottle coconut aminos (soy sauce substitute)

### General

Pistachios (need 2 c)  
Cashews (need one c)  
1 can cannellini or white beans  
Low sodium chicken broth (need 30 oz)  
1 (4.5 ounce) can green chilies  
Cumin  
Chili powder  
Cinnamon  
Extra virgin olive oil  
Red pepper hot sauce  
Blackened seasoning  
Garlic Powder  
Dijon mustard  
Cayenne pepper  
White balsamic vinegar  
Honey