



for the week of _____

Week 2 Meal Plan

This Week's Recipes

BREAKFAST	#17 (5) #20 #18, 15 #16	Smoothie w/ Sweet Potato and Banana Vegetable Egg Scramble Avocado Toast - Guacamole, Tomato and Dukkha Soaked Overnight Oats w/ Chia Seeds & Strawberries
LUNCH	#7 (2, 4) #13, 11	Mediterranean Quinoa Salad, topped with leftover chicken over mixed greens **Salmon Salad - use leftover salmon over mixed greens or as a sandwich. <i>Items from Dinner Menu with an "*" can be eaten the next day as is. Items with two "***" are leftovers that are made into a new dish.</i>
DINNER	#1, 2, 3, 4 #8 (2, 3, 4, 5) #9 #10 (3, 4) #11 (5) #12 (6) #19 (5)	*Roasted Chicken w/ Roasted Vegetables + Roasted Potatoes *Chicken Soup Ala leftovers + Cashew Cauliflower Au Gratin *Ground Beef and Roasted Vegetable Tacos **Salmon and Lemon Garlic Butter Sauce w/ Steamed Vegetables + Sweet Potato *Tofu w/ Stir Fried Vegetables + Rice Spaghetti Squash w/ Shrimp, Vegetables and Basil Pesto
SNACKS	#14 (5) #15 #5	Hummus or Baba Ganoush w/ Vegetable Slices or Blue Corn Chips Guacamole and Salsa w/ Blue Corn Chips Baked Sweet potatoes w/ cinnamon



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The Good Stuff

DESSERTS	#21 #22	Baked Apple w/ Cinnamon and Pecans Sweet Potato Slices Fried in Coconut Oil w/ Cinnamon
DON'T HAVE TIME TO COOK		Cauliflower Pizza - add Sauteed Vegetables Tapas Platter - Get creative and put anything you like on it. Examples include: wild caught shrimp boiled & cocktail sauce, smoked salmon, hearts of palm, artichoke hearts, cut up apple w/ cinnamon, humus w/ carrots, broccoli, red bell pepper, celery, cucumbers, feta cheese (real kind from sheep milk), blue corn chips and salsa.
STARCH OPTIONS		<p><i>Pay attention to the starches in the recipes. You can add or subtract any starch depending on your activity level and appetite on a given day. Listen to your body!</i></p> <ul style="list-style-type: none">● Mediterranean Quinoa Salad● Potatoes● Sweet Potatoes● Rice● Oats● Corn Tortillas



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Week 2 Meal Plan

Weekly Techniques, Tips & Prep Options

TECHNIQUES

Brining, Marinating & Roasting

Brining and marinating are similar but for different purposes. Brining is for adding moisture, tenderizing and for removing game and off tastes. Marinating is more for imparting a flavor.

You have the option to brine three different items this week and marinate another. The chicken is the most important since it's difficult to keep the white meat moist with the dark meat taking longer to cook. If you decide not to brine the chicken then cook it breast side down in a heavy pot or Dutch oven. It won't look as pretty but it will keep the white meat moist.

For pan roasting brined chicken and vegetables, each tray is based on cooking times. Start with longest cooking time first and add each tray as needed and remove everything at once. This prep is the basis for three of your dinner options: chicken dinner, chicken soup, taco night; three lunch leftovers; snacks, a dessert and smoothie. Well worth the effort.

WEEKLY TIP

When you think about variety for your health, think in terms of a week at a time. It's ok to eat the same foods multiple times in a week and not cook as many dishes. Just make sure to rotate your foods at least each week.

PREP OPTIONS

Prep Item #1	Brine for Chicken, Salmon & Shrimp
Prep Item #2	Roast the Chicken
Prep Items #3, 4	Pan Roast Vegetables
Prep Item #5	Bake Sweet Potatoes, Spaghetti squash, whole garlic
Prep Item #6	Marinated Baked Tofu
Prep Item #7	Mediterranean Quinoa Salad
Snack Veggies	Cut Veggies for snacks (carrots, celery, bell peppers) Cut up peeled Cucumber into slices and store in water.
Rice	Cook rice w/ 2 Tbsp coconut oil and use as needed during the week.



