

Week 4	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	2 Kale Quiche Cup with 1 c kefir and ½ c blueberries	½ c low-fat cottage cheese ½ c chopped peach	Salmon Pecan Cakes (from the freezer) top with Greek yogurt, dried dill and lemon juice (optional) Roasted Root Vegetable Salad	2 TBSP peanut butter 1 oz dark chocolate	Blackened Chicken with Avocado Cream Sauce and Cauliflower Rice
Day 2	Strawberry Peach Kale Smoothie	¼ c pepitas/sunflower seeds	Strawberry Arugula Salad 1 bottle kombucha	1 c sugar snap peas 2 TBSP hummus	Asian Pork (Spaghetti Squash) Linguine Roasted Root Vegetable Salad
Day 3	Strawberry Peach Kale Smoothie	½ c low-fat cottage cheese ½ c chopped peach	Strawberry Arugula Salad 1 bottle kombucha	2 TBSP peanut butter 1 oz dark chocolate	Asian Pork (Spaghetti Squash) Linguine
Day 4	2 Kale Quiche Cup with 1 c kefir and ½ c blueberries	¼ c pepitas/sunflower seeds 1 oz dark chocolate	Strawberry Arugula Salad 1 bottle kombucha	1 c sugar snap peas 2 TBSP hummus	Coconut Curry Chicken with Cauliflower Rice
Day 5	Strawberry Peach Kale Smoothie	½ c low-fat cottage cheese ½ c chopped peach	Korean Inspired Beef Eating Well Frozen Meal	2 TBSP peanut butter 1 oz dark chocolate	Coconut Curry Chicken with Cauliflower Rice
Day 6	2 Kale Quiche Cup with 1 c kefir and ½ c blueberries	¼ c pepitas/sunflower seeds 1 oz dark chocolate	Taco Salad in a Jar	1 c sugar snap peas 2 TBSP hummus	Coconut Curry Chicken with Cauliflower Rice
Day 7	Strawberry Peach Kale Smoothie	½ c low-fat cottage cheese ½ c chopped peach	Taco Salad in a Jar	1 c sugar snap peas 2 TBSP hummus	Shrimp Scampi

Week Four Recipes

Kale Quiche Cup - Serves 6 (serving size: 2 muffins)

Ingredients:

3 eggs
½ c cottage cheese
¼ c feta cheese
2 c fresh chopped kale
¼ c chopped red bell pepper
¼ c chopped onion
3-4 drops hot pepper sauce
½ tsp garlic powder
1 pinch salt
1 pinch black pepper

Instructions:

1. Line a muffin pan with foil baking c. Spray the c with cooking spray.
2. Whisk eggs, and mix with cottage cheese, feta, kale, bell peppers, chopped onion, hot pepper sauce, and garlic, sea salt and pepper. Mix well.
3. Pour evenly into 12 muffin c. Bake at 350°F for 20 min or until a knife inserted in the center comes out clean.
4. **Meal prep day:** place muffins in a bag or container and store in freezer. Day of: microwave for 1-1.5 min and serve.

Roasted Root Vegetable Salad - Serves 4

Ingredients:

1 med sweet potato, cut into ¾-inch cubes
1 med yellow potato, cut into ¾-inch cubes
1 med carrot, peeled, cut into ¾-inch slices
1 sm red onion, cut into ½-inch wedges
2 med celery stalks, cut into ¾-inch slices
1 med beet, cut into ¾-inch cubes
1 ½ TBSP extra virgin olive oil, divided
¼ tsp sea salt
¼ tsp ground black pepper
1 tsp balsamic vinegar
2 tsp fresh lemon juice

½ tsp Dijon mustard
1 TBSP fresh parsley, chopped
1 tsp fresh cilantro, chopped
2 TBSP walnuts, finely chopped
1 ounce reduced-fat crumbled feta cheese

Directions:

1. **Meal prep day:** make entire recipe (except feta cheese) and store in refrigerator.
2. Preheat oven to 425°F.
3. In large bowl, toss together potatoes, carrot, red onion, celery, beet, and ½ TBSP of the oil, coating well. Season with sea salt and pepper.
4. Arrange vegetables on a cooking sheet, and spread mixture evenly in a single layer. Roast, stirring several times, until tender and beginning to brown, about 50 min.
5. In sm bowl, whisk together vinegar, lemon juice, and Dijon mustard with remaining 1 TBSP oil, and stir in parsley and cilantro. Drizzle dressing over vegetables, add walnuts, and gently toss.
6. Day of: top with crumbled feta. Serve warm or at room temperature.

Blackened Chicken with Avocado Cream Sauce - Serves 4

Ingredients:

4, 3-4 ounce skinless chicken breasts
2 TBSP blackened seasoning
½ c Greek yogurt
1 avocado
1 tsp lemon juice
½ tsp garlic powder
⅛ tsp salt

Directions:

1. **Meal prep day:** Combine chicken and blackened seasoning in a gallon bag. Shake to coat. Bag and store in the refrigerator.
2. Blend yogurt, avocado, lemon juice, garlic powder and salt in food processor. Bag and store in refrigerator.

