**Week 3 Menu, Shopping List, and Recipes**

**Menu**

Monday: The Bowl: Beef and Veggie Bowl

Tuesday: The Plate: Cod Piccata

Wednesday: The Salad: Avocado and Orange Quinoa Salad

Thursday: The Soup: Creamy Chicken Enchilada Soup

Friday: The Wrap: BLT Turkey Wraps

Saturday: The Pan: Sun Dried Lemon Based Salmon and Asparagus

Sunday: The Grill: Balsamic Chicken

**Shopping List**

Most recipes serve 4. You can increase or modify any recipe as needed. Leftovers can be used for lunch or frozen for a later date. Enjoy!

**Produce**

I head of fresh broccoli

1 lb. fresh brussels sprouts

1 bell pepper

2 lemons (or lemon juice)

10 oz asparagus

1 bunch of fresh parsley

8 cups fresh spring mix

2 leaves of lettuce (or use leftover spring mix)

3 fresh clementine oranges or 1 can (15 oz.) mandarin oranges, well drained

2 large ripe avocados

8 cloves garlic, minced (can buy garlic in a jar)

1 orange

1 medium onion

2 celery stalks

1 medium carrot

1 large red bell pepper

1 small tomato

**Canned Goods or Pantry**

3/4 cup chicken stock

1/4 cup capers

1/2 tablespoon Dijon mustard

2 tablespoons apple cider vinegar

6-1/2 tablespoons extra virgin olive oil

1-1/2 tablespoons honey or coconut sugar

15 oz can of diced fire-roasted Tomatoes

¼ Cup Tomato Paste

4 Cups Low Sodium Chicken Broth

1 x 14.5 oz can of red kidney beans

1 x 14.5 oz can of black beans

1 package of large, gluten free tortilla*s*

1 T ranch dressing (or salad dressing of choice)

3 Tbsp dry white wine

3 oz diced sun-dried tomatoes in olive oil just tomatoes

¼ c balsamic vinegar

2 T coconut aminos

**Pasta & Grains**

1/2 cup uncooked quinoa

**Baking & Spices & Nuts**

Plenty of salt and pepper

1/2 tsp chili powder

3 tbsp olive oil, *extra virgin*

1 ½ tsp garlic powder

1/2 tsp paprika

1 tsp dry crushed basil

1/2 tsp ground mustard

1/3 cup almond flour

1½ Tsp ground cumin

1 Tbsp chili powder

1 Tsp dried oregano

1 tsp Italian seasoning

1/3 cup shelled and coarsely chopped, roasted and lightly salted pistachios

**Oils, Vinegars & Condiments**

1/2 cup mayonnaise

1 tbsp ketchup (low sugar)

1/2 tsp Tabasco (or hot sauce of choice)

2-3 tbsp extra virgin olive oil

3 Tbsp avocado oil

**Dairy or Non-Dairy Alternatives**

1/3 C crumbled feta cheese (optional or dairy-free alternative)

1 C Mexican Shredded Cheese Blend (optional or dairy-free alternative)

**Meat**

1 lb. lean ground beef

1 lb. cod fillets

1 rotisserie chicken

¼ lb. sliced turkey

2 bacon slices

1½ lbs. boneless skinless chicken thighs

1 lb. salmon fillets skin on

**Frozen**

1 Cup Fresh or Frozen Sweet Corn

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Recipes**

**Monday: The Bowl: Beef and Veggie Bowl**

BEEF

1 lb. lean ground beef

1/2 tsp salt

1/2 tsp pepper

1/2 tsp chili powder

VEGGIES

1 head of fresh broccoli

1 lb. fresh brussels sprouts

1 bell pepper

3 tbsp olive oil, *extra virgin*

1/2 tsp salt

1/2 tsp pepper

1/2 tsp garlic powder

SAUCE

1/2 cup mayo

1 tbsp ketchup (low sugar)

1 tsp lemon juice

1/2 tsp Tabasco

1/2 tsp paprika

1/2 tsp garlic powder

1/2 tsp ground mustard

1/2 tsp salt

Instructions

Preheat oven to 425 degrees.

Cut any large broccoli florets in half or thirds. Add broccoli florets to baking sheet in a single layer.