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Week 2 Meal Plan

Prep Item #1 Brine

Cooking Time 10 min

Use w/ Chicken, Salmon & Shrimp (2, 11, 19)

Directions	Ingredients + Sourcing
<ol style="list-style-type: none">1. Bring water to boil.2. Add everything but ice.3. Stir to dissolve everything.4. Remove from heat.5. Add ice.6. Submerge item to Brined by weighting with a plate, place in fridge for desired brining time.	<ul style="list-style-type: none">8 cups water1 cup sea salt2 Tbls. peppercorns¼ cup raw sugar1 clove garlic-smashed2 sprigs each fresh Thyme, Rosemary, sage3 Bay leaves1 lemon- sliced10 cups ice
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">• Brine chicken- 8 hours, can be done day in advance.• Brine Salmon- 1 hour only, cook same day• Brine Shrimp- 1 hour only, cook same day	<p>Remove lemon if you want to use brine for Salmon. Add 2 Tbls Baking soda if you want to use Brine for Shrimp</p>
Amy's Input	Alternatives
<p>Consider using a brine for any game meat, lamb or any grass fed meat since they can have "gamey" taste.</p>	<p>Brines and marinades can overlap. You can add more seasonings but be careful not to over season..</p>



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Week 2 Meal Plan

Prep Item #2 Brined Oven Roasted Chicken

Cooking Time 90 min

Use on salads for lunch, serve w/ roasted vegetables for dinner, use in Chicken Soup Ala Leftovers Recipe (#8)

Directions	Ingredients
<ol style="list-style-type: none">1. Preheat oven to 3752. Pat dry Brined Chicken- See Recipe #13. Season bird inside and out. See substitutions4. Cook until thighs register 165 F- about 90 minutes	<ul style="list-style-type: none">• 1 large whole free range chicken• Salt and Pepper• Optional seasonings
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">• Brine Chicken for 8 hours; See Recipe #1• Bake chicken	<p>You can add any seasoning you like. I like to gently lift the skin off the breast area, careful not tear skin and add fresh poultry herbs and thin sliced apples. Do the same with the inside cavity of the bird</p>
Amy's Input	Alternatives
<p>If you don't like dark meat then just cook Chicken breasts. I don't like the dark meat but Paul loves it. The big advantage of a whole bird is that you can make a soup out of the carcass and its so easy to cook a lot of food for the week.</p>	<p>If you don't have time to brine, cook chicken breast side down in heavy pot or dutch oven. Like the old lady who taught me this trick said "It don't look pretty but it eats good"</p>



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Week 2 Meal Plan

Prep Item #3 Pan Roasted Vegetables - longer cooking time

Cooking Time 30 min

Use on salads for lunches, use in Dinner Recipes

Directions	Ingredients
<ol style="list-style-type: none">1. Wash Vegetables, Preheat oven 375 F2. Peel onion, cut into 8 quarters3. Cut brussels & potatoes in half4. Cut carrots and parsnips into sticks5. Cut cauliflower into big bite size pieces6. Toss in olive oil w/ salt, pepper and minced herbs7. Cook until slightly golden brown and potatoes are tender	<ul style="list-style-type: none">• 1 large Sweet onion• Brussels Sprouts• Carrots• Parsnips• Cauliflower• Purple potatoes• Olive oil• Salt and Pepper• Rosemary and Thyme
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">• Chop vegetables• Bake Vegetables	Add or omit any vegetable you like that has similar cooking times. Root vegetables are all about the same cooking time
Amy's Input	Alternatives
Always cook beets separate unless you want everything beet red. Paul is bad about that.	Add any extra seasoning you like.



