

Your Meal Plan

2018-10-21 to 2018-10-27

To make changes or re-build this plan, log in at www.EatThisMuch.com

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Sunday, October 21

17140 Calories • 789g Carbs (124g Fiber) • 357g Fat • 268g Protein

LUNCH	DINNER	BREAKFAST
5673 Cal	679 Cal	788 Cal
Vegetable Prep for Week 1 serving • 508 Cal Full recipe	Instant Pot Unstuffed Cabbage Soup 2 serving • 679 Cal (Make 4 serving , eat 2 serving now, save 2 serving for leftovers) Full recipe	Blue Berry Banana Baked Oakmeal 2 serving • 788 Cal Full recipe
Hummus - Prep for Week 6 serving • 1616 Cal Full recipe		
Asparagus Tomato Feta Salad - Prep for Week 6 serving • 1436 Cal Full recipe		
Rice - Prep for the week 4 serving • 1585 Cal Full recipe		
Tzatziki - Prep for Week 4 serving • 528 Cal Full recipe		

Monday, October 22

25322 Calories • 106g Carbs (41g Fiber) • 129g Fat • 242g Protein

LUNCH	DINNER	BREAKFAST
679 Cal	1163 Cal	690 Cal
Instant Pot Unstuffed Cabbage Soup 2 serving • 679 Cal (Leftovers, eat 2 serving) Full recipe	Asparagus Tomato Feta Salad - Prep for Week 2 serving • 479 Cal Full recipe Stove Top Chicken 2 serving • 684 Cal (Make 4 serving , eat 2 serving now, save 2 serving for leftovers) Full recipe	Pumpkin Spice Protein Shake 2 serving • 690 Cal Full recipe

Tuesday, October 23

2792 Calories • 178g Carbs (70g Fiber) • 143g Fat • 209g Protein

LUNCH	DINNER	BREAKFAST
1656 Cal	486 Cal	650 Cal
Stove Top Chicken 2 serving • 684 Cal (Leftovers, eat 2 serving) Full recipe	Greek Taco's 2 serving • 223 Cal (Make 4 serving , eat 2 serving now, save 2 serving for leftovers) Full recipe	Southwest Avocado Toast 2 serving • 650 Cal Full recipe
Chicken Sandwich 2 serving • 493 Cal Full recipe	Tzatziki - Prep for Week 2 serving • 264 Cal Full recipe	
Asparagus Tomato Feta Salad - Prep for Week 2 serving • 479 Cal Full recipe		

Wednesday, October 24

2461 Calories • 323g Carbs (26g Fiber) • 86g Fat • 108g Protein

LUNCH	DINNER	BREAKFAST
486 Cal	1334 Cal	640 Cal
Greek Taco's 2 serving • 223 Cal (Leftovers, eat 2 serving) Full recipe	Teriyaki Glazed Salmon 2 serving • 542 Cal (Make 4 serving , eat 2 serving now, save 2 serving for leftovers) Full recipe	Blueberry Banana Overnight Oats 2 serving • 640 Cal Full recipe
Tzatziki - Prep for Week 2 serving • 264 Cal Full recipe	Rice - Prep for the week 2 serving • 792 Cal Full recipe	

Thursday, October 25

3115 Calories • 242g Carbs (26g Fiber) • 168g Fat • 151g Protein

LUNCH	DINNER	BREAKFAST
1133 Cal	1496 Cal	486 Cal
Teriyaki Glazed Salmon 2 serving • 542 Cal (Leftovers, eat 2 serving) Full recipe	Instant Pot Beef and Broccoli 2 serving • 704 Cal (Make 4 serving , eat 2 serving now, save 2 serving for leftovers) Full recipe	Mediterranean Scramble Eggs 2 serving • 486 Cal Full recipe
Salmon Salad 2 serving • 591 Cal Full recipe	Rice - Prep for the week 2 serving • 792 Cal Full recipe	

Friday, October 26

3931 Calories • 408g Carbs (76g Fiber) • 170g Fat • 205g Protein

LUNCH	DINNER	BREAKFAST
1496 Cal	1904 Cal	531 Cal
Instant Pot Beef and Broccoli 2 serving • 704 Cal (Leftovers, eat 2 serving) Full recipe	Tapas 2 serving • 1904 Cal Full recipe	Strawberry Pina Colada Protein Smoothie 2 serving • 531 Cal Full recipe
Rice - Prep for the week 2 serving • 792 Cal Full recipe		