Trim the bottom of each brussels sprout and peel away the first layer of leaves for a deep clean. Add them to your baking sheet in a single layer beside the broccoli.

Slice your pepper into strips. Spread in a single layer on baking sheet beside the other veggies.

Drizzle olive oil over all veggies and mix to coat. Sprinkle with salt, pepper, and garlic powder. Bake for 20 to 25 minutes.

While vegetables are roasting, add your ground beef to a skillet on the stovetop and cook beef until it is crumbly on medium high heat. Drain any extra liquid. Then stir in salt, pepper, and chili powder.

Add all Sauce ingredients to a bowl and stir together until well combined.

To assemble, divide all roasted veggies into bowls. Top with cooked ground beef and Sauce. Serve and enjoy!

**Tuesday: The Plate: Cod Piccata**

Ingredients

1 lb. cod fillets

1/3 cup almond flour

1/2 tsp salt

2-3 tbsp extra virgin olive oil

2 tbsp avocado oil, divided

3/4 cup chicken stock

3 tbsp lemon juice

1/4 cup capers, drained

2 tbsp fresh parsley, chopped

**Instructions**

Stir the almond flour and salt together in a shallow bowl. Rinse off the fish and pat dry with a paper towel. Dredge the fish in the almond flour mixture to coat.

Heat enough olive oil to coat the bottom of a large skillet over medium-high heat along with one tablespoon avocado oil. Working in batches, add the cod and cook for 2-3 minutes per side to brown. Remove to a plate and set aside.

Add the chicken stock, lemon juice, and capers to the same skillet and scrape any browned bits off the bottom. Simmer to reduce the sauce by almost half. Remove from heat and stir in the remaining tablespoon of avocado oil.

To serve, divide the cod onto plates, drizzle with the sauce, and sprinkle with parsley. Enjoy!

**Wednesday: The Salad: Avocado and Orange Quinoa Salad**

Ingredients

Salad

1/2 cup uncooked quinoa

5 cups fresh spring mix

3 fresh clementine oranges or 1 can (15 oz.) mandarin oranges, well drained

1/3 cup shelled and coarsely chopped, roasted, and lightly salted pistachios

1/3 cup crumbled feta cheese (optional if dairy free)

1 large ripe avocado, diced

1 teaspoon fresh lemon juice, optional

#### Dressing

1/4 teaspoon minced garlic

1/2 tablespoon Dijon mustard

2 tablespoons apple cider vinegar

1 tablespoon freshly squeezed lemon juice

1 tablespoon freshly squeezed orange juice

2-1/2 tablespoons extra virgin olive oil

1-1/2 tablespoons honey (add slowly to desired sweetness)

Fine sea salt and freshly cracked pepper

INSTRUCTIONS

* **QUINOA**: Cook quinoa according to directions and set aside.
* **DRESSING**: Combine the dressing ingredients in a Mason jar. Add salt and pepper to taste. Seal the jar and shake until ingredients are combined. Refrigerate until ready to serve.
* **SALAD PREP**: Thoroughly drain the mandarin oranges or peel and segment clementines, shell and coarsely chop the pistachios, remove the skin and pit of the avocado, and thinly slice or chop. Drizzle the fresh lemon over the avocado.
* **SALAD ASSEMBLY**: In a large bowl, add in the spring salad mix and the cool and cooked quinoa. Gently toss to combine. Add in the oranges, pistachios, feta cheese, and avocado. Remove the dressing from the fridge, shake well, and pour desired amount over the salad**.**  Add salt and pepper to taste and gently toss. Serve and enjoy!

Top of Form

**Thursday: The Soup:** Creamy Chicken Enchilada Soup

### Ingredients

1 Tbsp. avocado oil

1 Medium Onion, diced

2 Celery Stalks, sliced

1 Medium Carrot, thinly sliced

1 Large Red Bell Pepper, diced

2-3 Garlic Cloves, chopped

1½ Tsp Ground Cumin

1 Tbsp Chili Powder

1 Tsp Dried Oregano

1 -15 oz can diced fire-roasted tomatoes

¼ Cup Tomato Paste

4 Cups Low Sodium Chicken Broth

1 -14.5 oz can Red Kidney Beans drain and rinsed

1 -14.5 oz can Black Beans, drain and rinsed

1 Cup Fresh or Frozen Sweet Corn

2 Cups Shredded Cooked Chicken (aka. Rotisserie chicken)

1 Cup Mexican Shredded Cheese Blend for garnishing (optional)

Salt and pepper, to your taste

Instructions

Melt butter or ghee (add avocado oil if using) in a large stockpot over medium-high heat.