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Week 2 Meal Plan

Prep Item #4 Prepping Pan roasted Vegetables - shorter cooking time

Cooking Time 30 min

Use on salads for lunches, use in Dinner Recipes

Directions	Ingredients
<ol style="list-style-type: none">1. Preheat oven to 375 F2. Cut Zucchini in half or quarters depending on size.3. Cut Romas in half4. Cut Broccoli into large bite size pieces5. Toss everything in a bowl and spread on baking sheet.6. Cook until it starts to brown, about 20 minutes. Don't over cook these items.	<ul style="list-style-type: none">• Broccoli• Zucchini• Roma Tomatoes• Fresh Thyme and Rosemary• Dried Oregano• Salt and pepper• Olive oil
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">• Chop vegetables• Bake Vegetables	Anything goes that has a similar cooking time
Amy's Input	Alternatives
Herbs are great for your health. Almost all of them have a medicinal purpose. That's probably why they were originally incorporated into our cooking. Out of necessity not culinary preference.	Change up your seasonings and cook what's in season or on sale.



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Week 2 Meal Plan

Prep Item #5 Baked Sweet Potatoes, Spaghetti Squash & Roasted Garlic

Serves 4 | Cooking Time 45 min

Use sweet potatoes in breakfast (17), dinner (11), dessert (22); use spaghetti squash in dinner recipe (19), and use roasted garlic in various recipes (8, 9, 11, 19)

Directions	Ingredients
<ol style="list-style-type: none">1. Scrub potatoes2. Rub olive oil over potatoes3. Leave the peel on the garlic, but cut the top off of the garlic to expose the very tops of the cloves. Drizzle olive oil.4. Cut Spaghetti Squash in half along long axis. Scoop out seeds, rub with olive oil, season with salt and pepper5. Cook until soft, about 45-60 minutes	<ul style="list-style-type: none">• 4 Sweet Potatoes• 2 whole Garlics• 1 Spaghetti Squash• Olive oil• Salt and pepper
Do-Ahead Options	Substitutions
Cook Sweet Potatoes	Yams
Amy's Input	Alternatives
You should cook these almost every week. Great starch and is super healthy and so versitol. Roasted garlic is much easier to digest. Use as a spread. Just squeeze a clove.	



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Week 2 Meal Plan

Prep Item #6 Marinated Baked Tofu

Serves 2 | Cooking Time 40 min

Use in Recipe 12 and use leftovers for salads or w/ roasted vegetables for lunch/dinner..

Directions	Ingredients
<ol style="list-style-type: none">1. Preheat oven to 375 F2. Drain tofu and slice between ¼-½ slices3. Arrange tofu in small container so they can marinate.4. Add liquids plus enough water to cover, marinate 6 hours or overnight.5. Place on baking sheet on parchment paper or oil baking sheet6. Cook until golden brown, about 40 minutes	<ul style="list-style-type: none">• 1 pack (14 oz) Tofu, Extra Firm• 3 Tbsp Tamari• 3 Tbsp Maple Syrup• 2 Tbsp olive oil• Water <p>*Double/Triple recipe to have leftovers for other lunches/dinners..</p>
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">• Marinate tofu 8 hours- can be done overnight or longer• Baked tofu	<ul style="list-style-type: none">• Cook on parchment paper for easy clean up.• Cook extra
Amy's Input	Alternatives
<p>I never thought I would like tofu but this is great. Cook in advance and use in stir fries, salads, sandwiches... Can be eaten cold or reheats great.</p>	<p>Add BBQ or Teriyaki on top of tofu the last 10 minutes of cooking depending on how you want to use it that week.</p>



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Week 2 Meal Plan

Prep Item #7 Mediterranean Quinoa Salad

Cooking Time 30 min

Use for lunches w/ leftover protein and mixed greens or as a side.