Saturday, October 27

3406 Calories • 291g Carbs (31g Fiber) • 186g Fat • 139g Protein

LUNCH	DINNER	BREAKFAST
1265 Cal	1261 Cal	880 Cal
Veggie Cauliflower Pizza 2 serving • 1225 Cal Full recipe	Balsamic Brown Sugar Lamb Chops 2 serving • 924 Cal Full recipe	Breakfast Quinoa with Coconut Milk and Apples 2 serving • 880 Cal Full recipe
Mixed Greens 2 serving • 40 Cal Full recipe	Roasted Sweet Potato and Quinoa Salad 2 serving • 337 Cal Full recipe	

Recipes

Vegetable Prep for Week

Ingredients

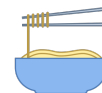
Scaled to 1 serving

- 4 cup Asparagus (536 g)
- 6 cup flowerets Broccoli (426 g)
- 2 cup Sliced Carrots (468 g)
- 4 serving Celery (400 g)
- 2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper(328 g)

Directions

Directions are for original recipe of 1 serving

1. Blanching Asparagus and Broccoli 1. Asparagus- To remove the woody ends from the asparagus, gently bend the end of each spear until it snaps naturally. To blanch asparagus, add to a pan of boiling water. A frying pan is best as the spears will fit easily. Cook for 2 minutes or until bright green. Put into ice bath to stop cooking. 2. Broccoli - Bring a large pot of water to a rapid boil. Add a heaping tablespoon of salt. Add the broccoli florets and cook until crisp-tender, 1 to 1 1/2 minutes. Remove with a slotted spoon and plunge immediately in the ice water Cutting up Carrots and Celery - Just slice and store. Cutting up Bell Peppers - cut some lengthwise for snack and Tapas, and dice some for pizza.



Hummus - Prep for Week



Ingredients

Scaled to 6 serving

- 1 can, drained Chickpeas (306 g)
- 1 clove Garlic (3 g)
- 1/4 cup Lemon juice (61 g)
- 6 oz Tahini (170 g)
- 2 tbspn Extra Virgin Olive Oil (30 g)
- 1/2 tsp, ground Cumin (1.5 g)
- 2 tbspn Water (30 g)

Directions

Directions are for original recipe of 6 serving

1. In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more. This extra time helps “whip” or “cream” the tahini, making the hummus smooth and creamy.
2. Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended.
3. Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.
4. Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2 to 3 tablespoons of water until you reach the perfect consistency.
5. Taste for salt and adjust as needed. Serve hummus with a drizzle of olive oil and dash of paprika. Store homemade hummus in an airtight container and refrigerate up to one week.

Asparagus Tomato Feta Salad - Prep for Week



Ingredients

Scaled to 2 serving (also in your plans with 6 serving)

- 2 cup Asparagus (268 g)
- 5 1/3 oz Cherry Tomatoes (151 g)
- 1/3 cup, chopped Walnuts (42 g)
- 1/3 cup, crumbled Feta cheese (50 g)
- 1/3 tbspn Vinegar Balsamic (5 g)

Directions

Directions are for original recipe of 6 serving

1. Chop blanched asparagus.
2. Add all ingredients in bowl.

Rice - Prep for the week



Ingredients

Scaled to 2 serving (also in your plans with 4 serving)

- 1 cup White rice (185 g)
- 1 1/4 cup Water (296 g)
- 1 tbspn Coconut oil (14 g)

Directions

Directions are for original recipe of 4 serving

1. Put all ingredients in instant pot.
 2. Set on Rice Setting.
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Tzatziki - Prep for Week



Ingredients

Scaled to 2 serving (also in your plans with 4 serving)

1/2 cucumber (8-1/4") Cucumber (151 g)
1/2 tbsp Salt (9 g)
1/2 cup Greek yogurt (120 g)
1/2 clove Garlic (1.5 g)
1/2 tbsp Lemon juice (7.5 g)
1/2 tspn Extra Virgin Olive Oil (7.5 g)
1/2 tbsp Parsley (1.9 g)
1/2 tbsp Dill (0.3 g)

Directions

Directions are for original recipe of 4 serving

1. Place diced cucumber in a mesh strainer or colander and sprinkle with salt, toss to evenly coat then allow to rest 20 minutes at room temperature. Rinse cucumbers and place over several layers of paper towels. Squeeze some of the liquid from cucumbers (almost as if wringing moisture from a cloth). Place cucumbers in food processor and pulse to chop fine. Dab cucumbers with a paper towel to soak up more moisture, then add in Greek yogurt, garlic, lemon juice, olive oil, parsley, and dill and season with salt to taste. Plus to blend. Store in refrigerator in an airtight container up to 3 days.