3. Day of: Lightly coat a large skillet with cooking spray and heat over med heat. Add chicken and cook until cooked through. Top each breast with cream sauce when ready to serve.

Strawberry Peach Kale Smoothie - Serves 1

Ingredients:

- ½ c frozen strawberries
- 4 frozen peach slices
- 1 c fresh kale
- 1 TBSP ground flax seeds
- 1 tsp vanilla extract
- 1 scoops vanilla whey protein powder
- 1 c milk

Directions:

1. **Meal prep day:** place all ingredients except milk in a sealable quart-size bag. Make 8 bags. Store in freezer.
2. Day of: pour contents of bag into blender. Add milk. Blend until smooth.

Strawberry Arugula Salad - Serves 1

Ingredients

- Dressing
- 3 TBSP balsamic vinegar
- 1 tsp olive oil
- 1 tsp maple syrup
- 4 oz chicken strips
- 1 c strawberries, sliced
- ¼ c red onion
- 1 TBSP chia seeds
- 2 c arugula
- 2 c spring mix

Directions:

1. **Meal prep day** (night of day 1): make dressing and place in sm container. Make 6 containers.
2. Stating with the chicken, layer the ingredients in a jar or container. Make 6 salads. Store in refrigerator.

3. Day of: pour dressing over salad and serve.

Asian Pork (Spaghetti Squash) Linguine - Serves 4

Ingredients:

- 1 lg spaghetti squash
- 2 tsp cornstarch
- 1/2 c water
- 1/4 c peanut butter
- 2 TBSP coconut aminos
- 1 TBSP honey
- 1/2 tsp garlic powder
- 1/8 tsp ground ginger
- 1 lb boneless pork loin chops, cubed
- 3 tsp sesame oil, divided
- 2 med carrots, sliced
- 1 med onion, halved and sliced

Directions:

1. **Meal prep day:** make entire recipe and store in freezer.
2. For spaghetti squash: preheat oven to 425°F. Cut spaghetti squash in half, lengthwise. Remove seeds. Drizzle the flesh side of the squash with avocado oil and place squash flat side down on greased pan. Bake for 45 min or until squash is tender.
3. Remove from oven and let cool slightly.
4. For sauce, in a sm bowl, combine cornstarch and water until smooth. Whisk in the peanut butter, coconut aminos, honey, garlic powder and ginger until blended; set aside.
5. In a large nonstick skillet or wok coated with cooking spray, stir-fry pork in 2 tsp oil until no longer pink. Remove and keep warm. Stir-fry carrots and onion in remaining oil until crisp-tender. Stir the sauce and add to the pan. Bring to a boil; cook and stir for 2 min or until thickened.
6. Return pork to the pan. Remove spaghetti squash strands with a fork; add to the pan and stir to coat.
7. Day of: remove from the freezer and thaw in refrigerator for 12-24 hours in advance. Heat up in large skillet. Serve.

Coconut Curry Chicken with Cauliflower Rice - Serves 6

Ingredients:

1 ½ lbs chicken breasts, boneless, skinless, cut into 1/2-inch chunks
 3 TBSP olive oil
 3 TBSP curry powder
 1 onion, thinly sliced
 2 cloves garlic, minced
 1 (14 oz) can coconut milk, light
 1 (14.5 oz) can diced tomatoes
 1 (8 oz) can tomato sauce
 1 tsp salt
 ½ tsp black ground pepper
 6 packets stevia
 2 heads cauliflower or 2 bags of frozen cauliflower
Alternatively, buy Green Giant premade frozen cauliflower rice

Directions:

1. Mix curry powder and oil. Heat a large skillet over med-high heat and add the curry oil mixture. Heat curry oil for 1 minute.
2. Add garlic and onions and cook for 1 minute.
3. Add chicken chunks and toss lightly to coat with the curry oil mixture.
4. Reduce heat to med, and cook for 7 to 10 min, or until chicken is no longer pink.
5. Pour coconut milk, diced tomatoes, tomato sauce, salt, pepper and stevia into the pan, and stir to combine. Cover and simmer stirring occasionally, approximately 30 to 40 min.
6. Meanwhile, steam chopped cauliflower in microwave. Place in food processor and process until cauliflower resembles rice. Serve chicken mixture over cauliflower rice.
7. **Meal prep day:** Can make entire recipe and store in freezer. Freeze cauliflower rice separately. Day of: thaw in refrigerator and heat up in skillet.