Directions	Ingredients
<ol style="list-style-type: none"> 1. Cook Quinoa according to instructions on the package using chicken broth for liquid and add smashed garlic clove. 2. Put cooked quinoa in a large bowl and remove garlic clove. 3. Add everything except liquid ingredients and mix. 4. Mix liquid items together and drizzle over quinoa. 5. Taste and add salt and pepper to taste 	<ul style="list-style-type: none"> • 2 ¼ cups Chicken Broth • 1 ½ cups Quinoa • Large Purple onion- chopped fine • Garlic clove- smashed • Red Bell Pepper- diced • 2 cups Roasted Broccoli • ½ cup Kalamata olives- chopped • 1 cup Baked Chicken- chopped • ½ cup parsley • 1 cup Feta- (sheep's milk kind in brine)- Crumbled • ½ cup lemon juice • 3 Tbsp Balsamic Vinegar • ¼ cup olive oil • Salt and pepper
Do-Ahead Options	Substitutions
<ul style="list-style-type: none"> • Roasted Broccoli • Baked chicken 	<p>Raw or blanched broccoli Pan cook chicken breasts Add any extra vegetables.</p>
Amy's Input	Alternatives
<p>We make this all the time and Paul keeps it interesting by changing up the vegetables, grains and seasonings..</p>	<p>Farro, Teff, barley or any grain you like. Make it with Indian masala or another spice blend.</p>



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Week 2 Meal Plan

Recipe #8 Chicken Soup ala Leftovers

Serves 2 | Cooking Time 30 min

Refer to other recipes for chicken, roasted vegetables and roasted garlic (1, 2, 3, 4, 5)

Directions	Ingredients
<ol style="list-style-type: none">1. In an instant pot add leftover Roasted chicken carcass, chopped celery, herbs, chopped onion, salt and pepper and oregano.2. Add chicken stock and enough water to cover leftover chicken.3. Set on soup setting on high for 30 minutes. Wait for steam to finish releasing.4. Remove chicken, let cool, chop meat and add back to pot.5. Squeeze in roasted garlic cloves to taste and mash against side of pot to dissolve into soup.6. Add roasted vegetables- your choice!7. Let it continue to simmer on warm as long as you like.8. Garnish with chopped green onion when serving	<ul style="list-style-type: none">● Chicken Carcass leftover from roasting● Leftover Roasted Vegetables● Leftover Roasted Garlic● 1 quart chicken stock● 2 Celery Stalks- chopped● 2 sprigs each of Sage, Rosemary and Thyme● ½ Tsp Salt and pepper● 1 Tsp Dried oregano● 1 Purple onion- diced● 1 green onion-scallion
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">● Roasted Vegetables - Prep Items #● Roasted Garlic - Prep Item● Roasted chicken - Prep Item	Add chicken breast if low on leftover chicken.
Amy's Input	Alternatives
It's cold and flu season. Grandma didn't get her soup from a can and neither should you. Paul eats way too much garlic and smells like it when he does. Great for your health but be careful!	Cook on stove top for 1 hour if you don't have instapot. Serve over rice if you need a starch.



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Week 2 Meal Plan

Recipe #9 Cauliflower Au Gratin

Serves 2 | Cooking Time 5 min

Directions	Ingredients
<ol style="list-style-type: none">1. Reheat roasted cauliflower in a pan with a little water and olive oil.2. Mix cashew butter, mashed roasted garlic, nutritional yeast together. add a little hot water get it smooth and mix then add it into cauliflower and continue to heat until mixed well. Add water if it gets too sticky.3. Add salt and pepper to taste4. Garnish with chopped green onion	<ul style="list-style-type: none">• 2 cups Roasted Cauliflower• 1 clove Roasted Garlic• 5 Tbsp Cashew Butter• 3 Tbsp Nutritional Yeast• 1 Tbsp olive oil• water• 1 green onion finely chopped• Salt and Pepper
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">• Roasted Cauliflower• Roasted Garlic	5 Tbps Heavy Cream and 3 tbps Parmesan instead of Cashew Butter/Yeast
Amy's Input	Alternatives
<p>Better exercise if you go the Heavy cream route! I had this at Ajax tavern in Aspen. It was a Vegan option and I had my doubts but I loved it. Paul did a good job recreating it.</p> <p>If your not familiar with Nutritional yeast you should be. Great cheesy taste with lots of health benefits. Kroger carries Braggs which is a good brand.</p>	Leave out the garlic. I told you Paul has issues with garlic. LOL But a little makes it really good.