Instant Pot Unstuffed Cabbage Soup



Ingredients

Scaled to 4 serving

2 1/2 cup Beef broth or bouillon canned soup (600 g)
1/4 head, medium (about 5-3/4" dia) Cabbage (227 g)
16 oz Beef, grass-fed (454 g)
1/2 medium (2-1/2" dia) Onions (55 g)
1 can (15 oz) Tomatoes (425 g)
1/4 cup Barley (50 g)
1 clove Garlic (3 g)
2 tsp Sugar (8.4 g)
1/2 tsp Pepper (1.1 g)
1 tsp Pepper or hot sauce (4.7 g)
1 tbsp Poultry seasoning (4.4 g)

Directions

Directions are for original recipe of 4 serving

1. 1. Place all of your ingredients in a 6 quart Electric Pressure Cooker. 2. Place lid on unit and lock in place. 3. Turn valve to seal and set on Soup Setting for 35 minutes (with warming feature turned off). 4. Natural release after cooking.

Blue Berry Banana Baked Oakmeal



Ingredients

Scaled to 2 serving

1 medium (7" to 7-7/8" long) Banana (118 g)
3/4 cup Blueberries (111 g)
1/3 cup Honey (113 g)
1/2 cup Oatmeal (40 g)
1/4 tbsp Baking powder (3.8 g)
1/2 tbsp Cinnamon (3.9 g)
1/4 tbsp Salt (4.5 g)
1.136 medium Egg (50 g)
1/2 tbsp Vanilla extract (6.5 g)
1/2 cup (8 fl oz) Coconut Milk Unsweetened (120 g)

Directions

Directions are for original recipe of 2 serving

1. 1. Preheat the oven to 375° F. Lightly spray a 8 x 8" or 9 x 9" ceramic baking dish with cooking spray; set aside. 2. Arrange the banana slices in a single layer on the bottom of the ceramic dish. Sprinkle half of the blueberries over the bananas, 1/4 tsp of the cinnamon, 1/4 tsp of the honey and cover with foil. 3. Bake 15 minutes, until the bananas get soft. 4. Meanwhile, in a medium bowl, combine the oats, baking powder, remaining cinnamon, and salt; stir together. 5. In a separate bowl, whisk together the remaining honey, milk, egg, and vanilla extract. 6. Remove the bananas from the oven, then pour the oat mixture over the bananas and blueberries. 7. Pour the milk mixture over the oats, making sure to distribute the mixture as evenly as possible over the oats. Sprinkle the remaining blueberries over the top. 8. Bake the oatmeal for about 30 minutes, or until the top is golden brown and the oatmeal has set. Serve warm from the oven.

Stove Top Chicken



Ingredients

Scaled to 4 serving

32 oz Chicken Breast (896 g)
1/2 tsp Garlic Salt (2 g)
1.438 tsp Onion powder (3.4 g)
1 tsp Spices Ground Black Pepper (4 g)
1 tsp Kosher Salt (16 g)
1 tbspn Extra Virgin Olive Oil (15 g)
1 tbsp Butter (14 g)

Directions

Directions are for original recipe of 4 serving

1. 1. In a small bowl, whisk together salt, pepper, garlic powder, onion powder and chili powder. Place the chicken in a baking dish and sprinkle the seasoning mixture over both sides of the chicken and rub it in with your hands. 2. Heat olive oil in a large skillet (with a tight fitting lid) over medium-high heat. Add chicken and leave it alone to sear and cook for 4 minutes on the first side. Flip the chicken and add the butter to the skillet, swirling it around the pan as it melts. Cook for 2 minutes, then cover the skillet with a tight fitting lid. Turn heat down to low for 10 minutes. Remove the skillet from heat and rest, covered, for another 10 minutes. 3. Serve immediately with parsley garnish, if desired.

Pumpkin Spice Protein Shake



Ingredients

Scaled to 2 serving

- 1/2 cup Organic Pumpkin Puree (122 g)
- 2 tsp Pumpkin pie spice (3.4 g)
- 1 tsp Vanilla extract (4.2 g)
- 2 cup Ice cubes (474 g)
- 2 serving Amy Beard MD Protein Powder (100 g)
- 20 oz Coconut Milk Unsweetened (567 g)

Directions

Directions are for original recipe of 1 serving

1. Add all ingredients into blender and blend until smooth.
 2. Pour over Ice.
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Chicken Sandwich



Ingredients

Scaled to 2 serving

- 4 serving Ezekiel 4:9 Bread (152 g)
- 2 tbsp Hummus (30 g)
- 2 Serving Mixed Baby Greens (200 g)
- 1/2 cucumber (8-1/4") Cucumber (151 g)

Directions

Directions are for original recipe of 1 serving

1. Toast Ezekiel bread.
 2. Slice up the stove top chicken for last night.
 3. Add hummus, cucumbers, and mixed greens.
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Greek Taco's



