SUMMERTIME CHALLENGE 2015

JUST EAT WHOLE FOODS!

An Easy 30-Day Meal Plan For Eating Well
WHY WHOLE FOODS?

Whether you are a seasoned athlete or couch potato, eating whole foods – i.e. “real food” – has helped millions of people change their lives. For those who are just starting to eliminate processed “junk,” congratulations! We are confident this challenge will provide you with the tools (education and knowledge) to help in your journey to improve your health. For those who have dabbled in eliminated processed foods, we hope this challenge can kick start a lifelong change.

EATING REAL FOOD!

Eating “real food” is all about nourishing our bodies with the food that fuels it best and reducing inflammation and disease in our bodies.

- **Whole foods include items such as meat, eggs, vegetables, healthy fats, some fruits and “nuts and seeds.”**

- **Whole foods are not processed foods that are hard on our bodies such as grains, “legumes (beans, peas, peanuts), low-fat processed dairy and added sugar.”**

For our PRO participants, certain safer grains like rice, quinoa, and gluten free oats are an exception to the rule, as they do not promote inflammation like many other grains. Also, full fat grass fed dairy can be beneficial if tolerated by the individual.

**BENEFITS OF FUELING UP ON WHOLE FOODS**

Decrease body fat, reverse hyperinsulinemia, lower blood pressure, improve lipid profile panel, have more energy, decrease inflammation, better mental clarity, lower blood glucose levels, have better digestion, gain muscle, increase bone density, reverse/decrease the risk of diabetes, increase quality of life, and of course get stronger.

**WEIGHT LOSS:**

Two very important aspect of weight loss are blood sugar control and calorie intake. You must understand that the quantity/quality of food and the carbohydrate/fat/protein composition of your diet will impact your results. If losing weight is high on your list of desired results, you must find a carbohydrate load that works for YOU – not your neighbor, your coach or your friend.
30 DAY MEAL PLAN

HOW IT WORKS FOR YOU:
This meal plan includes simple meals made from real food. There is nothing fancy about it; instead, the meal plan is intended to make things easier on you by presenting realistic, tasty and healthy options. The calories range from 1600-1800 calories/day, around 100 carbohydrates/day, 80-110 grams of fat/day and 80-130 grams of protein/day. If you are trying to lose weight, scale back a bit and limit the higher calorie “optional ingredients,” such as grass-fed butter and honey. If you are trying to gain weight, eat more, include the “optional ingredients” and consider adding in an extra healthy snack. If you are super active, increase the amount of carbohydrates from produce a bit (i.e. an extra sweet potato or serving of fruit). Also, be sure to treat the analysis as an estimate, not an exact number, as it is difficult to be completely precise.

All days have a post workout recovery meal (i.e. protein/carbohydrates sources or a shake) added into the total nutrient analysis. Your post workout recovery should include 30 grams protein and 30 grams carbohydrate (an additional 240 kcal/day). If you don’t exercise one day, no worries. Just continue the meal plan as normal and eat to satisfy your body as it recovers. If you are unable to exercise, follow the meal plan and add in an additional snack if necessary.

GROCERY LIST AND MEAL PREP:
Each week starts with a Sunday grocery shopping list and meal prep: (e.g.) big batch chicken, boiled eggs/egg muffins, baked sweet potatoes, cut up produce and homemade dressing. This will leave you with little (and many times no) cooking for breakfast or lunch and some simple batch cooking at dinner time to have leftovers for the next day. Most of the recipes are included within the meal plan, while others are “staple recipes” that can be found just about anywhere. Each week builds upon previous recipes and techniques learned, so you may have to look back at prior weeks. It is also very important to familiarize yourself with the weekly meal plan and prep instructions in advance so that you know what to expect . . . and what to save! While we provide a grocery list, it does not contain the specific amounts needed. That ultimately will depend on the amount of people you are trying to feed. But remember, the key is to make extra so you have meals for the following days. Meals can be seasoned with your favorite spices, sea salt, lemon/lime juice, etc.
POST WORKOUT RECOVERY OPTIONS

Each day meal plan automatically assumes that you will be consuming a post workout recovery option. Post workout meals should contain at least 30 g protein and 30 g carbs and should be consumed after your workout once you have cooled down.

REAL FOOD RECOVERY OPTIONS:
- Protein: any lean meat (chicken, turkey, fish, beef, etc.) (1 oz. of meat = 7 grams protein)
- Carbs: Starchy veggies (sweet potatoes/yams, squash, pumpkin, etc.), fresh fruit or coconut water (no sugar added) (1 medium sweet potato = 30 grams carbs)

SHAKES:
- Protein base: whey protein isolate (grass-fed if possible!) or egg white protein
- Add-ins: coconut milk, almond milk, coconut water (no sugar added), fresh fruit
- The Super Smoothie (Week One, Day Four) would be a great post workout recovery option!

If you are unable to exercise, follow the meal plan and add in an additional healthy snack (ex: handful of Trail Mix) if necessary.
SHOPPING HEALTHY

There is no easy way to go about shopping for whole foods. Take some time to research your local stores. You can search the web all you want to and get idea after idea on where and what to purchase. But stop for a second and think about how different areas have different stores, different seasons. I mean, heaven forbid you don’t have a Whole Foods in your town (we don’t). What we recommend is that you take some time and actually research your local stores (such as The Wild Ramp in Huntington, WV). Once you find out what foods are available and what foods are not, shopping becomes easier. It is always better to go into the store with a plan, and this will help avoid becoming overwhelmed somewhere in the fresh produce aisle. Having a plan before you go will also help you save money and waste less food.

HERE ARE SOME SUGGESTED ITEMS:

**Meats** - We always recommend grass-fed and pasture raised. In terms of purity and nutritional value, go as natural as you can. All game meat, organ meat, Chicken, Beef, Pork, Buffalo, Bison, Poultry, Turkey, Venison, Goat, Lamb.

**Eggs** - from chickens, quail, duck, etc. Look for pastured farm-fresh eggs if available.

**Fish/Shell fish** - We recommend it to be wild and not farmed raised. Salmon, Shrimp, Scallops, Sardines, Trout, Clams, Crab, Tuna, Lobster, Mussels, Oysters

**Nuts/Seeds** - Almonds, Brazil, Cashews, Macademia, Pecans, Pine-nuts, Pistachio Nuts, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Walnuts and any butter from these nuts. Please note that peanuts are not a nut. They are a legume.

**Oils** - Almond Oil, Avocado Oil, Coconut Oil, Cod Liver Oil, Fish Oil, Flax seed oil, Macademia Oil, Pecan Oil, Pistachio Oil, Poppyseed Oil, Pumpkin Seed Oil, Hazelnut Oil, Sesame Seed Oil, Walnut Oil. Recommendation: Cook with Coconut Oil and Flavor with Olive Oil and eliminate vegetable oils.

**Fruits/Vegetables** - Asparagus, Artichokes, Alfalfa Sprouts, Avocado, Apple, Apricot, Broccoli, Brussels Sprouts, Banana, Blackberries, Blueberries, Bell Peppers, Cabbage, Cauliflower, Carrots, Celery, Collard Greens, Cherries, Cucumber, Cranberries, Dates, Eggplant, Fig, Garlic Grapefruit, Grapes, Guava, Honeydew, Kale, Kiwi Fruit, Lettuce, Lemon, Lime, Mushrooms, Mango, Melons, Nectarine, Onions, Olives, Okra, Orange, Pumpkin, Papaya, Peach, Pineapple, Plum, Pomegranate, Passion Fruit, Radish, Red Cabbage, Raspberries, Spinach, Sauerkraut, Sprouts, Strawberries, Tomato, Tangerine, Watermelon, Yellow Squash, Zucchini. Starchy Vegetables Cassava, Yams, Sweet Potatoes, Pumpkin, Squash and Taro

**Fluids** - Water, coffee, Coconut milk, coconut water, almond milk
THE DEAL WITH GRAINS & DAIRY

Lets face it, our grains are not your grandmother’s grains. Our grains are highly processed, nutritionally void, and chock full of gluten (one reason why you see so many gluten intolerances). Grains have always been hard on our gastrointestinal system, causing bloating, diarrhea, constipation, weight gain, skin issues, etc., depending upon the person.