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Week 2 Meal Plan

Recipe #10 Ground Beef and Roasted Vegetable Tacos

Serves 2 | Cooking Time 30 min

Refer to Prep Items 3 & 4 for Roasted Vegetables.

Directions	Ingredients
<ol style="list-style-type: none">1. Brown ground beef, drain and remove2. Add olive oil and saute onion until soft and golden3. Add back cooked ground beef and add roasted vegetables4. Stir in taco seasoning per instructions on pack and finish heating5. Serve with yogurt, salsa, green onions and mixed greens	<ul style="list-style-type: none">● Grass Fed Ground Beef● Onion chopped● Roasted Vegetables-chopped small● Tortillas● Taco Seasoning● Greek Yogurt● Salsa● Green onions-chopped● Chopped mixed greens
Do-Ahead Options	Substitutions
Roast Vegetables - Prep Items 3 & 4	Can use chicken or another protein.
Amy's Input	Alternatives
Make sure the Taco seasoning does not have wheat or bad additives. There are some at the grocery that are good.	Make a rice bowl instead of using tortillas.



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Week 2 Meal Plan

Recipe #11 Salmon & Lemon Garlic Butter Sauce w/ Steamed Vegetables

Serves 2 | Cooking Time 15 min

Leftover salmon can be used for salmon salad (recipe #13).

Directions	Ingredients
<ol style="list-style-type: none">1. Preheat oven to 375 F, put sweet potato in to reheat2. Melt ½ stick butter with juice of a half lemon. Squeeze in Roasted garlic clove and mash to work into mixture.3. Place salmon on oiled pan or on parchment paper. Season with salt and pepper4. Drizzle butter mixture on top of fish and bake until 145 F at thickest part. About 10 minutes5. Put frozen peas in a pan with half cup of water and 1 Tbsp butter. Place vegetable steamer on top of peas and add broccoli on top of steamer. Season with salt and pepper and squeeze of lemon. Cook on medium for 6-7 minutes.6. Use remaining water/butter in pan and pour over broccoli7. Side of rice. Season with Tamari if desired	<ul style="list-style-type: none">● 10 - 12 oz of wild caught salmon steaks● 1 Lemon● Grass Fed Butter● Roasted Garlic● Broccoli - bite size● Peas- Frozen● Salt and pepper● Baked sweet potato
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">● Bake Sweet Potato - Prep Item #5● Roasted Garlic - Prep Item #5● Brine Salmon - Prep Item #1	Can use another type of wild caught fish, or bake chicken.
Amy's Input	Alternatives
A meat thermometer will be really helpful for cooking fish well!	Brine salmon. Add minced Ginger to butter mixture.



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Week 2 Meal Plan

Recipe #12 Tofu w/ Stir Fried Vegetables

Serves 2 | Cooking Time 30 min

Refer to Prep Item #6 for Marinated Baked Tofu, or use another protein.

