

WEEK 3: MEAL PLAN – Fall/Winter

Breakfast:

Continue shakes as before and play with flavor combos. When you find new ones you love, share them with the group! Optional weekend fixes:

[Turkey egg breakfast cups](#) – Tips: sub deli turkey for ham & grated non-dairy parmesan “cheese”
[Apple Pie Oatmeal](#)

Lunch: Continue shakes as before or dinner leftovers.

Snacks: Continue as before. Try adding new nuts...or different veggies with your hummus.

Dessert/Sweet Treats: [Apple berry crisp](#)

Dinner:

Shrimp & fried rice

Tomato Basil Soup & Grilled Cheese

Black Bean & Sweet Potato Quesadilla & Cilantro Lime Rice

Spinach & Pepperjack-Stuffed Chicken & Spinach Salad

Porcupine Meatballs & Spinach Salad

Bruschetta Chicken & Roasted Broccoli

WEEK 3: SHOPPING LIST

Be sure to check your fridge & pantry. You may still have some of these ingredients! I highlighted in red those we used last week & you may have enough of!

Produce:

Blackberries
Blueberries
Strawberries
Green Apples
Sweet potato, 1 large
Spinach, large
Cucumber
Bell pepper
Onion
Tomatoes, 2 large
Hummus
Lemon
Green onions
Broccoli
Cilantro
Carrots
Limes
Fresh Basil
Fresh Garlic

Meat:

Shrimp, 8-10/person
1 lb Ground beef, turkey or deer
Chicken breast, 2/person (1 ea for 2 meals)
½ lb deli Turkey slices (*Boars Head or*

Applegate Farms)

Dairy:

Almond or coconut Milk (1-2 for shakes)
Cheddar "cheese"
Eggs
[Mozzarella "cheese"](#)
[Pepper jack "cheese"](#)
Butter ([Dairy & Soy-free Earth Balance](#))

Pantry:

2 (14oz) cans crushed tomatoes
1 (14oz) can whole tomatoes
[Can coconut milk](#)
1 (16oz) can Low sodium Chicken broth
Can Black beans
[GF Tortillas](#) 2/pp
Unsweetened organic apple sauce
Low sodium Tomato juice
Veggie chips
Pecans
[Arrowroot powder](#) (baking)
Almond butter
[Almond flour](#)
GF Oats
Brown rice
GF Bread
Cinnamon
[Brown Rice Syrup](#)

WEEK 3: RECIPES

Baked Egg Cups

12 Eggs
12 thin slices of deli ham (round)
1/2 Cup of your favorite cheese (I used Parmesan)
1/2 Cup diced scallions
Fresh cracked Sea Salt and Pepper



Preheat the oven to 400. Spray a muffin tin with cooking spray. Lay a piece of ham in each hole creating a little ham cup. Crack one egg into each hole and sprinkle with salt and pepper.

Bake the eggs for about 12 minutes...until the white is firm and the yolk is still nice and runny.

Carefully remove each egg from the muffin tin and top with grated cheese and scallions. Serve hot! Yield:

12

Tips: sub deli turkey for ham & grated non-dairy parmesan “cheese”

Apple Pie Oatmeal

<http://www.familyfeedbag.com/search?updated-max=2011-04-15T07%3A13%3A00-07%3A00&max-results=12>

1 apple, cored and chopped (skins on)
1 cup water
1/2 cup quick cooking oats
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg

I bring the water to a boil in a small saucepan. Then I add the oats, apple, cinnamon, and nutmeg. The heat gets adjusted to low and the oatmeal is simmered for 2-3 minutes while I stir and feel hungry. That's all there is to it. Serve it with a splash of milk and a little or a lot of brown sugar sprinkled on top.



Apple Berry Crisp

3 green apples skinned and diced
1 c blackberries
3/4 c blueberries
3 T arrowroot flour
4 T brown rice syrup
1/4 c coconut oil or Earth balance butter melted
1 c pecans finely processed
1 c gluten free oats
Juice 1 lemon Zest
1 lemon
1/2 t cinnamon
Pinch salt



Place apples and berries in 9x9 pan. Sprinkle over fruit the cornstarch and cinnamon and lemon juice.

In separate bowl combine oats, pecans, honey, coconut oil, salt, Agave, Lemon zest and pour over

Bake 350 30 minutes! This is a good, clean, and detox friendly treat! Serve Warm. Drizzle brown rice syrup to top if desired.