Ingredients

Scaled to 4 serving

1/2 tbspn Extra Virgin Olive Oil (7.5 g)
1/2 small raw Red Onion (35 g)
8 oz Ground Turkey (224 g)
1/2 tbspn Salt (9 g)
1/2 tbspn Garlic (4.3 g)
1/4 cup Tomato sauce (61 g)
1/8 cup Chicken broth (30 g)
3/4 tbspn, leaves Oregano (2.3 g)
0.964 tsp, ground Thyme (1.4 g)
1/2 tbspn Sage (1 g)
1/2 tbspn Rosemary (1.7 g)
1 tbspn Lemon juice (15 g)

Directions

Directions are for original recipe of 8 serving

1. Heat olive oil in a large non-stick skillet over medium-high heat. Add in red onion and saute 2 minutes then add turkey, season with salt to taste and cook, breaking up and stirring occasionally, until nearly cooked through. Then add garlic and continue to cook until turkey is cooked through. Stir in tomato sauce, chicken broth, oregano, thyme and coriander. Season with salt to taste. Bring to a boil then reduce heat to a simmer and cook uncovered, stirring occasionally until sauce has reduced, about 6 - 8 minutes. Stir in lemon juice. Serve warm over tortillas with toppings listed.

Southwest Avocado Toast



Ingredients

Scaled to 2 serving

2 serving Ezekiel 4:9 Bread (76 g)
1 fruit Avocados (201 g)
1 tbspn Fresh cilantro (1 g)
1/2 tsp Cayenne pepper (0.9 g)
1/2 tsp Crushed red pepper flakes (0.2 g)
2 large Egg (100 g)

Directions

Directions are for original recipe of 2 serving

1. In bowl mix together your avocado, cilantro, lime, cayenne, red pepper flakes and salt and pepper and stir until mashed. 2. Spread half mixture on each of your pieces of toast. 3. Top with your scrambled eggs and desired amount of salsa. 4. Garnish with cilantro if desired.

Teriyaki Glazed Salmon Ingredients

Scaled to 4 serving

4 serving Finest Salmon Filet (440 g)
1 clove Garlic (3 g)
1/2 tsp Ginger (0.9 g)
1 stalk Onions (12 g)
3 oz Soy Sauce (85 g)
2 tbsp Brown sugar (18 g)
1 tsp Cornstarch (2.7 g)
1 tbsp Sesame seeds (9 g)
1 tbsp Mayonnaise with Olive Oil (13 g)
1 tbsp Rice wine vinegar (15 g)
1 tsp Sesame oil (4.5 g)
1/4 cup Water (59 g)



Directions

Directions are for original recipe of 4 serving

1. Add garlic, ginger, soy sauce, 1/8 cup water, brown sugar, rice wine vinegar and sesame oil to a medium bowl. 2. Add half of the marinade to a ziplock bag and the other half to a small saucepan and set aside. 3. Place salmon filets in the ziplock bag and marinate for 30 minutes. 4. Heat oil in a large skillet. Add salmon filets making sure not to overcrowd pan (I had to cook two at a time). 5. Cook 3-4 minutes on each side until desired doneness. 6. Meanwhile heat the reserved marinade in the saucepan and bring to a simmer. 7. Add cornstarch and water to a small bowl and whisk to combine. 8. Slowly whisk in the cornstarch mixture to the marinade and simmer until thickened. 9. Serve immediately with the teriyaki sauce drizzled on top as well as green onions and sesame seeds for garnish, if desired.

Blueberry Banana Overnight Oats

Ingredients

Scaled to 2 serving

1 medium (7" to 7-7/8" long) Banana (118 g)
1 cup Blueberries (148 g)
1 cup Rolled oats (80 g)
1 cup (8 fl oz) Coconut Milk Unsweetened (240 g)
2 tbsp Maple syrups (40 g)
1/2 tsp Vanilla extract (2.1 g)
1/2 tbsp Chia seeds (6 g)



Directions

Directions are for original recipe of 1 serving

1. In a 16-ounce mason jar combine the rolled oats and chia seeds. 2. Pour in the coconut milk and then place the bananas and blueberries on top of the oats. 3. Place the lid on and store in the refrigerator overnight. 4. Stir the oats and add in the pure maple syrup and a little extra coconut milk to loosen up the oats. Enjoy cold.