Directions	Ingredients
<ol style="list-style-type: none">1. In wok or large skillet saute onions in olive oil until onions are soft starting to brown2. Add ginger and garlic. Cook one minute3. Turn to highest heat and add everything else except tamari, mirin and lemon juice and green onions.4. Cook trying to sear and get a little char on vegetables but don't over cook.5. Add Chicken broth6. Add 1 tbsp each of tamari, Mirin and lemon juice. Taste and add more if needed. Add pepper if needed7. Add green onions and finish cooking for a minute8. Serve with rice.	<ul style="list-style-type: none">● Baked tofu- chopped● Olive oil● 1 cup Chicken broth● Bok Choy- chopped● Onion - Chopped● Broccoli- chopped● Mushrooms- Crimini-sliced● Ginger- Fresh chopped fine● Garlic- chopped fine● Red Bell Pepper- chopped● Green onions- chopped● Mirin● Tamari● Lemon● Pepper
Do-Ahead Options	Substitutions
Cook rice with coconut oil.	Chicken or any meat
Amy's Input	Alternatives
Mirin is like a sweet rice vinegar but more versatile. Tamari is the real soy sauce and does not contain gluten. These are the backbones of stir fry dishes.	You can change up the flavor by using a quality teriyaki sauce or other spices/marinades.



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Week 2 Meal Plan

Recipe #13 Salmon Salad

Serves 2 | Assemble time 10 min

Refer to Recipe #11 for Baked Salmon, or use another protein.

Directions	Ingredients
<ol style="list-style-type: none">1. Combine ingredients in bowl and mix.2. Season with salt and pepper.3. Serve over mixed greens or as a sandwich.	<ul style="list-style-type: none">● 8 ounces Baked salmon Leftovers● 1 Tbsp Mayo● 2 Tbsp greek yogurt● 1 cup chopped celery● ¼ cup chopped parsley● 2 Tbsp capers● Salt and pepper● Mixed Greens
Do-Ahead Options	Substitutions
Bake Salmon. Combine seasoned mayo and store in fridge.	Dairy-free: use plain coconut yogurt.
Amy's Input	Alternatives
Eating fatty fish is crucial for getting enough omega-3 fatty acids in your diet. If you aren't eating fish 3-4x a week, you may need an omega-3 supplement.	Use canned salmon. Use leftover chicken or another protein.



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Week 2 Meal Plan

Recipe #14 Turkish Baba Ganoush

Serves 2 | Cooking Time 30 min

Eat with chopped vegetables as a snack, or add to a salad or sandwich.

Directions	Ingredients
<ol style="list-style-type: none">1. Preheat oven to 400 F2. Peel eggplant, cut into 1 inch cubes, discard the areas with seeds. Salt heavily and set aside for 30 minutes. Then rinse well3. Toss eggplant in olive oil and roast on parchment paper for 30 minutes until very soft and golden brown4. Add eggplant and the rest of the ingredients to blender. Blend, add water if too thick to blend5. Taste, add salt if needed	<ul style="list-style-type: none">• Large eggplant• 2 Tbsp Tahini• 3 cloves roasted garlic• ½ lemon juiced• ¼ cup greek yogurt• 1 tbsp olive oil• ½ tsp cumin• Salt
Do-Ahead Options	Substitutions
Roast Garlic - see Prep Item #5	Roasted Chickpeas instead of eggplant. Sunflower seeds for tahini.
Amy's Input	Alternatives
Salting and letting eggplant sit removes the bitterness. I don't like roasted chickpeas too much but Paul does.	Use canned chickpeas, rinse and toss in olive oil and roast. Roasted chickpeas can be added to salads or as a side dish. They're very versatile. You can also try different seasonings.



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Week 2 Meal Plan

Recipe #15 Guacamole

Serves 2 | Prep Time 10 min

Use for an easy snack w/ blue corn chips or vegetables, or on top of avocado toast.

Directions	Ingredients
<ol style="list-style-type: none">1. Mash ripe avocados.2. Combine the rest of ingredients into a bowl	<ul style="list-style-type: none">• 3 avocados• 1 lime, juiced• ½ cup finely diced green onions. Use green part also.• 3 tablespoons Cilantro chopped fine• 1 Roma tomato diced super fine• 1 tsp sea salt• Pinch of pepper
Do-Ahead Options	Substitutions
Make fresh when you can. Squeeze lime on top and thin coat of olive oil to keep from going brown if you don't eat and need to store	Parsley for cilantro.
Amy's Input	Alternatives
I don't like cilantro. Paul does. It's a genetic thing.	Throw everything in a food processor to blend.