Tomato Basil Soup & Grilled Cheese

<http://jennysteffens.blogspot.com/2011/01/recipes-tomato-basil-soup-best-grilled.html>

3 cloves of garlic, minced
2 tablespoons of olive oil
2 - 14 oz. cans crushed tomatoes
1 - 14 oz. can whole tomatoes
2 cups of stock (chicken or vegetable)
1 tsp sea salt
1 tsp coconut sugar
1/2 tsp fresh ground black pepper
1/4 cup of coconut milk/cream
(from can)
3 tablespoons of fresh basil, julienned
Dairy-free/soy-free parmesan
"cheese" (optional)



In a saucepan, sauté garlic in olive oil on medium heat for 1 minute - being careful not to burn the garlic. Add the crushed tomatoes. Add the whole tomatoes one at a time, squeezing them into the pan to break them up. Add the juice from the whole tomatoes, as well. Add chicken stock, salt, pepper and sugar. Cook the soup on medium at a simmer for 10 minutes. To finish, reduce the heat to low and stir in coconut cream and basil.

Serve topped with dairy-free parmesan "cheese" or a grilled 'cheese' sandwich.

Grilled cheese

Use GF bread and 2 non-dairy cheeses of your choice (cheddar & mozzarella). In a hot skillet/griddle pan, melt 2-3 tbsp "butter" & grill the sandwiches on medium heat for about 3 minutes on each side until they are brown and the cheese has melted.

Black Bean & Sweet Potato Quesadilla & Cilantro Lime Rice

<http://www.closetcooking.com/2012/02/sweet-potato-and-black-bean-quesadillas.html>

Servings: makes 1 serving

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Ingredients

- 1 (10 inch) tortilla (GF)
- 1/2 cup cheddar, shredded (non-dairy)
- 1/4 cup chipotle roasted sweet potatoes and chipotle black beans
- 1 tablespoon swiss chard pesto (see tips below)

Directions

1. Place the tortilla in the pan, sprinkle half of the cheese over half of the tortilla, then top with the chipotle roasted sweet potatoes and chipotle black beans, swiss chard pesto and the remaining cheese.
2. Fold the tortilla in half coving the filling and cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2-4 minutes per side.
3. Serve garnished with more pesto and herbs.

Tip: Omit pesto & sub in avocado &/or cilantro



Cilantro Lime Basmati Brown Rice

See the recipe online at www.TheYummyLife.com/recipes/187

By Monica makes 8 cups

The vegetarian rice is a yummy side with Mexican food. It's also a nice complement to Indian dishes and curries.

Ingredients

- 2-1/2 cups (1 pound) uncooked brown rice
- 4 cups (1 quart) vegetable broth (low sodium preferred)
- 2 garlic cloves, minced
- 1/4 cup fresh lime juice
- 1-1/2 tablespoons olive oil
- 1/2 to 1 teaspoon kosher salt (or more, to taste, if using low-sodium broth)
- 1-1/2 teaspoons dried oregano (Mexican preferred)
- 1-1/2 teaspoons ground cumin
- 1/2 teaspoon ground white pepper
- 1-1/4 cups fresh cilantro, chopped



Directions

1. Add rice and vegetable broth to 3 quart pan; bring to boil over high heat, give it a quick stir, cover and lower heat to lowest simmer setting. Continue to simmer on low for 45 minutes.
2. Remove from heat and let stand covered for 5 minutes, or until any remaining liquid in bottom of pan is absorbed. Fluff with fork.
3. While rice cooks, whisk together the garlic, lime juice, olive oil, salt, oregano, cumin, and pepper. Pour over cooked rice, add the cilantro, and lightly toss with fork until combined. Taste and add salt, if desired.
4. Freezes and reheats well. Rice and broth may be cooked in a rice cooker instead of on stove top. Recipe may be doubled.