This is why ancient groups used to soak and sprout their grains in order to be able to digest them better. This doesn’t mean sprouted bread that you find at the stores these days is a “health food,” because many are still highly processed, usually contain a lot of gluten and lack nutrition. This also doesn’t exactly mean “gluten free” breads are a necessarily a health food either. Although they are gluten free and may contain some whole food ingredients, they can still be highly processed and you can end up consuming way too many calories from the almond and coconut flours based on the amounts ultimately used. So how can you replace grain products? Lettuce wraps for sandwiches and burgers, spaghetti squash or zucchini noodles for pasta and “riced” cauliflower for rice dishes. Although these methods may be new to you, experiment and have fun with them... you will eventually stop craving grains and will feel much better.

WHERE DO I GET CALCIUM FROM WITHOUT DAIRY?

Dairy, in its original form (from cows that are organically raised and allowed to eat their natural diet on the pasture, i.e. grass) contains many health benefits, such as conjugated linoleic acids or CLAs. These are a great source of healthy fat and antioxidants. CLAs are found in grass-fed beef and dairy. This is why you will see grass-fed butter as an option in the meal plan.

However, the dairy we just described is sadly not found in most grocery stores. Conventional dairy has been highly processed, especially in a reduced fat form, and is stripped of many of its nutritional benefits. While it may seem like you are getting tons of calcium and vitamin D from skim milk, it is much more complicated than that. You see, calcium and vitamin D require co-factors to be able to be absorbed in the body. For example, vitamin D is a fat soluble vitamin, so it requires fat to be able to be absorbed. But if there is no fat or reduced fat in the dairy you are consuming, it will be harder to absorb that calcium and vitamin D. In addition, many people are lactose intolerant and may want to avoid dairy all together.
SO WHERE CAN YOU GET YOU CALCIUM FROM IF YOU DON’T CONSUME DAIRY?
Other foods high in calcium include leafy green vegetables (like spinach and kale), fish (like salmon and sardines) and homemade bone broth (chicken stock). We have included some of these foods in the super foods list below. We have also included grass-fed yogurt because it has probiotics that are great for your gut.

ARE YOU INTOLERANT TO DAIRY?
Find out by trial and error. Cut it out for 2-3 weeks, add it back and see how you feel.

SUPER FOODS FOR **ADDED BENEFIT**

BELOW ARE A FEW SUPER FOODS YOU MAY CONSIDER ADDING TO YOUR DIET ALONG WITH THEIR BENEFITS:

- **Fermented foods** for gut health: grass-fed yogurt (if tolerated), kombucha (fermented tea), fermented vegetables (ex. Kim chi, sauerkraut)
- **Fish** for omega-3 fatty acids and calcium: sardines, salmon and other fatty fish
- **Bone broth** for gut health and calcium
- **Grass-fed meat and dairy** (butter, milk and yogurt) for CLAs
- **Eggs** for omega-3’s (pasture raised and organic if possible)
- **Liver** for lots of vitamins and minerals
- **Velvet Deer Antler** - Lurong Living Essential provides nutrients not found together in any other food source on the planet- support joint and bone health, decrease pain and inflammation, accelerate recovery time, and boost energy

Some of these foods may seem unorthodox, but they have been healing people for centuries! Experiment with different ways to prepare them and see how you feel!
## WEEK 1: SUNDAY SHOPPING LIST

### KITCHEN TOOLS
(for entire plan)
- Aluminum Foil
- Baking Sheets
- Blender/Food Processor
- Can Opener
- Crock Pot
- Cutting Board
- Hand-held
- Immersion Blender
- Knives
- Mason Jars
- Measuring Tools
- Meat Thermometer
- Muffin Pan
- Silicon Baking Cups (opt.)

### PANTRY STAPLES
(keep stocked for entire plan)
- Almond Flour
- Balsamic Vinegar
- Black Pepper
- Cinnamon
- Coconut Oil
- Dijon Mustard
- Honey (optional)
- Nut/Seed Butter (Almond & sunflower; not peanut butter)
- Olive Oil
- Protein Powder (opt.)
- Sea Salt

### PROTEIN
- Bacon
- Chicken breast
- Chicken thighs
- Eggs
- Ground Beef
- Ground Turkey
- Salmon Fillets
- Whole Chicken
- Cottage Cheese (opt)
- Greek Yogurt
- Plain Full Fat (opt.)

### PRODUCE
- Asparagus
- Avocados
- Baby Carrots
- Bananas (freeze several for smoothies)
- Bell Peppers
- Berries
- Broccoli
- Cauliflower
- Celery
- Cherry tomatoes
- Cucumbers
- Garlic Clove (optional)
- Grapes (optional for chicken salad)
- Mushrooms
- Onions
- Romaine Lettuce
- Slicing Tomatoes (optional)
- Spinach
- Sweet Potatoes

### MISCELLANEOUS
- Canned coconut milk
- Dried cranberries
- Dried oregano (optional for dressing)
- Grass-fed butter (i.e. Kerry Gold, opt.)
- Olive oil or avocado oil (opt.)
- Yellow mustard
- Salsa
- Slivered almonds
- Spices
- *Spice blend for Chicken: paprika, onion powder, garlic power, thyme, cayenne
- *Pick your favorite taco spices
- Walnuts (optional for chicken salad)
- Quinoa (optional)
WEEK 1 MEAL PLAN INSTRUCTIONS

SUNDAY FOOD PREP
For a productive and successful week, we recommend preparing the following on Sunday:

☐ Cook a big batch of chicken breasts (baked, grilled, or however you like it)
☐ Boil eggs
☐ Bake sweet potatoes
☐ Prepare some homemade dressing

*If you really want to go all out, chop up some produce for salads and such

WEEK 1 RECIPES AND METHODS

How to boil an egg: Place eggs in a pot, add water until eggs are covered well, sprinkle in some sea salt. Boil for 15 minutes over med/high heat. Discard hot water into sink and add cold water to allow eggs to cool.

How to bake sweet potatoes: Scrub and rinse sweet potatoes, dry them off and wrap them in foil. Bake for 45 minutes to 1 hour in a 400 degree oven.

Easy bacon method: Put foil on baking sheet and lay desired amount of bacon slices on foil. Bake in a 375 degree oven for 10-15 minutes, or until crispy brown. Remove bacon from pan onto a plate lined with paper towels to let bacon cool. Let bacon grease harden on foil and then discard.

Kitchen sink salad: 1 cup romaine lettuce; 1 cup spinach; ¼ cup cherry tomatoes; ¼ cup diced cucumbers; ¼ cup chopped carrots; ½ avocado; ½ apple chopped (green apples are good in this); 1 medium chicken breast; 1 hardboiled egg (optional). Chop up ingredients and mix in a large bowl.

Basic Balsamic Dressing: ¾ cup extra-virgin olive oil; ½ to ¾ cup balsamic vinegar; 1 minced clove of garlic or garlic powder; 2 tsp. Dijon mustard; Sea salt and black pepper (to taste); 1 tsp. dried oregano (optional). Put all ingredients in container/jar and shake to mix.

Homemade Mayo: 1 cup avocado oil or light olive oil; 1 egg; juice of ½ lemon; sea salt (a generous pinch); 1 tsp. Dijon mustard (optional). Put all ingredients in a wide mouth mason jar and use a hand-held immersion blender until thick and creamy.