Salmon Salad



Ingredients

Scaled to 2 serving

- 4 tbsp Mayonnaise (55 g)
- 2 lemon yields Lemon juice (94 g)
- 2 stalk, medium (7-1/2" - 8" long) Celery(80 g)
- 2 tbsp chopped Chives (6 g)
- 2 serving Ezekiel 4:9 Bread (76 g)

Directions

Directions are for original recipe of 1 serving

1. Add leftover Salmon and all Ingredients in bowl and mix.
 2. Serve on with Ezekiel Bread.
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Instant Pot Beef and Broccoli



Ingredients

Scaled to 4 serving

- 16 oz Beef flank (454 g)
- 2 cup chopped Broccoli (182 g)
- 1 tbsp Garlic (8.5 g)
- 1/2 tsp Onion powder (1.2 g)
- 3/4 cup Beef broth or bouillon canned soup(180 g)
- 2 tsp Cornstarch (5.3 g)
- 1/8 tsp Pepper (0.3 g)
- 1/4 tsp Crushed red pepper flakes(0.1 g)
- 1/4 tsp Salt (1.5 g)
- 2 tbspn Extra Virgin Olive Oil (30 g)
- 2 tbsp Sesame oil (27 g)
- 4 oz Low Sodium Soy Sauce (113 g)

Directions

Directions are for original recipe of 4 serving

1. Slice flank steak thinly against the grain
 - 2 Heat olive oil in Instant Pot in sauté mode
 - 3 Microwave broccoli florets for 3 minutes in a microwave safe dish filled half way with water
 - 4 Drain broccoli water and set aside
 - 5 Sear sliced beef in batches, around 1 minute on each side
 - 6 Transfer beef to a plate
 - 7 Add minced garlic to the instant pot and sauté 1 minute
 - 8 Add beef broth, soy sauce or coconut aminos, sesame oil, onion powder, red pepper flakes, salt, and pepper
 - 9 Add the beef and juices from plate, close the lid, and set to seal
 - 10 Pressure cook on high pressure for 10 minutes
 - 11 Quick release
 - 12 Return the instant pot to "sauté" mode and whisk in cornstarch or arrowroot powder
 - 13 Add the broccoli and stir until the sauce begins to thicken
 - 14 Remove beef and broccoli with a slotted spoon and arrange on plates
 - 15 Continue to saute the liquid until thick
 - 16 Pour sauce over the beef and broccoli as desired.
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Mediterranean Scramble Eggs



Ingredients

Scaled to 2 serving

- 3 medium whole (2-3/5" dia) Tomatoes(369 g)
- 1 cup Baby Spinach (28 g)
- 3 large Egg (150 g)
- 1 tbsp Vegetable oil (14 g)
- 1 oz Feta cheese (28 g)

Directions

Directions are for original recipe of 2 serving

1. Step 1: Saute the tomatoes and spinach until the spinach is wilted. Step 2: Add the eggs and mix to scramble. Step 3: Add the feta cheese and continue to cook. Step 4: Season with salt and pepper

Tapas



Ingredients

Scaled to 2 serving

- 16 oz Frozen Shrimp (452 g)
- 2 cup Hearts of palm(292 g)
- 1 can Artichoke Hearts, Quarters(398 g)
- 2 medium (3" dia) Apples(364 g)
- 1 cup Sliced Carrots (234 g)
- 2 cup chopped Broccoli (182 g)
- 2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper(238 g)
- 2 stalk, medium (7-1/2" - 8" long) Celery(80 g)
- 2 cucumber (8-1/4") Cucumber(602 g)
- 2 oz Greek Feta (57 g)
- 16 tablespoons Salsa (240 g)
- 2 serving Blue Corn Tortilla Chips (56 g)
- 1/2 cup Walnuts (56 g)
- 2 tsp Cinnamon (5.2 g)

Directions

Directions are for original recipe of 1 serving

1. Shrimp Boil - open package of frozen shrimp, in a pan pour water over shrimp start the thawing process. Bring 2 quarts of water to a boil, add crab boil. Add shrimp to boiling water. Once the water comes to a complete boil drain the shrimp in a colander and rinse with cold water. Put ice in a flat bowl and onto the ice. Serve with side of cocktail sauce. Tapas Plate _ arrange all ingredients above and a place and enjoy. Cinnamon is sprinkled on apple.

Strawberry Pina Colada Protien Smoothie



Ingredients

Scaled to 2 serving

2/3 cup, whole Strawberries (96 g)
1/3 cup, chunks Pineapple (82 g)
1/3 medium banana Banana (39 g)
1 1/3 oz Unsweetened Shredded Coconut (38 g)
0.583 cup (8 fl oz) Coconut Milk Unsweetened (140 g)
1/3 serving Amy Beard MD Protein Powder (17 g)

Directions

No directions

Veggie Cauliflower Pizza



Ingredients

Scaled to 2 serving

1 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper (119 g)
1/2 small raw Red Onion (35 g)
4 serving Realgood Cauliflower Veggie Pizza
1 tbspn Extra Virgin Olive Oil (15 g)

Directions

Directions are for original recipe of 2 serving

1. 1. Cook as directed on Package. 2. Saute Red Peppers and Red Onions in the olive oil. 3. Add veggie's to pizza before cooking.