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Week 2 Meal Plan

Recipe # 16 Overnight Oats w/ Strawberries and Chia Seeds

Serves 2 | Prep Time 10 min

Directions	Ingredients
<ol style="list-style-type: none">1. Soak your ½ cup oats in 1 cup of coconut milk.2. If you choose to add chia seeds, add ½ cup of coconut milk per 3 tbsp chia seeds.3. Adjust liquid content to your preference with trial and error.4. Don't add your topping or extras until the next morning. Fruit oxidizes and nuts get soggy.5. Soak your oats to save time. Take a photo of making it to work on time. And take the minute of time to dress the oats up in the morning to it up to make it your own.	<ul style="list-style-type: none">• ½ cup rolled or steel cut oats• 1 - 1 ½ c coconut milk• 3 tbsp chia seeds• Frozen or Fresh Strawberries• Maple syrup or honey or raw sugar• Pecans
Do-Ahead Options	Substitutions
Soak oats and chia seeds	Anything you have on hand
Amy's Input	Alternatives
Steel cut oats have a little more resistant starch and will keep you fuller longer but are chewy. Old fashioned rolled oats will be more creamy.	Can make w/ or w/out chia seeds. Take a photo of your kids or dogs instead of your oatmeal.



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Week 2 Meal Plan

Recipe # 17 Smoothie w/ Sweet Potato & Banana

Serves 2 | Prep Time 10 min

Refer to Prep Item #5 for Baked Sweet Potato.

Directions	Ingredients
<ol style="list-style-type: none">1. Place ingredients in blender and blend until smooth.2. Add more liquid if you prefer a thinner smoothie..	<ul style="list-style-type: none">● 4 Scoops Foundation Shake● Half Baked Sweet Potato-no skin● 1 Banana● 1 tsp cinnamon● 12 ounces coconut milk● ½ cup ice
Do-Ahead Options	Substitutions
Bake sweet potatoes	Anything you have on hand
Amy's Input	Alternatives
This is a very hearty shake and will stick with you. Try and use slightly green banana since it has less sugar.	Add pecans



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Week 2 Meal Plan

Recipe #18 Avocado Toast - Guacamole, Tomato, Dukkha

Serves 2 | Prep Time 10 min

Refer to Recipe #15 for Guacamole.

Directions	Ingredients
<ol style="list-style-type: none">1. Toast bread.2. Spread Guacamole on toast.3. Add sliced tomato, lemon juice and sprinkle dukkha on top.	<ul style="list-style-type: none">● Ezekiel Sprouted Grain Bread● Guacamole● Sliced tomato● Lemon wedge● Toast● Dukkha● Salt and Pepper
Do-Ahead Options	Substitutions
Prepare Guacamole	Gluten-free: choose gluten-free bread.
Amy's Input	Alternatives
You will learn to use Dukkha (aka King Tut's Nuts and Seeds) on soooo many things. It's a toasted mixture of nuts, cumin seeds and spices. Paul's recipe is fantastic and is true to this Egyptian staple.	<p>If you don't have Dukkha just use salt and pepper and wish you had some.</p> <p>Or - use another spice blend you have on hand that will compliment the guacamole.</p> <p>Add a fried egg on top!</p>



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Week 2 Meal Plan

Recipe #19 Spaghetti Squash w/ Shrimp Vegetables and Basil Pesto

Serves 2 | Cook time 60 min

Refer to Prep Item #5 for Baked Spaghetti Squash.