Spice blend: 2 tsp. paprika; 1 tsp. sea salt; 1 tsp. onion powder; 1 tsp. thyme; ½ teaspoon garlic powder; ¼ tsp. cayenne pepper; ¼ tsp. black pepper

Note: Be sure to read through the weekly meal plan in advance so you know what to expect and what to save for leftovers. :-)
## WEEK 1 MEAL PLAN

<table>
<thead>
<tr>
<th>DAY</th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>ANALYSIS (Approximate)</th>
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<tr>
<td>MON</td>
<td>2 hard boiled eggs</td>
<td>*Kitchen sink salad with homemade dressing</td>
<td>Beef And Veggie Stir Fry: 1 lb. ground beef sautéed in 2 tbsp. coconut oil w/ 1 chopped onion, 1 chopped bell pepper, 1 pkg mushrooms chopped, 2 handfuls spinach Baked sweet potato w/ cinnamon</td>
<td>KCAL 1690 Carbs 95 g Protein 129 g Fat 94 g</td>
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<td></td>
<td>1 cup berries</td>
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<td>TUE</td>
<td>2 hard boiled egg</td>
<td>Leftover beef &amp; veggie stir fry 1 apple</td>
<td>Bacon Wrapped Chicken Thighs: Wrap 1 slice bacon around 1 chicken thigh, sprinkle w/ paprika (optional) and bake at 375 for 30 minutes or until done. Steamed broccoli w/ 1 tbsp. olive oil or grass-fed butter Baked sweet potato w/ cinnamon (can sub white potato)</td>
<td>KCAL 1688 Carbs 83 g Protein 147 g Fat 87 g</td>
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<td>⅓ an avocado plus 2 tbsp. salsa</td>
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<td><em>(or... Add cooked quinoa to 2 scrambled eggs and top w/ avocado and salsa (extra protein and carbs to keep you fueled!)</em></td>
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<td>WED</td>
<td>1 hard boiled egg</td>
<td>Leftover bacon wrapped chicken thighs Veggie salad w/ homemade dressing (small version of kitchen sink salad) 1 green apple</td>
<td>Salmon And Asparagus Bake: Put salmon and asparagus in a baking dish or pan and drizzle w/ 2 tbsp. melted coconut oil, season with your favorite spices and the juice of one half of a lemon, bake at 375 for 15-20 minutes or until fish flakes with a fork. Caulimash: Steam cauliflower until soft, then mash or puree it with 1 tbsp. olive oil or grass-fed butter, and season with sea salt and pepper. <em>(can Substitute with half cauliflower/half white potato mash or all white potato mash (healthy comfort food!)</em></td>
<td>KCAL 1819 Carbs 85 g Protein 140 g Fat 103 g</td>
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<td></td>
<td>2 slices bacon</td>
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<td>1 cup berries</td>
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<td>THURS</td>
<td>Super Smoothie ½ cup berries, ½ banana (frozen), ½ an avocado, handful spinach, protein powder of choice (opt.), water to desired thickness, blend until smooth *(If you don’t like the avocado add 1-2 tbsp. nut/seed butter or probiotic-rich plain yogurt! *Want it sweeter? Add 1 tsp. honey or use the whole banana. *For a calorie/fat boost add a splash of canned coconut milk</td>
<td>Salad w/ leftover salmon, ½ avocado, silvered almonds, chopped apple &amp; homemade dressing</td>
<td>Crock Pot Chicken: Cut up 1 onion and put in bottom of crock pot, add whole chicken with *spice blend and slow cook on low for 8-10 hours. Serve with leftover caulimash <em>(can Substitute with half cauliflower/half white potato mash or all white potato mash (healthy comfort food!)</em></td>
<td>KCAL 1747 Carbs 115 g Protein 105 g Fat 95 g</td>
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### WEEK 1 MEAL PLAN contd...

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<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
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<tr>
<td>FRI</td>
<td>2 boiled eggs</td>
<td>Chicken Salad:</td>
<td>Turkey Tacos:</td>
<td>KCAL 1611</td>
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<td></td>
<td>1 cup berries</td>
<td>Made from leftover crock pot chicken</td>
<td>Ground turkey cooked in 1-2 tbsp. coconut oil with</td>
<td>Carbs 120 g</td>
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<td></td>
<td>shredded or meal prep chicken, *mayo and/or</td>
<td>your favorite taco spices</td>
<td>Protein 104 g</td>
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<td>*To change it up from the eggs,</td>
<td>mashed avocado, lemon juice</td>
<td>Served on romaine lettuce wraps</td>
<td>Fat 81 g</td>
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<td>try high protein Greek yogurt</td>
<td>and/or Dijon mustard, sea salt and pepper,</td>
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<td>with honey and berries</td>
<td>chopped celery and apples (amounts depend</td>
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<td>or cottage cheese and a fruit of</td>
<td>on personal taste) Optional ingredients:</td>
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<td>choice.</td>
<td>silvered almonds, walnuts, grapes, cranberries</td>
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<td>Served on romaine lettuce wraps</td>
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<td>with 1 cup baby carrots</td>
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<td>SAT</td>
<td>Banana Pancakes:</td>
<td>Chicken salad over spinach salad</td>
<td>Burgers (Grill W/fav. Seasoning):</td>
<td>KCAL 1732</td>
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<td></td>
<td>1 smashed banana, 2 tbsp. nut/seed</td>
<td>1 cup baby carrots</td>
<td>Topping options: tomatoes, onion, avocado, mustard</td>
<td>Carbs 120 g</td>
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<td>butte, two eggs, and a sprinkle</td>
<td>*Add a serving of fruit for more carbs!</td>
<td>Serve on romaine lettuce wraps</td>
<td>Protein 125 g</td>
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<td>of cinnamon. Mix together and fry</td>
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<td>Fat 106 g</td>
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<td>“silver dollar” size pancakes</td>
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<td>in 1-2 tbsp. coconut oil.</td>
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<td>2 slices bacon (*easy bacon</td>
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<td>Drizzle with 1-2 tsp. local honey</td>
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<td>(optional)</td>
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<td>SUN</td>
<td>Sweet Potato Skillet:</td>
<td>Leftover Burger Chili</td>
<td>Make A Meal With Prep Items</td>
<td>KCAL 1511</td>
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<td></td>
<td>Cook 2 eggs and 2 slices bacon</td>
<td>Heat up leftover burger ground up with</td>
<td>Food Prep:</td>
<td>Carbs 95 g</td>
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<td>and throw in leftover sweet potato</td>
<td>salsa</td>
<td>*Cook big batch of chicken</td>
<td>Protein 126 g</td>
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<td>and a big handful spinach</td>
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<td>*BLT egg muffins</td>
<td>Fat 72 g</td>
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<td>*Bake potatoes</td>
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<td></td>
<td>*Homemade dressing</td>
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<td>*Chop produce (optional)</td>
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<td>*Note: These are discussed in the Week Two Meal Plan Instructions</td>
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*Reminder: Each day in the Meal Plan contemplates that you will be consuming a post workout recovery option. Post work out meals should at least contain 30 g protein and 30 g carbs. If you don’t exercise one day, no worries. Just continue the meal plan as normal and eat to satisfy your body as it recovers.

*If you are unable to exercise at this time, follow the meal plan and add in an additional healthy snack if necessary.

**Note:** Replacing spaghetti squash with brown rice noodles, cauliflower with white potatoes and adding yogurt and oatmeal to breakfast will increase carbs. This could be a good thing for those who need more carbs and are very active. However, if you believe it is adding too many carbs to your day, adjust by cutting down the portion size and reducing your fruit intake.
### Week 2: Sunday Shopping List

#### Produce

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#### Protein

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#### Miscellaneous

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WEEK 2 MEAL PLAN INSTRUCTIONS

SUNDAY FOOD PREP

For a productive and successful week, we recommend preparing the following on Sunday:

☐ Cook a big batch of chicken breasts (baked, grilled, or however you like it)
☐ Make egg muffins
☐ Boil eggs (optional for kitchen sink salad or snacks)
☐ Bake sweet potatoes
☐ Prepare some homemade dressing
  *If you really want to go all out, chop up some produce

WEEK 2 RECIPES AND METHODS

**BLT Egg Muffins:** 10 eggs whisked; 3 big handfuls of spinach chopped or torn; ½ cup cherry tomatoes sliced in half; 6 slices of COOKED bacon chopped; splash of coconut milk from a can (optional); sea salt and black pepper to taste; coconut oil for pans. Preheat oven to 350 and grease two muffin pans with coconut oil or use silicone cupcake liners. Whisk the eggs in a big bowl. Throw in the rest of the ingredients and mix. Fill each cup with egg mixture. Bake for 20 minutes or until eggs are set in the middle. Makes around 18 egg muffins.