Mixed Greens



Ingredients

Scaled to 2 serving

2 Serving Field Greens Salad Mix (200 g)

Directions

No directions

Balsamic Brown Sugar Lamb Chops



Ingredients

Scaled to 2 serving

1 1/2 tbspn Extra Virgin Olive Oil (23 g)
1/2 tsp Salt (3 g)
1/2 tsp Pepper (1.1 g)
1/2 tbspn Garlic (4.3 g)
1/2 cup unpacked Brown sugar (73 g)
1/4 cup Balsamic vinegar (64 g)
1/8 tsp Cayenne pepper (0.2 g)
1/2 tbspn Parsley (1.9 g)
8 oz raw Lamb Rib Chop (226 g)

Directions

Directions are for original recipe of 4 serving

1. 1. Add olive oil to pan and heat over medium high heat. Season lamb chops on each side with salt and pepper to taste. 2. Once pan is hot, sear the chops on each side for up to 2 minutes then remove chops from pan and let rest. 3. Turn the heat down to medium low. Add minced garlic to the pan and cook for one minute making sure you don't burn it. 4. Next whisk in brown sugar, balsamic vinegar, cayenne pepper, and salt and pepper to taste. Allow the sauce to thicken. 5. Add chops back into the pan, baste with sauce and continue to cook the chops until they are at your level of desired doneness. Remove chops from pan and place on serving platter. 6. Garnish with parsley and serve.

Roasted Sweet Potato and Quinoa Salad



Ingredients

Scaled to 2 serving

1/8 cup Cranberries (15 g)
1/4 cup, chopped Kale (17 g)
0.063 cup, chopped Onions (10 g)
1/4 cup Water (59 g)
1/4 tbsp Honey (5.3 g)
1/2 tbsp Lime juice (7.5 g)
1/8 cup Quinoa (21 g)
0.031 tsp Cinnamon (0.1 g)
0.031 tsp Sea Salt (0.1 g)
1/4 oz Apple Cider Vinegar (7.1 g)
1 1/4 tbspn Extra Virgin Olive Oil (19 g)
1/4 oz Pumpkin Seeds (7.1 g)

Directions

Directions are for original recipe of 8 serving

1. For the Roasted Sweet Potatoes: 1. Preheat oven to 400F and line a baking sheet with parchment or a baking mat for easy clean up. 2. Transfer the chopped sweet potato to the baking sheet and drizzle with 1 tablespoon of oil. Gently toss the sweet potatoes with your hand to coat. Lightly season with a sprinkle of salt and pepper. Cover the sweet potatoes loosely with a piece of foil and bake for 20 minutes, or when the potatoes are tender. 3. Remove from the foil covering and let potatoes cool slightly before handling. For the Quinoa: 4. While the sweet potatoes are roasting, add dried quinoa and cooking liquid (water or stock) to a pot over high heat. Bring to a boil, then reduce heat to low and cover pot with a tight-fitting lid. 5. Let the quinoa cook for 10-12 minutes or until fluffy and no water remains (or follow package directions). 6. Remove from heat and let cool slightly in pot before handling. For the Dressing: 7. While the quinoa is cooking, add oil, lime juice, vinegar, honey (or sweetener of choice), spices and salt to a bowl or mason jar. Whisk or shake until the salad dressing comes together. Adjust sweetness, salt or lime to taste, if needed. Set aside. For the Salad: 8. In a large mixing bowl, add the slightly cooled sweet potatoes, slightly cooked quinoa, chopped kale, cranberries, onions and fresh herbs. 9. Pour the dressing over top of the veggies and quinoa. Gentle stir to combine, ensuring everything is evenly coated. Season with additional salt and pepper, if needed. 10. Garnish with raw pumpkin seeds on top.

Breakfast Quinoa with Coconut Milk and Apples



Ingredients

Scaled to 2 serving

- 1/2 cup (8 fl oz) Coconut Milk Unsweetened(120 g)
- 1/2 tbsp Orange marmalade (10 g)
- 1/2 cup Quinoa (85 g)
- 1 tsp Cinnamon (2.6 g)
- 1 tsp Nutmeg (2.2 g)
- 1 tbsp Coconut oil (14 g)
- 1 oz (19 halves per) Pecans(28 g)
- 2 tbsp Water (30 g)
- 2 medium (3" dia) Apples (364 g)

Directions

Directions are for original recipe of 2 serving

1. In a small pot, combine the quinoa and coconut milk. Bring to a boil, then reduce the heat and simmer, stirring occasionally, until the quinoa has absorbed the coconut milk, about 15 minutes. Pay attention as the quinoa is done cooking and stir more frequently to prevent burning.
2. Meanwhile, in a large nonstick skillet, heat the coconut oil over medium-high heat. Add the apple slices and cinnamon and toss to coat the apples in the cinnamon and oil. Add the water and cook, stirring frequently, until the apples are tender and golden, about 5 minutes. Remove the pan from heat and stir in the orange marmalade.
3. To serve, spoon about 1/2 cup of quinoa into 4 bowls. Divide the cinnamon-orange apples among the bowls and sprinkle the top of each with 1 tablespoon of chopped pecans.