Nutritional Information (for 1/2 cup serving): 89 calories, 1.4g fat, 17.4g carbs, .9g fiber, 1.6g protein;

Cajun Chicken Stuffed with Pepper Jack Cheese & Spinach

<http://cuckooking.blogspot.com/2010/08/cajun-chicken-with-pepper-jack-cheese.html>

Ingredients:

Serves 4

Preparation time: 15 minutes

Cooking time: 40 minutes

- 1 lb boneless, skinless chicken breasts
- 4 oz pepper jack 'cheese', shredded
- 1 c frozen spinach, thawed and drained (you can also use fresh cooked spinach)
- 2 tbsp olive oil
- 2 tbsp Cajun seasoning - click [here](#) for my homemade Cajun spice recipe
- 1 tbsp breadcrumbs (GF or omit)
- Sea salt, to taste
- Freshly ground black pepper, to taste
- Lots of toothpicks



Directions:

1. Preheat oven to 350 degrees.
2. Flatten the chicken to 1/4-inch thickness. Season the chicken with salt and pepper.
3. In a medium bowl, combine the pepper jack cheese, spinach, salt and pepper.
4. Combine the Cajun seasoning and breadcrumbs together in a small bowl.
5. Spoon about 1/4 c of the spinach mixture onto each chicken breast. Roll each chicken breast tightly and fasten the seams with several toothpicks. This part requires a tiny bit of skill and I typically use about 8 toothpicks in each roll to ensure none of the filling seeps out. Be sure to count how many total toothpicks were used!

6. Brush each chicken breast with the olive oil. Sprinkle the Cajun seasoning mixture evenly over all. Make sure you get underneath, too. Sprinkle any remaining spinach and cheese on top of chicken (optional).
7. Place the chicken seam-side up onto a tin foil-lined baking sheet (for easy cleanup). Bake for 35 to 40 minutes, or until chicken is cooked through.
8. Remove the toothpicks before serving. Count to make sure you have removed every last toothpick. Serve whole or slice into medallions.

Strawberry Spinach Salad (from week 1)

Mix 2 generous handfuls fresh baby spinach, 1/3 cucumber (diced), Couple rings of red onion (diced), Handful of strawberries (tops removed & diced), almonds and drizzle with olive oil, fresh-squeezed lemon juice, salt & pepper.

Porcupine Meatballs

- 1 lb organic ground beef, turkey or deer
- 1 c (half-cooked) brown rice
- 1 tsp salt
- 1/4 tsp pepper
- dash chili powder (optional)
- 1/2 medium onion, diced
- 1/2 bell pepper, diced
- 2 1/2 c low-sodium tomato juice



Cook ½ cup brown rice per package instructions for about 25 minutes (about half recommended time). Combine beef, rice, salt & pepper and roll into balls & place in 9x9 (or larger) baking dish. Sauté onion & pepper. Pour onion/peppers over meatballs and follow with tomato juice. Cover with foil & bake at 350 for 1-1.5 hours. I usually uncover last 15-30 minutes.

Bruschetta Chicken & Roasted Broccoli

<http://www.flickr.com/photos/meredithdavis/3517153046/in/pool-34955636712@N01/>

Ingredients:

1/2 cup flour (use almond flour)
2 eggs, beaten
4 boneless, skinless chicken breasts
1/4 cup grated parmesan cheese (Dairy Free)
1/4 cup crushed garlic croutons (*make your own with GF bread; see tip below*)
1 tablespoon butter, melted (dairy free)
2 large tomatoes
3 tablespoons minced fresh basil
2 garlic cloves, minced (approx. 1 teaspoon)
1 tablespoon olive oil
salt & pepper to taste



Directions:

Preheat oven to 375 degrees. Grease 9x13 baking dish. Place flour & beaten eggs in separate shallow bowls. Dip chicken into flour, then into eggs. Place into baking dish. Combine parmesan cheese, crushed croutons, & melted butter then sprinkle on chicken. Loosely cover with foil. Bake for 30-40 minutes, or until top is browned and chicken is cooked through. Chop tomatoes and combine with last ingredients. Spoon mixture over chicken, and return to oven for 5-7 minutes or until tomato mixture is heated through.

*note: bruschetta (tomatoes, garlic, basil, olive oil) can also be made in blender.

Roasted Broccoli

(or other veggies left in your fridge) – See Week 1

Roasted Broccoli Preheat oven to 425. Remove bulk of stems from 1 head of broccoli. Prepare cookie sheet with coconut or olive oil spray and place broccoli evenly on pan. Place a couple pats of butter across the top. Sprinkle with salt/pepper and garlic salt. Roast for 8-10 minutes and serve.