**Spaghetti Squash Noodles:** Preheat oven to 400 degrees. Carefully cut spaghetti squash in half (cut the ends off first) and place squash cut side down on a baking sheet lined with foil. Bake squash for 20-25 minutes or until you can press on the outside of the squash and it gives a bit. (You can also bake squash whole by poking holes around the outside and baking for 45 minutes or until done). Once spaghetti squash is done, let it cool and scoop out the seeds and then string out the “noodles” with a fork.

**Trail Mix:** Basic mix: 1 cups roasted, unsalted sunflower seed kernels; 1 cup almonds; ½ cup dried cherries or cranberries (no sugar added if possible); ½ cup unsweetened coconut flakes (to make it extra good toast the flakes by spreading them onto a baking sheet and baking them for 5 minutes at 375 until golden). Other optional ingredients ideas to mix it up: shelled pumpkin seeds (pepitas), shelled pistachios, walnuts, pecans, other no-added sugar dried fruit. This makes around 15 servings (¼ cup).

**Note:** Be sure to read through the weekly meal plan in advance so you know what to expect and what to save for leftovers. :-)

# WEEK 2 MEAL PLAN

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>ANALYSIS (Approximate)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MON</strong></td>
<td>3 *BLT Egg Muffins</td>
<td>Sliced chicken breast</td>
<td>“Fish And Chips”:</td>
<td>KCAL 1688</td>
</tr>
<tr>
<td></td>
<td>1 cup strawberries with ¼ cup canned coconut milk (optional)</td>
<td>Avocado and salsa lettuce wraps w/ 1 cup baby carrots, handful of “Trail Mix”</td>
<td>Place salmon on foil-lined baking sheet, season with lemon juice, sea salt and pepper and sprinkle w/ almond flour and favorite spices. Bake at 375 for 12 to 15 minutes or until flakes easily with a fork. Serve with homemade sweet potato fries and steamed broccoli with 1-2 tsp. grass-fed butter or olive oil.</td>
<td>Carbs 104 g Pro</td>
</tr>
<tr>
<td></td>
<td>or...</td>
<td></td>
<td></td>
<td>Protein 119 g Fat 92 g</td>
</tr>
<tr>
<td></td>
<td>2 egg muffins with 1 cup *yogurt topped with a ¼ cup of strawberries</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TUE</strong></td>
<td>3 BLT Egg Muffins</td>
<td>Kitchen sink salad w/ leftover fish or chicken &amp; homemade dressing</td>
<td>Chicken And Veggie Stir Fry:</td>
<td>KCAL 1642</td>
</tr>
<tr>
<td></td>
<td>Leftover sweet potato fries or sweet potato</td>
<td></td>
<td>Chop: 1 onion, 1 clove garlic, 1 zucchini, 2 handfuls spinach and sauté in 2 tbsp. coconut oil. Add favorite seasonings and meal prep chicken</td>
<td>Carbs 121 g Protein 104 g Fat 104 g</td>
</tr>
<tr>
<td><strong>WED</strong></td>
<td>3 BLT Egg Muffins</td>
<td>Leftover chicken and veggie stir fry</td>
<td>Fresh Pineapple And Burgers On The Grill:</td>
<td>KCAL 1642</td>
</tr>
<tr>
<td></td>
<td>1 Cup Berries</td>
<td>Apple with 1-2 tbsp. nut/seed butter</td>
<td>Add ½ an avocado (or mash avocado with chopped shallot/or onion, sea salt, pepper and lime juice for guacamole. Add bacon (optional) Serve on romaine lettuce wraps. Served with homemade sweet potato fries or *regular fries</td>
<td>Carbs 121 g Protein 104 g Fat 104 g</td>
</tr>
<tr>
<td><strong>THURS</strong></td>
<td>3 BLT Egg Muffins</td>
<td>Kitchen sink salad with homemade dressing</td>
<td>Baked Chicken Thighs:</td>
<td>KCAL 1665</td>
</tr>
<tr>
<td></td>
<td>1 cup strawberries with ¼ cup coconut milk (optional)</td>
<td></td>
<td>Bake at 375 with favorite spices or spice blend for 25-30 minutes or until done</td>
<td>Carbs 105 g Protein 138 g Fat 83 g</td>
</tr>
<tr>
<td></td>
<td>or...</td>
<td></td>
<td>Savory Kale: Sauté 1 chopped onion with 2 strips sliced bacon, add chopped kale and sauté until soft</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 egg muffins with 1 cup *yogurt topped with a ¼ cup of strawberries</td>
<td></td>
<td>Baked sweet potato w/ 1 tbsp. grass-fed butter (butter optional) and cinnamon</td>
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</tbody>
</table>
## WEEK 2 MEAL PLAN contd...

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>ANALYSIS (Approximate)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRI</strong></td>
<td>Super Smoothie *Described in Week One Meal Plan</td>
<td>Leftover chicken thighs</td>
<td>Kitchen sink salad with homemade dressing</td>
<td>KCAL 1709</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leftover kale and sweet potatoes</td>
<td></td>
<td>Carbs 126 g</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Protein 147 g</td>
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<td></td>
<td></td>
<td>Fat 76g</td>
</tr>
<tr>
<td><strong>SAT</strong></td>
<td>3 egg muffins</td>
<td>Salmon Salad</td>
<td>Spaghetti Squash Noodles* And Meat Sauce:</td>
<td>KCAL 1588</td>
</tr>
<tr>
<td></td>
<td>1 cup berries with a splash of coconut milk (milk is optional)</td>
<td>1 can wild caught salmon, ¼ chopped onion or shallot, 1 avocado diced or mashed/or 2-3 tbsp. homemade mayo, juice of 1 lime, 1 tbsp. cilantro – makes approx. 4 servings; salt and pepper to taste Served over spinach 1 cup carrots Handful of Trail Mix</td>
<td></td>
<td>Carbs 91 g</td>
</tr>
<tr>
<td></td>
<td>or...</td>
<td></td>
<td>*You can also sub for Shirataki Noodles, Miracle Noodles or brown rice noodles.)</td>
<td>Protein 113 g</td>
</tr>
<tr>
<td></td>
<td>*2 egg muffins with 1 cup yogurt topped with a ¼ cup of strawberries</td>
<td></td>
<td></td>
<td>Fat 80 g</td>
</tr>
<tr>
<td><strong>SUN</strong></td>
<td>Banana pancakes w/ 1-2 tsp. local honey (honey is optional) *Described in Week One Meal Plan</td>
<td>Leftover spaghetti</td>
<td>Make A Meal With Prep Items</td>
<td>KCAL 1825</td>
</tr>
<tr>
<td>Reminder, shop &amp; meal prep for week 3</td>
<td>2 slices bacon</td>
<td>Apple</td>
<td>Food Prep:</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>*Cook big batch of chicken</td>
<td>Protein 136 g</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td>*Bacon and Egg Cupcakes</td>
<td>Fat 126 g</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>*Bake potatoes</td>
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<td></td>
<td></td>
<td></td>
<td>*Homemade dressing</td>
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<td></td>
<td></td>
<td></td>
<td>*Chop produce (optional)</td>
<td></td>
</tr>
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<td></td>
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<td></td>
<td>*Note: These are discussed in the Week Three Meal Plan Instructions</td>
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</tr>
</tbody>
</table>
**WEEK 3: SUNDAY SHOPPING LIST**