Grocery List

From 2018-10-21 to 2018-10-27

VEGETABLES	SPICES AND HERBS
Tomatoes - 3 medium whole (2-3/5" dia) (369 g) Red, ripe, raw, year round average	Pepper - 1/2 tbsp (3.2 g) Spices, black
Cabbage - 1/4 head, medium (about 5-3/4" dia) (227 g) Raw	Salt - 3 tbsp (54 g) Table
Garlic - 10 2/3 clove (32 g) Raw	Cumin - 1/4 tbsp, ground (2.25 g) Spices, cumin seed
Onions - 1 1/4 medium (2-1/2" dia) (138 g) Raw	Rice wine vinegar - 1 tbsp (15 g)
Sliced Carrots - 3 cup (702 g) Safeway	Ginger - 1/4 tbsp (1.35 g) Spices, ground
Tomato sauce - 1/4 cup (61 g) No salt added	Crushed red pepper flakes - 1/4 tbsp (0.24 g)
Tomatoes - 2 cup (480 g) Crushed, canned	Onion powder - 3/4 tbsp (5.2 g) Spices
Celery - 4 stalk, medium (7-1/2" - 8" long) (160 g) Raw	Oregano - 3/4 tbsp, leaves (2.25 g) Spices, dried
Asparagus - 117 1/4 spear, medium (5-1/4" to 7" long) (1.88 kg) Raw	Cayenne pepper - 1/4 tbsp (1.32 g) Spices, red or cayenne
	Pumpkin pie spice - 2/3 tbsp (3.73 g) Spices
	Thyme - 1/2 tbsp, leaves (1.35 g) Spices, dried

Broccoli - 6 cup flowerets (426 g) Flower clusters, raw	
Cucumber - 4 1/2 cucumber (8-1/4") (1.35 kg) With peel, raw	
Broccoli - 4 cup chopped (364 g) Raw	
Chives - 2 tbsp chopped (6 g) Raw	
Fresh cilantro - 1 tbsp (1 g) Coriander leaves, raw	
Celery - 4 serving (400 g) Giant	
Mixed Baby Greens - 2 Serving (200 g) Kale, Chard, Spinach - Trader Joe's	
Parsley - 2 1/2 tbsp (9.5 g) Raw	
Field Greens Salad Mix - 2 Serving (200 g) Dole	
Red bell pepper - 6 medium (approx 2-3/4" long, 2-1/2 dia.) (714 g) Sweet, raw	
Kale - 1/4 cup, chopped (17 g) Raw	
Hearts of palm - 2 cup (292 g) Canned	
Artichoke Hearts, Quarters - 1/2 can (199 g) Canned artichoke hearts, without liquid - Kroger	
FRUITS AND FRUIT JUICES	
Lemon juice - 13 1/3 tbsp (200 g) Raw	
Organic Pumpkin Puree - 1/2 cup (122 g) Trader Joe's	
Strawberries - 2/3 cup, whole (96 g) Raw	
Cherry Tomatoes - 7 2/3 serving (767 g) Tesco	
Avocados - 1 fruit (201 g) Raw, All commercial varieties	
Blueberries - 1 3/4 cup (259 g) Raw	
Banana - 2 medium (7" to 7-7/8" long) (236 g) Raw	
Pineapple - 1/3 cup, chunks (82 g) Frozen, chunks, sweetened	

Poultry seasoning - 1 tbsp (4.4 g) Spices	
Sage - 1/2 tbsp (1 g) Spices, ground	
Cinnamon - 1 2/3 tbsp (13 g) Spices, ground	
Rosemary - 1/2 tbsp (1.65 g) Spices, dried	
Nutmeg - 1/3 tbsp (2.33 g) Spices, ground	
Dill - 2 tbsp (1.1 g) Fresh	
Balsamic vinegar - 1/4 cup (64 g)	
SOUPS AND SAUCES	
Beef broth or bouillon canned soup - 3 1/4 cup (780 g) Ready-to-serve	
Chicken broth - 1/4 cup (60 g) Soup, canned, ready-to-serve	
Pepper or hot sauce - 1 tsp (4.7 g) Ready-to-serve	
Salsa - 16 tablespoons (240 g) Mild - Tostitos	
SOY & LEGUMES	
Hummus - 2 tbsp (30 g) Commercial	
Chickpeas - 1 can, drained (306 g) Canned - Tesco	
NUT AND SEED PRODUCTS	
Chia seeds - 1/2 tbsp (6 g) Seeds, dried	
Sesame seeds - 1 tbsp (9 g) Seeds, whole, dried	
Walnuts - 1 2/3 cup, chopped (208 g) Nuts, black, dried	
Pecans - 1/3 cup, halves (33 g) Nuts	
Pumpkin Seeds - 1/4 Serving (25 g) Raw - Wegmans	
Walnuts - 1/4 cup (28 g) Shelled - Safeway	
BREAKFAST CEREALS	
Rolled oats - 1 cup (80 g) Plain, dry oatmeal	