Add onion, celery, carrots, bell pepper, garlic and cook until softens, about 5-6 minutes.

Stir in seasonings, diced tomatoes, tomato paste, and chicken broth and bring to a boil. Lower the heat and simmer for about 10-15 minutes, or until veggies are very tender.

Remove from heat and using a hand blender, blend the soup until smooth and creamy. Place the soup back over medium heat and add in beans, corn and shredded cooked chicken.

Stir to combine and boil for a couple of minutes, just to heat it all up. Pour into bowls and top with shredded cheese or your favorite toppings. Enjoy!

**Friday: The Wrap:** BLT Turkey Wraps

Ingredients

1 10-inch gluten free large tortilla

1 tablespoon ranch, or dressing of choice

2 leaves of lettuce

1/4 lb. sliced deli turkey

2 bacon slices, cooked

1/4 avocado, sliced thin

1/4 tomato, sliced thin

Ingredients

Spread the dressing over the tortilla. Layer the tortilla on one side with lettuce, then turkey, then bacon, and then vegies. Make sure to leave the edges clear. Fold the ends under and tightly wrap the tortilla, starting with the side containing the filling. Serve and enjoy!

**Saturday: The Pan:** Sun Dried Lemon Based Salmon and Asparagus

Ingredients

1 lb. salmon fillets, skin on

10 oz asparagus

Zest from 1 lemon

Juice from 1/2 lemon

2 Tbsp olive oil

3 Tbsp dry white wine

3 oz diced sun-dried tomatoes in olive oil just tomatoes

1 tsp dry crushed basil

4 large garlic cloves

Salt and black pepper

### Instructions

Preheat the oven to 425 and line a rimmed baking sheet with parchment paper. I like to create a border with parchment paper edges so the sauce and juices stay inside.

Rub salmon skin with some oil and place salmon fillets on the parchment paper, skin down. Season salmon with a little salt and pepper.

Cut the white edges of the asparagus off and cut the stalks in half, to create shorter pieces. Add asparagus to the baking sheet, around salmon. Try to place asparagus in one layer so it bakes evenly.

In a small bowl, combine lemon zest, lemon juice, olive oil, wine, sun-dried tomatoes, pressed garlic, dry basil, salt, and pepper. Whisk well and spoon the sauce mixture over salmon and asparagus.

Bake for 18-20 minutes, depending on the thickness of salmon fillets. Serve and enjoy!

**Sunday: The Grill:** Balsamic Chicken

Ingredients

¼ c balsamic vinegar

2 tbsp coconut aminos

2 tbsp olive oil

1 tsp kosher salt

1 tsp Italian seasoning

½ tsp [garlic powder](https://amzn.to/2M7KUWi)

1½ lbs. boneless skinless chicken thighs, fat deposits trimmed

Side salad of greens dressed in olive oil, lemon, salt and pepper dressing

### Instructions

Combine balsamic vinegar, coconut aminos, olive oil, salt, Italian seasoning, and garlic powder in a one-cup measuring cup or small bowl. Whisk until emulsified.

Arrange the chicken thighs in a single layer in a baking dish. Pour the marinade over the chicken and coat all pieces evenly. Cover with plastic wrap and chill at least 30 minutes, ideally 2 hours, and up to 12 hours. Flip chicken midway through the marinade time.

Heat a grill or grill pan over high heat. Transfer the chicken thighs to the grill using tongs and grill for 4-5 minutes. Occasionally baste the raw side of the chicken with the remaining marinade. Flip the chicken, then grill for an additional 4-5 minutes or until an instant read thermometer reads 165°F when inserted into the thickest portion of the thigh.

Transfer to a plate and rest 5 minutes. Slice against the grain and serve with a side salad. Enjoy!