<table>
<thead>
<tr>
<th>PRODUCE</th>
<th></th>
<th>PROTEIN</th>
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<tbody>
<tr>
<td>□ Apples</td>
<td>□ Cherry tomatoes</td>
<td>□ Bacon</td>
</tr>
<tr>
<td>□ Avocado</td>
<td>□ Cucumbers</td>
<td>□ Chicken breast</td>
</tr>
<tr>
<td>□ Baby carrots</td>
<td>□ Frozen veggies (for soup)</td>
<td>□ Eggs</td>
</tr>
<tr>
<td>□ Bananas (for smoothie if you don’t already have some frozen)</td>
<td>□ Garlic</td>
<td>□ Ground Beef</td>
</tr>
<tr>
<td>□ Berries</td>
<td>□ Kale</td>
<td>□ Pork tenderloin</td>
</tr>
<tr>
<td>□ Broccoli</td>
<td>□ Lemons</td>
<td>□ Salmon (or other fish)</td>
</tr>
<tr>
<td>□ Cilantro (opt.)</td>
<td>□ Limes (opt.)</td>
<td>□ Whole Chicken</td>
</tr>
<tr>
<td>□ Cauliflower</td>
<td>□ Onions</td>
<td></td>
</tr>
<tr>
<td>□ Celery</td>
<td>□ Romaine lettuce</td>
<td></td>
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<tr>
<td></td>
<td>□ Spinach</td>
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</tr>
<tr>
<td></td>
<td>□ Sweet and/or White Potatoes</td>
<td></td>
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<tr>
<td></td>
<td>□ Tomatoes for slicing</td>
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<tr>
<th>MISCELLANEOUS</th>
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<tbody>
<tr>
<td>□ Baking soda</td>
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<tr>
<td>□ Canned coconut milk and/or whole milk plain yogurt</td>
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<tr>
<td>□ Canned pumpkin</td>
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<td>□ Chicken broth</td>
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<td>□ Diced Tomatoes—28 oz. can</td>
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<tr>
<td>□ Dill (optional)</td>
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<tr>
<td>□ Grass-fed butter (optional)</td>
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<tr>
<td>□ Pumpkin pie spice</td>
</tr>
<tr>
<td>□ Pure vanilla extract</td>
</tr>
<tr>
<td>□ Salsa</td>
</tr>
<tr>
<td>□ Slivered almonds</td>
</tr>
<tr>
<td>□ Taco spices</td>
</tr>
<tr>
<td>□ Quinoa (optional)</td>
</tr>
<tr>
<td>□ Brown or White Rice (optional)</td>
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WEEK 3 MEAL PLAN INSTRUCTIONS

SUNDAY FOOD PREP

For a productive and successful week, we recommend preparing the following on Sunday:

☐ Cook a batch of chicken breasts (baked, grilled, or however you like it)
☐ Make Bacon and Egg Cupcakes
☐ Boil eggs (optional for kitchen sink salad or snacks)
☐ Bake sweet potatoes
☐ Prepare some homemade dressing

*If you really want to go all out, chop up some produce

WEEK 3 RECIPES AND METHODS

Bacon and Egg Cupcakes: 12 eggs; 12 slices of bacon. Cut bacon in half and partially cook (place bacon on a foiled baking sheet and bake at 375 for 5-10 minutes or cook in skillet). Grease muffin pan with lots of coconut oil or use silicone baking cups. Place two slices bacon in each muffin tin and crack an egg on top. Bake at 375 for 20-25 minutes or until the center is set. Makes 12.

Stove Top or Crock Pot Super Easy Beef and Veggie Soup: 1 lb. ground beef; 1 small chopped onion; 2 cups frozen veggies (green beans, carrots, cauliflower, broccoli, mixed veggies whatever you like!); 28 oz. can diced tomatoes; 2 to 2½ cups water (depending on how thick you want your soup); salt and pepper to taste. Crock pot method: Brown ground beef and onions in a skillet and then add to crock pot. Add the rest of the ingredients and cook on low for 4-8 hours. Stove top method: Brown ground beef and sauté onions together in a medium to large soup pot. Add the rest of the ingredients and let soup come to a boil, then reduce heat and allow to simmer until ready to serve.

Lemon Vinaigrette: 3 tbsp. lemon juice; ½ tsp. Dijon mustard; ¾ cup olive oil; sea salt and pepper to taste. Put ingredients in jar/container and shake to blend.

Pumpkin Protein Pancakes: 2 eggs, ¼ cup pumpkin, serving of protein powder of choice - vanilla flavored would work best, ½ tsp. pure vanilla extract, ½ tsp. baking soda, ½ tsp. pumpkin pie spice, ½ tsp. cinnamon, pinch of salt, honey to taste (honey is optional). You may replace protein powder with 2 tbsp. of nut/seed butter (such as almond butter or sunflower seed butter). Mix all the ingredients with a whisk and fry on a pan at medium heat. Lightly oil the pan with coconut oil or ghee. Flip pancakes when bubbles or dimples appear.

Note: Be sure to read through the weekly meal plan in advance so you know what to expect and what to save for leftovers. :-)

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## WEEK 3 MEAL PLAN

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<th>BREAKFAST</th>
<th>LUNCH</th>
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<th>ANALYSIS (Approximate)</th>
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<tbody>
<tr>
<td><strong>MON</strong></td>
<td>2 Bacon and Egg Cupcakes</td>
<td>Kitchen sink salad with homemade dressing</td>
<td><strong>Super Easy Beef And Veggie Soup</strong></td>
<td>1649 g Carbs 106 g Protein 130 g Fat 76 g</td>
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<tr>
<td></td>
<td>1 Apple</td>
<td></td>
<td>A few stalks of celery with 1-2 tbsp. nut or seed butter.</td>
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<td>*Add some potatoes to make it an extra hearty soup. (optional)</td>
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<tr>
<td><strong>TUE</strong></td>
<td>2 bacon and egg cupcakes</td>
<td>Leftover beef and veggie soup</td>
<td><strong>Chicken Taco Lettuce Wraps:</strong></td>
<td>1622 g Carbs 115 g Protein 137 g Fat 70 g</td>
</tr>
<tr>
<td></td>
<td>1 cup berries ¼ cup canned coconut milk or *yogurt (optional)</td>
<td>Celery and/or *apple with 1-2 tbsp. nut or seed butter</td>
<td>Sauté 1 small chopped onion in 1 tbsp. coconut oil. Add Sunday meal prep chicken and your favorite taco spices.</td>
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<td>Serve on romaine lettuce with avocado (or guacamole) and salsa</td>
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<td></td>
<td>*Serve with rice or quinoa (optional)</td>
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<tr>
<td><strong>WED</strong></td>
<td>2 bacon and egg cupcakes w/ avocado “icing” (½ an avocado mashed or sliced or leftover guacamole)</td>
<td>Chicken taco salad (make a salad from dinner leftovers)</td>
<td>Leftover beef and veggie soup</td>
<td>1604 g Carbs 90 g Protein 137 g Fat 80 g</td>
</tr>
<tr>
<td></td>
<td>*Add a serving of fruit for more carbs (optional)</td>
<td>Celery and /or apple with 1-2 tbsp. nut or seed butter</td>
<td>Celery and /or apple with 1-2 tbsp. nut or seed butter</td>
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<td>Note: Repeating beef and veggie soup here is intended to make things easier on you, the cook :) Feel free to substitute it with another dinner in this meal plan if you would like.</td>
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</tr>
<tr>
<td><strong>THURS</strong></td>
<td>Super Smoothie</td>
<td>1 chicken breast, 2 slices bacon, ½ avocado and tomato slices served on romaine lettuce wraps</td>
<td><strong>Crock Pot Salsa Chicken:</strong> Slice 1-2 onions in the bottom of the crock pot. Add the whole chicken and top with ½ cup chicken broth, 1 cup salsa and sea salt and pepper to your preference.</td>
<td>1604 g Carbs 90 g Protein 137 g Fat 80 g</td>
</tr>
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<td></td>
<td></td>
<td>1 cup baby carrots</td>
<td>Serve with a sweet potato with 1 tbsp. grass-fed butter (butter is optional)</td>
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<td></td>
<td></td>
<td>*Instead of a sweet potato, Serve with rice or quinoa and top with sour cream (optional)</td>
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## WEEK 3 MEAL PLAN contd...

