



DAY 1

Breakfast: Veggie Egg Cups

Heat Oven to 375, lightly coat a 12 cup muffin tin with nonstick spray

Place 12 eggs into bowl and whisk with sea salt and pepper

Add 1C chopped mushrooms

1 medium red bell pepper finely chopped

2 green onions thinly sliced and mix well

Evenly pour egg mixture into muffin cup

Bake 15-20 minutes

*This makes 12 muffins, 2 per servings - You will use the rest during the week. Top each muffin with a 1T salsa when ready to eat them.

Snack: Cucumber & Tomato Salad

1 cup combined chopped cucumber and tomatoes tossed with 1 tsp

balsamic vinegar

Lunch: Cobb Salad

Ingredients:

2 cups of romaine lettuce

1 cup baby spinach

1 hard-boiled egg

1 slice of turkey bacon - chopped

1 T chopped avocado

1 T crumbled blue cheese

2 T prepared Lemon Dijon Salad Dressing.

For salad:

Place lettuce & spinach on plate; top with egg, bacon, avocado, and cheese. Drizzle w/ Lemon Dijon dressing

Preparation for Lemon Dijon salad dressing:

Place ½ beaten egg, ½ T of Dijon mustard, 1/8 t sea salt, ¼ t pepper, 2 T fresh lemon juice; ¾ t finely chopped lemon peel into blender and slowly add 1/8 cup of EVOO into blender. This makes 3 servings, which will be used later in the week.

Snack: 1C Strawberries

Dinner: Chicken with Baked Sweet Potato & Steamed Veggies

Crumble 4 golf ball sized balls of aluminum foil in the bottom of the crock pot to keep chicken elevated. Place chicken, breast side up, on top of the foil balls. Drizzle with EVOO and rub it all over chicken. In a small bowl, mix together 2T paprika, 1 T seasoned salt, 1T garlic powder, 1t onion powder, 1t salt, 1t pepper, 1t thyme, pinch of cayenne pepper if desired. Rub on chicken and cook on high for 4 hours or low for 8 hours. Serve with baked sweet potato and steamed veggies. Save rest of chicken for the week.

DAY 2

Breakfast: Veggie Egg Cups

*Use two veggies cups from yesterdays prep

Snack: Cookie Dough Greek Yogurt

3/4 cup of Greek yogurt, 1 tsp of all natural PB and a sprinkle of raw honey. Serve with 1 cup of fresh fruit.

Lunch: Creamy Chicken Salad

Combine 1.5 cups of grilled or roasted chicken breast, 1/4 cup chopped green apple, 1/4 cup seedless red grapes (cut in half), 1 green onion (sliced), 1/6 cup sliced raw almonds, 1T chopped fresh tarragon and Dijon mustard.

*This makes 2 servings which will be used again.

Snack: Zucchini Chips

Slice 2 large zucchinis very thin. Place slices in 1 layer between paper towels to help draw out liquid. Line 2 baking sheets with parchment paper. Place slices on sheets and brush with 1T EVOO and sprinkle with 1/2t sea salt. Bake for 2 hours at 225 until golden brown and crispy. Cool completely before serving.

Yields 4 servings, 1 cup per serving.

Dinner: Buffalo Chicken Mac & Cheese

For Mac & Cheese: 1.5 cups shredded cheddar cheese, 3 cups whole grain penne pasta cooked (reserve a mug of the cooking water before draining pasta), 1.5 cups plain Greek yogurt, 1/2 tsp garlic powder, 1/2 tsp salt.

For the buffalo chicken: Franks red hot sauce, 4 cups chopped cooked chicken breast, 2 cups chopped turkey bacon.

Cook the chicken and the turkey bacon. Shred and combine. Add Franks Red Hot Sauce to taste. Boil water. Add pasta and cook according to box directions. When ready, keep a mug of the cooking water before draining. Place drained pasta back into the pot you cooked it in. Add the shredded cheese to the drained pasta as well as some of the reserved cooking water.

(**ADD WATER LITTLE SPLASHES AT A TIME; IT CAN GO FROM CREAMY DELICIOUSNESS TO A SOUPY MESS VERY FAST!**)

Stir until the cheese is melted. Add Greek yogurt into the mix and stir. Add the chicken and turkey bacon and stir. This makes 6 servings; each serving is 1 cup. Enjoy 1 for dinner and save 1 for dinner later this week. Freeze any leftovers.

DAY 3

Breakfast: Scrambled Eggs and veggies

(2 eggs, Spinach, mushrooms (1 or 2 depending on size), cherry tomatoes (2), Red onions (2 TBSP)

*Sautee 1 cup of mixed spinach, mushrooms, red onions and cherry tomatoes, then add eggs. Enjoy!