Apples - 4 medium (3" dia) (728 g)

With skin

Cranberries - 1/4 cup (20 g)

Sweetened, dried

Lime juice - 1/4 cup (61 g)

Raw

DAIRY PRODUCTS

Grated Cheese - 2 tsp (5 g)

Parmesan - Kraft Foods, Inc.

Feta cheese - 10 oz (284 g)

Egg - 6 large (300 g)

Whole, fresh eggs

Butter - 1 tbsp (14 g)

Unsalted

Greek yogurt - 2 cup (480 g)

Plain, whole fat

BEVERAGES

Water - 7 cup (1.66 kg)

Plain, clean water

Ice cubes - 21 1/2 cube (477 g)

Frozen water

Vinegar Balsamic - 1 2/3 tbsp (25 g)

Compliments

POULTRY PRODUCTS

Ground Turkey - 8 oz (224 g)

93% lean 7% fat - Kroger

BEEF PRODUCTS

Beef, grass-fed - 16 oz (454 g)

Ground, raw

Beef flank - 16 oz (454 g)

Steak, separable lean and fat, trimmed to 0" fat, all grades, raw

BAKED PRODUCTS

Baking powder - 1/4 tbsp (3.75 g)

Leavening agents, low-sodium

GRAINS AND PASTA

White rice - 5 cup (925 g)

Long-grain, regular, raw, enriched

Cornstarch - 1 1/4 tbsp (9.6 g)

Barley - 1/4 cup (50 g)

Pearled, raw

Quinoa - 2/3 cup (113 g)

Uncooked

FATS AND OILS

Coconut oil - 6 tbsp (82 g)

Mayonnaise - 4 tbsp (55 g)

Regular, with salt

Sesame oil - 2 1/3 tbsp (32 g)

Salad or cooking

Vegetable oil - 1 tbsp (14 g)

Natreon canola, high stability, non trans, high oleic (70%)

SWEETS

Honey - 4 2/3 tbsp (98 g)

Brown sugar - 2/3 cup unpacked (97 g)

Orange marmalade - 1/2 tbsp (10 g)

Maple syrups - 1 tbsp (20 g)

UNCATEGORIZED

Spices Ground Black Pepper - 3/4 tsp (3 g)

Compliments

Tahini - 10 1/2 tbsp (147 g)

365 Everyday Value

Extra Virgin Olive Oil - 11 1/4 tbspn (169 g)

Olive Oil - Tesco

Kosher Salt - 1 tsp (16 g)

Real Salt

Coconut Milk Unsweetened - 5 cup (8 fl oz) (1.2 kg)

Silk

Ezekiel 4:9 Bread - 8 serving (304 g)

Rainier Organic Bakery

Baby Spinach - 1 cup (28 g)

Dole

Finest Salmon Filet - 4 serving (440 g)

Tesco

Amy Beard MD Protein Powder - 2 1/3 serving (117 g)

Low Sodium Soy Sauce - 8 tablespoon (113 g)

Southern Tsunami

Soy Sauce - 5 3/4 tbsp (86 g)

Lite - Kroger

Banana - 1/3 medium banana (39 g)

Dole

Red Onion - 1 1/3 small raw (93 g)

Freshdirect

Garlic Salt - 1/2 tsp (2 g)

Kroger

Oatmeal - 1/2 cup (40 g)

Quick Oats - H-E-B

**Unsweetened Shredded Coconut - 6 1/2
tbsp (39 g)**

Medium - No Name

Chicken Breast - 32 oz (896 g)

Skinless boneless - Market Basket

Apple Cider Vinegar - 1/2 serving (7.5 g)

Great Value - Great Value

**Realgood Cauliflower Veggie Pizza - 4
serving**

Frozen Shrimp - 16 oz (452 g)

Weis

Greek Feta - 2 oz (57 g)

Freshdirect

Blue Corn Tortilla Chips - 2 serving (56 g)

Tocoma Boys

Lamb Rib Chop - 8 oz raw (226 g)

Freshdirect