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>ANALYSIS (Approximate)</th>
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<tbody>
<tr>
<td><strong>FRI</strong></td>
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<td></td>
</tr>
<tr>
<td>2 bacon and egg cupcakes w/ avocado “icing”</td>
<td>Leftover crock pot salsa chicken soup</td>
<td><strong>Lemony Fish</strong></td>
<td>KCAL 1671 g</td>
</tr>
<tr>
<td>To change it up from the eggs, try ½-1 cup cooked old fashioned or steel cut oats topped with an apple, handful of walnuts and cinnamon to taste</td>
<td></td>
<td>Marinate salmon (or other fish if you are getting sick of salmon) with the juice of one lemon, 2 tbsp. olive oil, 2 cloves of minced garlic, sea salt and dill – (dill is optional) Put on pan and bake for 15-20 minutes in a 375 degree oven</td>
<td>Carbs 97 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Serve with steamed broccoli w/ 1 tbsp. grass-fed butter (butter is optional) or olive oil and a baked sweet potato or *regular baked potato.</td>
<td>Protein 120 g</td>
</tr>
<tr>
<td><strong>SAT</strong></td>
<td>Pumpkin Protein Pancakes</td>
<td>Leftover fish on a veggie salad w/ slivered almonds, ½ avocado and homemade lemon vinaigrette</td>
<td><strong>Crock Pot Apple Pork Tenderloin:</strong></td>
</tr>
<tr>
<td><em>Add a serving of fruit for more carbs (optional)</em></td>
<td></td>
<td>Chop 1 large onion and place in crock pot. Place pork in crock pot, add 2 apples (sliced), sea salt and pepper to taste, cinnamon, a drizzle of honey (optional) and ½ cup chicken broth. Slow cook for 8-10 hrs.</td>
<td>Carbs 103 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Serve with savory kale and a baked sweet potato</td>
<td>Protein 118 g</td>
</tr>
<tr>
<td><strong>SUN</strong></td>
<td>2 bacon and eggs cupcakes</td>
<td>Leftover crock apple pork tenderloin</td>
<td><strong>Make A Meal With Prep Items</strong></td>
</tr>
<tr>
<td>Reminder, shop &amp; meal prep for week 3</td>
<td>Fruit of choice</td>
<td>Leftover savory kale and</td>
<td>Food Prep:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leftover baked sweet pot</td>
<td>• Cook big batch of chicken</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Egg Muffins with Sausage</td>
</tr>
</tbody>
</table>

*Reminder:* Each day in the Meal Plan contemplates that you will be consuming a post workout recovery option. Post work out meals should at least contain 30 g protein and 30 g carbs. If you don’t exercise one day, no worries. Just continue the meal plan as normal and eat to satisfy your body as it recovers.

*If you are unable to exercise at this time, follow the meal plan and add in an additional healthy snack if necessary.

**Note:** Replacing spaghetti squash with brown rice noodles, cauliflower with white potatoes and adding yogurt and oatmeal to breakfast will increase carbs. This could be a good thing for those who need more carbs and are very active. However, if you believe it is adding too many carbs to your day, adjust by cutting down the portion size and reducing your fruit intake.
## WEEK 4: SUNDAY SHOPPING LIST

<table>
<thead>
<tr>
<th>PRODUCE</th>
<th></th>
<th>PROTEIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Apples</td>
<td>□ Garlic</td>
<td>□ Bacon</td>
</tr>
<tr>
<td>□ Asparagus</td>
<td>□ Lemons</td>
<td>□ Chicken breast</td>
</tr>
<tr>
<td>□ Avocados</td>
<td>□ (optional for</td>
<td>□ Eggs</td>
</tr>
<tr>
<td>□ Bananas</td>
<td>□ Mayo)</td>
<td>□ Ground Beef</td>
</tr>
<tr>
<td>□ Bell Peppers</td>
<td>□ Lime</td>
<td>□ Pork tenderloin</td>
</tr>
<tr>
<td>□ Berries</td>
<td>□ Onion</td>
<td>□ Salmon</td>
</tr>
<tr>
<td>□ Carrots</td>
<td>□ Romaine Lettuce</td>
<td>(or other fish)</td>
</tr>
<tr>
<td>□ Cauliflower</td>
<td>□ Spaghetti Squash</td>
<td>□ Whole Chicken</td>
</tr>
<tr>
<td>□ Celery</td>
<td>□ Sweet and/or White Potatoes</td>
<td></td>
</tr>
<tr>
<td>□ Cherry Tomatoes</td>
<td>□ Veggie Meatza</td>
<td></td>
</tr>
<tr>
<td>□ Cilantro (optional)</td>
<td>□ (Optional toppings):</td>
<td></td>
</tr>
<tr>
<td>□ Cucumber</td>
<td>*Mushrooms, *Olives, *Onions,</td>
<td></td>
</tr>
<tr>
<td>□ Fresh Spinach</td>
<td>*Peppers, *Spinach</td>
<td></td>
</tr>
</tbody>
</table>

### MISCELLANEOUS

| □ Chicken Stock—32-ounce container | □ Trail Mix Items |
| □ Canned Coconut Milk &/or Whole | *Unsalted sunflower seed kernels |
| | □ Almonds |
| | □ Dried Cherries or Cranberries |
| | (no sugar added if possible) |
| | □ Unsweetened Coconut flakes |
| □ Diced Tomatoes—28-ounce can | □ Shelled pumpkin seeds—pepitas |
| | (optional) |
| □ Spices for Chicken No Noodle Soup | □ Shelled pistachios (optional) |
| □ *Bay leaves; Dried Rosemary; | □ Walnuts (optional) |
| | □ Dried Thyme; Sea Salt; Ground |
| | □ Pepper |
| □ Pepper | □ Other no sugar added dried fruits |
| □ Spices for Crockpot Chili | to your preference (optional) |
| □ *Cumin, Chili Powder | |
| □ Spices for Meatza Pizza | |
| □ *Dried Oregano; Paprika; | |
| | □ Garlic powder |
| | □ Tomato Sauce for Meatza |
| □ Garlic powder | |
| □ Brown Rice Noodles (optional) | |
WEEK 4 MEAL PLAN INSTRUCTIONS

SUNDAY FOOD PREP
For a productive and successful week, we recommend preparing the following on Sunday:

☐ Cook a batch of chicken breasts (baked, grilled, or however you like it)
☐ Make Sausage Egg Muffins
☐ Boil eggs (optional for kitchen sink salad or snacks)
☐ Bake sweet potatoes
☐ Make Trail Mix
☐ Prepare some homemade dressing

*If you really want to go all out, chop up some produce

WEEK 4 RECIPES AND METHODS

Chicken Soup: Sauté 1 chopped onion, 1 cup chopped celery, 1 cup chopped carrot in 2 tbsp. coconut oil until softened, add 4 chicken breasts chopped or shredded (from meal prep), 1 32 oz container chicken stock, 2 bay leaves, 1 tsp. dried rosemary, ½ tsp. dried thyme, and sea salt and pepper to taste, bring to a boil and then let simmer – the longer it simmers the better!), remove bay leaves and serve. Noodle option: add in cooked spaghetti squash (see Week Two Instructions) before serving (under-cook the squash slightly to prevent mushy “noodles”)

Meatza pizza: Preheat oven to 350, combine 1 lb. ground beef, 1 egg, 1 tbsp. dried oregano, 1 tsp. paprika, 1 tsp. garlic powder, spread mixture into baking dish or cookie sheet, bake for 25 minutes, take out of oven and drain off grease, top with sauce and veggies of your choice and place back in oven, crank up heat to 450 and cook for 5-10 minutes longer. (Makes approximately 4 servings). Topping ideas: peppers, onions, mushrooms (sautéed in coconut oil would be delish!), olives, spinach, bacon...the possibilities are endless!