Taco Salad in-a-Jar - Serves 4**Ingredients:**

1 avocado
 ½ c plain Greek yogurt
 Juice from 1 lime
 1 lb ground turkey cooked with 1 packet Mrs. Dash Taco seasoning
 ½ c salsa

2 yellow peppers
 1 can black beans
 1 c shredded cheddar cheese
 8 c chopped kale

Instructions:

1. **Meal prep day** (night before): Blend avocado, yogurt and lime together in a food processor or blender. Distribute dressing between 4 large canning jars.
2. Starting with the turkey mixture, distribute the remaining ingredients evenly among the jars, in order of ingredients. Secure with a lid and place in refrigerator until ready to eat.

Shrimp Scampi - Serves 4**Ingredients:**

9 garlic cloves, minced
 ¼ c extra virgin olive oil
 ¾ tsp Salt
 1 lb large wild caught shrimp, peeled, deveined, and tails removed
 3 lbs zucchini, trimmed
 ¼ tsp red pepper flakes
 ¾ c bottled clam juice
 2 ½ tsp corn starch
 ½ c chopped fresh parsley
 1 TBSP ghee or butter
 1 tsp lemon juice, plus lemon wedges for serving
 Ground black pepper, to taste

Directions:

1. Adjust oven rack to middle position and heat oven to 375°F. Combine 2 tsp garlic, 1 TBSP oil, and ¼ tsp salt in bowl. Add shrimp and toss to coat.
2. Using spiralizer, cut zucchini into 1/8-inch-thick noodles, then cut noodles into 12-inch lengths. *If you don't have a spiralizer, can use a vegetable peeler and shave zucchini.* Toss zucchini noodles with 1 TBSP oil and ½ tsp salt on rimmed baking sheet and roast until zucchini is softened, about 15 min.
3. Scatter shrimp over zucchini and bake until zucchini is tender and shrimp are opaque throughout, about 8 min. Transfer zucchini

4. and shrimp to colander and shake to remove any excess liquid; transfer to large serving bowl. Cook remaining 2 TBSP oil, remaining garlic, and pepper flakes in med saucepan over low heat, stirring constantly, until garlic is sticky and golden brown, about 4 min. Whisk clam juice and corn starch together, then whisk into skillet and cook until sauce is very thick, about 3 min. Off heat, whisk in parsley, ghee or butter, and lemon juice. Add sauce to bowl with zucchini and shrimp and gently toss to combine. Season with salt and pepper to taste. Serve with lemon wedges.

Week Four Shopping List

Produce

18 c kale
12 c arugula
12 c spring mix
1 red pepper
2 yellow peppers
3 yellow or white onions
2 red onions
1 sweet potato
1 yellow potato
1 bag celery (need 2 stalks)
1 beet
1 large spaghetti squash
3 lbs zucchini
8 c sugar snap peas
2 heads cauliflower (or 2 frozen bags, or 2 bags frozen Green Giant Cauliflower Rice)
2 avocados
1 lime
2 lemons
1 bunch parsley (need $\frac{3}{4}$ c)
1 bunch cilantro (need 1 tsp)
11 cloves garlic
6 c strawberries
3 c blueberries
4 peaches

Dairy

Omega-3 eggs (need 3)
Reduced-fat cottage cheese (need 4.5 c)
Reduced-fat feta cheese (need 1 c)
Reduced-fat plain Greek yogurt (need 1 c)
Shredded reduced-fat cheddar cheese (need 1 c)
Ghee (clarified butter) or butter (like grass-fed Kerrygold)
1% milk (need 8 c)

Frozen

Strawberries (need 4 c)

Peaches (need 4 c)
Pre-grilled chicken strips (need 24 oz)
2 Eating Well Korean Inspired Beef frozen meal

Meat

1 lb boneless pork loin chops
1.5 lbs + 4 (3-4 ounce) skinless chicken breasts
1 lb ground turkey
1 lb wild-caught shrimp

Health Section

Ground flax seeds (need 8 TBSP)
Chia seeds (need 6 TBSP)
Vanilla whey protein powder (need 8 scoops)
Coconut aminos or low sodium soy sauce (2 TBSP)
1 bottle plain kefir or low sugar kefir like Lifeway Perfect 12 or Siggis Vanilla
Hummus (need 1 c)
6 bottles kombucha

General

Hot pepper sauce
Stevia (need 6 packets)
Salsa (need $\frac{1}{2}$ c)
1 can black beans
Bottled clam juice
Balsamic vinegar (need 1.5 c)
Dijon mustard (need $\frac{1}{2}$ tsp)
Walnuts (need 2 TBSP)
Vanilla extract (need 8 tsp)
Maple syrup (need 8 tsp)
Natural peanut butter like Smucker's Natural (need 1.5 c)
Honey (need 1 TBSP)
Sesame oil (need 3 tsp)
14 oz canned light coconut milk
14.5 oz diced tomatoes, no salt added
8 oz tomato sauce, no salt added
70% or higher dark chocolate (need 10 oz)
Blackened seasoning
Ground ginger
Curry powder

Corn starch
Garlic powder
Red pepper flakes
Extra-virgin olive oil
Salt
Ground black pepper