Snack: 1 Cup of strawberries

Lunch: Creamy Chicken Salad Wrap

Preparation for Wrap:

Spread on 1 whole wheat wrap with 1 T Dijon Mustard and spread leftover creamy chicken salad on tortilla; top evenly with 2 large lettuce leaves chopped and fold burrito style.

Snack: 2 Veggie Egg Cups topped with Salsa

Dinner: Zucchini Boats

Ingredients

- 4 medium zucchini, cut in half lengthwise
- 1/2 cup salsa (I used mild)
- 1-pound lean ground turkey (or chicken)
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp oregano
- 1/2 tsp sea salt

4 oz no-salt-added tomato sauce
1/4 cup water
1/2 cup low-fat Tex-Mex shredded cheese
chopped cilantro or green onions for garnish (optional)

Instructions

- 1 Preheat oven to 400F. Place 1/4 cup of salsa in the bottom of a large baking dish.
- 2 Using a small spoon (I used a teaspoon,) hollow out the center of the zucchini halves, leaving 1/4-inch thick shell on each half. Chop the scooped out zucchini flesh and save 1/2 cup to add to the taco filling (squeeze excess water with a paper towel,) discarding the rest.
- 3 Brown turkey in a large skillet, breaking up as it cooks. When no longer pink, add the chili powder, garlic powder, cumin, paprika, oregano, and salt and mix well. Add the reserved zucchini, tomato sauce, salsa, and water. Stir and simmer on low for 15 minutes.
- 4 Using a spoon, fill the hollowed zucchini boats dividing the taco meat evenly, pressing firmly. Top each with 1 Tbsp of shredded cheese.
- 5 Cover with foil and bake for 35 minutes, until cheese is melted and zucchini is cooked through. Top with cilantro or green onions if desired.

DAY 4:

Breakfast: Cookie Dough Greek Yogurt

3/4 cup of Greek yogurt, 1 tsp of all natural PB and a sprinkle of raw honey served with 1 cup of fruit

Snack: 2 Veggie Egg Cups

Lunch: Summer Salad

2 cups baby spinach leaves, 1 cup strawberries, 3/4 cup cooked sliced

grilled steak. Toss with 1 tsp extra virgin olive oil and 1 tsp balsamic.

*save steak for left overs for lunch tomorrow

Snack: Meat & Cheese Roll Ups

6 slices of low sodium turkey lunch meat

3 slices of Munster Cheese

spinach or romaine lettuce

Dijon Mustard

Roll everything up and dip into mustard

Dinner: Buffalo Chicken Mac and Cheese

Left over dinner from earlier this week

DAY 5

Breakfast: Apple Pie Breakfast

1 1/2 cups Plain Greek Yogurt

1 Medium Apple (sliced or diced)

Cinnamon

Peel and slice apples. Warm in microwave or on stove top. Place over Greek yogurt and sprinkle a dash of cinnamon. For a little extra sweetness, drizzle 1 tsp of raw honey on top!

Snack: 2 Veggie Egg Cups

Reheat two veggies cups from preparation earlier in the week

Lunch: Strawberry and Spinach Salad

1 cup spinach

1/2 cup cucumber;

1 cup of strawberries

3/4 cup grilled steak

1tbsp olive oil

1tbsp balsamic vinegar

1tsp honey

*Combine oil, vinegar, and honey in a small bowl, whisk then pour into container. Place spinach, chicken, strawberries (chopped); and cucumber in a large bowl; mix well. Drizzle salad with dressing.

Snack: Meat & Cheese Roll Ups

6 slices of low sodium turkey lunch meat
3 slices of Muenster Cheese
spinach or romaine lettuce
Dijon Mustard
Split cheese slices in half
Roll everything up and dip into mustard

Dinner: Chicken Tacos**Ingredients:**

1 tsp. olive oil
1 medium onion, chopped
1 lb. raw chicken breast, boneless, skinless, cut into 1-inch cubes
2 cloves garlic, finely chopped
½ tsp. ground cumin
Sea salt and ground black pepper (to taste; optional)
8 (6-inch) corn tortillas, warm
¼ cup coarsely chopped fresh cilantro

Instructions :

1. Heat oil in large skillet over medium-high heat.
2. Add onion and chicken; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent and chicken is no longer pink.
3. Add garlic and cumin; cook, stirring frequently, for 1 to 2 minutes, or until well blended.
4. Season with salt and pepper if desired.
5. Top tortillas evenly with chicken mixture; garnish with cilantro.
6. Serve immediately.

Top with plain Greek yogurt if desired.