Protein Berry Nutmeal: Heat 1 cup berries w/ 2 tbsp. nut/seed butter, splash of coconut milk, add protein powder (protein powder is optional)

Sausage Egg Muffins: 10 eggs whisked; 1 lb. sausage, browned. Preheat oven to 375 degrees. Grease muffin pan with coconut oil or use silicon muffin liners. Brown sausage and place equal amounts in the bottom of the muffin tins. Whisk eggs and add evenly on top of the sausage. Bake for 20 minutes or until eggs are set in the middle. Makes around 18 cupcakes. (feel free to add in veggies or sweet potatoes to kick these up a notch)

Note: Be sure to read through the weekly meal plan in advance so you know what to expect and what to save for leftovers. :-)

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## WEEK 4 MEAL PLAN

<table>
<thead>
<tr>
<th>DAY</th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>ANALYSIS (Approximate)</th>
</tr>
</thead>
</table>
| **MON** | 2 Sausage Egg Muffins  
1 sweet potato | Kitchen sink salad with homemade dressing | *Chicken Soup  
Add brown rice noodles (optional) | KCAL 1607  
Carbs 90 g  
Protein 135 g  
Fat 80 g |
| **TUE** | 2 Sausage Egg Muffins  
1 apple | Leftover chicken soup  
Handful of *Trail Mix (See Week Two) | *Meatza Pizza  
(Makes approximately 4 servings)  
Serve with a spinach salad topped with cranberries, sprinkle of nuts and 2 tbsp. olive oil, 1 tbsp. balsamic dressing (or homemade basic balsamic dressing) | KCAL 1708  
Carbs 90 g  
Protein 130 g  
Fat 90 g |
| **WED** | *Protein Berry Nutmeal  
*Add ½-1 cup cooked old fashioned or steel cut oats (optional) | Leftover Meatza  
*Add fruit more carbs (optional) | Leftover chicken soup and veggie salad w/ homemade dressing  
*Add fruit more carbs (optional) | KCAL 1680  
Carbs 95 g  
Protein 140g  
Fat 83 g |
| **THURS** | 2 Sausage Egg Muffins  
1 cup berries | Salmon salad over spinach  
1 cup baby carrots  
Handful of Trail Mix  
*Add fruit more carbs (optional) | Crock Pot Chili  
2 lbs. lean ground beef, 1 bell pepper chopped, 1 onion chopped, 3 garlic cloves minced, 2-3 tbsp. cumin, ⅛ tsp. ground pepper, 1½ tbsp. chili powder, sea salt to your preference, 1-28 oz. can diced tomatoes  
Put all ingredients into crock pot and cook on low for 8-10 hours  
*Serve chili over sweet potato or white potato (optional) | KCAL 1600  
Carbs 90 g  
Protein 130 g  
Fat 70 g |
| **FRI** | 2 Sausage Egg Muffins  
1 cup berries | Leftover crock pot chili  
Handful of Trail Mix | “Fried” Chicken Strips  
Preheat oven to 375, dip chicken strips into an egg wash (2 eggs whisked), then dip the strips into the breading (1 cup almond flour, ⅛ tsp. paprika, ½ tsp. cumin, ⅛ tsp. onion powder, ½ tsp. garlic powder and sea salt and pepper to taste), bake on lined cookie sheet for 20-25 minutes.  
Serve with caulimash (Week 1) and asparagus baked at 375 for 10-15 minutes w/ 1 tbsp. coconut oil, and sea salt, pepper and lemon juice to taste.  
*Sub caulimash with cauliflower/white potato mash or all white potato mash (optional) | KCAL 1673  
Carbs 90 g  
Protein 130 g  
Fat 80 g |
### WEEK 4 MEAL PLAN contd...

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>ANALYSIS (Approximate)</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAT</td>
<td>Super Smoothie</td>
<td>Chicken strips on kitchen sink salad with homemade dressing</td>
<td>Breakfast For Dinner Bacon, Eggs (cooked however you like) Banana pancakes (See Week One, Day Six)</td>
<td>KCAL 1655 Carbs 192 g Protein 130 g Fat 112 g</td>
</tr>
<tr>
<td>SUN</td>
<td>2 Sausage Egg Muffins 1 apple</td>
<td>Leftover crock pot chili Handful of Trail Mix</td>
<td>Make A Meal With Prep Items Food Prep: Repeat any of the weeks!</td>
<td>Kcal: 1750 Carbs: 105 g Fat: 86 g Pro: 140 g</td>
</tr>
</tbody>
</table>

*Reminder:* Each day in the Meal Plan contemplates that you will be consuming a post workout recovery option. Post work out meals should at least contain 30 g protein and 30 g carbs. If you don’t exercise one day, no worries. Just continue the meal plan as normal and eat to satisfy your body as it recovers.

*If you are unable to exercise at this time, follow the meal plan and add in an additional healthy snack if necessary.

Note: Replacing spaghetti squash with brown rice noodles, cauliflower with white potatoes and adding yogurt and oatmeal to breakfast will increase carbs. This could be a good thing for those who need more carbs and are very active. However, if you believe it is adding too many carbs to your day, adjust by cutting down the portion size and reducing your fruit intake.
# BONUS DAYS 29 & 30

Bonus days 29 and 30 are intended to serve as a substitute for any of the daily meals.

<table>
<thead>
<tr>
<th></th>
<th>29 Bonus Day</th>
<th>30 Bonus Day</th>
<th>ANALYSIS (Approximate)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>KCAL</strong></td>
</tr>
<tr>
<td>29 Bonus Day</td>
<td>Big Breakfast (when You’re Really Hungry): 1-2 tsp. coconut oil (throw in spinach, tomatoes or other veggies if you’d like), 3 slices bacon, Serving of fruit or sweet potato. This would also make a great dinner in a pinch.</td>
<td>Tuna Avocado Boat: ½ -1 whole avocado topped with canned tuna, 1-2 tbsp. olive oil, juice from ½ a lemon, sea salt and pepper to taste. Serve with 1 small cucumber sliced and 1 apple.</td>
<td>Quick Meatballs With Spaghetti Squash Noodles: 1 lb. ground beef (feel free to mix it up and use turkey, pork, bison, etc.) 1 egg, ½ small onion chopped finely or onion powder/dried onions, 1 tbsp. Italian seasoning, 1 tsp. garlic powder, sea salt and pepper to your preference. Roll into balls and bake at 375 for 20 -25 minutes, add a jar of no sugar added sauce and Serve over spaghetti squash “noodles” Use brown rice noodles instead of spaghetti squash (optional).</td>
</tr>
<tr>
<td>30 Bonus Day</td>
<td>Quickie breakfast (for when you are in a hurry)</td>
<td>Egg Salad: 4 hard boiled eggs, 1 avocado or 2-3 tbsp., 1 tbsp. Dijon mustard, sprinkle of paprika, salt and pepper to taste – makes 2 servings Served on romaine lettuce wraps with 1 cup of baby carrots</td>
<td>Need Title Of Recipe: Cut bacon strips in half, wrap bacon halves around scallops and secure with a tooth pick Bake at 425 for 25 to 30 minutes, flipping them at the half way mark. Serve with a baked sweet potato and zucchini sautéed in coconut oil. This would also work well with shrimp . . . or any meat/fish!</td>
</tr>
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BEEF GYRO SALAD

Lunch
Recipe origin: theclothesmakethegirl.com
Prep time: 10 minutes
Cook time: 2-3 hours
Serves: 8-12