Directions	Ingredients
<ol style="list-style-type: none">1. Use fork to gently remove squash from skin, it will come out in long "noodles". Put in pan w/ half cup of chicken stock and 2 tbs olive oil to reheat on low. Add water if needed to keep from sticking. Just needs to be warm.2. In large skillet Saute onions in 3 tbsp olive oil until soft3. Add garlic cook another minute4. Add shrimp and remaining ingredients (except pesto) and cook on high until shrimp change color and are done, about 4-5 minutes5. Add Pesto and stir into shrimp and vegetables6. Serve over the spaghetti squash	<ul style="list-style-type: none">● 1 Spaghetti Squash- Baked● 1 pound wild caught shrimp- shell on-thawed● 1 cup onion diced● 1 cup chicken stock● 1 clove garlic minced● 5 Tbsp olive oil● 2 Roma Tomatoes-chopped● ½ cup Green onions-chopped● 1 Cup Sliced Broccoli● ½ cup Parsley chopped● 1 Basil Pesto- jarred
Do-Ahead Options	Substitutions
Bake Spaghetti Squash	Sliced Chicken
Amy's Input	Alternatives
Everyone loves noodles. Spaghetti squash is great way to get a healthy version of any noodle dish. Add garlic after onions are almost done, as garlic burns easily.	Use another jarred pasta sauce.



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Week 2 Meal Plan

Recipe #20 Vegetable Egg Scramble

Serves 2 | Cook Time 10 min

Can use leftover roasted vegetables for this (Prep Items 3 & 4).

Directions	Ingredients
<ol style="list-style-type: none">1. Saute onions in olive oil until soft2. And vegetables, season with salt and pepper and stir fry until al dente (to taste)3. Beat eggs and pour over vegetables4. Cook until done.	<ul style="list-style-type: none">● 4 eggs● ½ cup broccoli- chopped● ½ cup cauliflower- chopped● ½ cup parsley- chopped● ½ cup onion- chopped● Olive oil● Salt and pepper
Do-Ahead Options	Substitutions
Chop Vegetables	
Amy's Input	Alternatives
Get in the habit of having the vegetables as the main part of the "omlet". It's not as pretty but you will start your day with three or more servings of goodness. Most Americans get too much protein.	Anything you have on hand.



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Week 2 Meal Plan

Recipe #21 Baked Apples

Serves 2 | Cook Time 35 min

Directions	Ingredients
<ol style="list-style-type: none">1. Preheat oven to 375 F2. Core apples3. Mix maple syrup, cinnamon and pecans and place inside cored apple4. Top each apple w/ pat of butter5. Place in glass dish with a cup of water in bottom of dish and bake for 30-45 minutes	<ul style="list-style-type: none">• 2 large apples• 2 Tbsp maple syrup• 1 Tbsp butter• 1 Tsp cinnamon• 4 Tbsp Pecans-chopped• Water
Do-Ahead Options	Substitutions
Bake in advance	Any type of nut and sub brown sugar for maple syrup
Amy's Input	Alternatives
My mom used to do the same recipe but in the microwave. Microwaves are controversial but really the main bad thing is being near them when they are on. They don't hurt the food, its non-ionizing radiation. It just heats the water molecules. Microwaves are bad for you because of the electromagnetic field. If you are more than 10 feet away, it's pretty safe.	Don't use any sweetener. It's still really good.



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Week 2 Meal Plan

Recipe #22 Fried Sweet Potato Slices

Cook Time 10 min

Directions	Ingredients
<ol style="list-style-type: none">1. Slice potato into ½ thick round sections.2. Gently fry in coconut oil until golden brown on both sides.3. Sprinkle with cinnamon	<ul style="list-style-type: none">• Baked sweet potato• Coconut oil• Cinnamon
Do-Ahead Options	Substitutions
Bake sweet potatoes - Prep Item #5	Grass-fed butter instead of coconut oil.
Amy's Input	Alternatives
It's a texture thing. The sweet potatoes crisp up and are so good. Kids will love them. Great for breakfast also!	Pumpkin spice in place of cinnamon.