Ingredients:

**Beef Gyro**
- 3-4 lbs beef shoulder roast
- 2 Tbsp dried mint leaves
- 1 Tbsp dried oregano leaves
- 2 Tbsp ground cumin
- ½ Tbsp paprika
- 1 Tbsp garlic powder
- ½ Tbsp salt
- ½ Tbsp ground black pepper
- 2/3 cup fresh lemon juice
- water

**Salad**
- Diced tomatoes
- Diced red onion
- Diced cucumber
- Shredded lettuce
- Fresh parsley
- Fresh mint

**Dressing**
- ½ Tsp Dried Mint Leaves
- ¼ cup homemade paleo mayo
- 2 Tbsp minced fresh parsley
- ½ tsp paprika
- 1 Tbsp fresh lemon juice
- sea salt to taste
- black pepper to taste

Directions:

- Cut beef into 3-4 inch chunks. Place pieces into a large Ziploc bag
- In a small bowl, rub mint and oregano between your palms to crush them. Add cumin, paprika, garlic powder, salt and black pepper, mix well until blended
- Add spice blend to bag, close and shake until meat is completely coated with spices
- Place meat in a large, deep pot. Pour lemon juice into bottom of pot and then add water just until meat is covered
- Place pot on high heat and bring water to boil
- When boiling, reduce heat to keep a steady, strong simmer with the pan uncovered
- At about the 2 hour mark, check the pot. Water should be much lower and just about gone. Allow all of the water to cook out of the pan. The meat will caramelize in the fat and juice
- Carefully turn the meat, without shredding it in order to brown all sides
- Remove meat to a plate and let rest for about 5 minutes
- While meat rests, make the dressing
- In a small bowl, crush dried mint with your fingers, then add mayo, parsley, paprika and garlic
- Blend well with a fork
- Drizzle in lemon juice, mixing with the fork, then taste and season with salt and pepper
- Arrange raw vegetables on a plate with meat, and drizzle with dressing
- Sprinkle with minced, fresh herbs
**CHICKEN BACON ASPARAGUS CARBONARA**

**Dinner**  
Recipe origin: paleoleap.com  
Prep time: 15 minutes  
Cook time: 20 minutes  
Serves: 4

**Ingredients:**
- 4 zucchini squash – cut into zucchini noodles  
- 4 (6-8 oz) boneless skinless chicken breasts – cubed  
- 2 cups asparagus – cut into 1 inch pieces  
- 5 slices bacon – cooked and crumbled  
- 1 medium onion – small dice  
- 2 cloves garlic – minced  
- 3 tbsp fresh parsley – finely chopped  
- 2 Tbsp evoo  
- 2 tbsp cooking fat  
- sea salt to taste  
- pepper to taste

**Directions:**
- Heat oil in saucepan  
- Season chicken with salt and pepper  
- Once oil is hot, cook chicken until cooked through, about 5-8 minutes. Remove from pan and set aside  
- While chicken is cooking, steam asparagus for 5-10 minutes depending on how crunchy you prefer  
- Once chicken is cooked through, remove from pan and set aside  
- In same pan, cook bacon until cooked through  
- Remove bacon from pan and place on a paper towel lined plate  
- Leave bacon fat in pan, and add minced garlic and onion and sauté until onions soften, about 3-4 minutes  
- While the garlic and onion are cooking, make zucchini noodles with a spiralizer or julienne peeler  
- Add “noodles” to pan, sauté for 2-3 minutes and remove from heat  
- Add cooked bacon, chicken, asparagus, 2 Tbsp of chopped parsley and EVOO  
- Season to taste with salt and pepper  
- Combine everything until it is all warmed up and ready to serve! Make sure to not overcook zucchini noodles, they cook very quickly  
- Garnish with remaining parsley and serve
CREAMY SHRIMP AND ZOODLES

Dinner
Recipe origin:
Prep time: 5 minutes
Cook time: 15-20 minutes
Serves: 2

Ingredients:
- 2 cups cauliflower (roughly chopped)
- ½ cup water
- 1 cup PURE coconut water
- 1 tsp sea salt
- ½ tsp freshly ground pepper
- 1 small onion (finely chopped)
- 16 oz cooked shrimp
- ½ cup coconut cream
- ¼ cup fresh cilantro – chopped
- 1 lime – juiced and zested
- 2 tsp coconut oil
- ½ tsp paprika
- ½ Tbsp garlic – minced
- 2 large zucchini – julienned (made into noodles)

Directions:
- Add cauliflower, water and coconut water to medium saucepan. Bring to a boil, then cover and lower heat until cauliflower is very soft, about 5-7 minutes
- In a separate saucepan, heat over medium high heat with coconut oil spray. Once hot, add peeled and deveined shrimp. Cook for 2-3 minutes on each side. Shrimp cooks very quickly, so make sure to keep an eye on it! Remove from pan and set aside
- Add garlic and onion to the pan along with coconut oil and sauté until soft and fragrant.
- Ladle cooked cauliflower mixture over garlic and onion
- Add cooked shrimp, coconut cream, lime juice, lime zest and paprika. Bring to a simmer over low-medium heat
- Cook just enough to warm shrimp, then add cilantro
- In a separate saucepan, heat your choice of oil over medium high heat
- Add zucchini noodles and sauté for about 3-4 minutes (they cook VERY quickly)
- Transfer noodles to a dish and pour shrimp and cauliflower mixture over noodles. Mix and serve!
FISH TACOS WITH COCONUT FLOUR “TORTILLAS”

Lunch or Dinner
Recipe origin: againstallgrain.com
Prep time: 45 minutes
Cook time: 8-10 minutes
Serves: 4

Ingredients:

**Avocado Crema**
- 1 cup raw cashews
- 6 cups water
- 1 small avocado
- 1 jalapeno – seeded
- ¼ cup lime juice
- ¼ tsp cayenne pepper
- 1 tsp salt

**Pico De Gallo**
- 1 medium tomato – diced
- ¼ medium red onion – diced
- 1 Tbsp fresh cilantro
- 2 garlic cloves – peeled

**Tortillas**
- 6 egg whites
- 3 ½ Tbsp coconut flour
- 4 Tbsp almond milk
- ½ tsp sea salt
- ½ tsp ground cumin
- ½ tsp chili powder
- ¼ tsp garlic salt

**Fish**
- 24 oz fresh cod – bones and skins removed
- ½ cup fresh lime juice
- 1.5 tsp sea salt
- 2 tsp chili powder
- 2 tsp cumin

Directions:

- Marinate fish in lime juice, salt, cumin and chili powder for 6-8 hours
- While fish is marinating, prepare avocado crema
- Soak raw cashews, but reserve the soaking water. Blend cashews with ¼ cup of the water until you have a smooth and thick cream
- Add more of the “water” if the cream is too thick after blending
- Puree avocado with ¼ cup of the cream, jalapeno, lime juice, cayenne, salt and pepper
- Set aside

- Now prep pico de gallo:

- Add all ingredients to food processor and pulse until everything is roughly chopped – set aside
- Mix all tortilla ingredients in small bowl (egg whites, coconut flour, almond milk, sea salt, ground cumin, chili powder, garlic salt), let batter sit for about 10 minutes
- Whisk again
- Batter should be runnier than pancake batter, but just about the same as crepe batter
- Heat nonstick skillet over med-high heat and spray with EVOO
- Pour thin layer of batter into pan in circular motion, making tortilla about the size of a pancake
- Turn the pan a few times to help batter spread out evenly into thin layer
- Keep tortillas thin and small
- Let tortilla cook on first side for about a minute until it begins to firm up
- Loosen sides with spatula then slide it under and flip tortilla
- Cook on second side for about 30 seconds, then remove and set aside on a plate
- Continue cooking the remaining batter, spraying pan in between each tortilla
- Remove fish from marinade and slice into pieces 4 inches long and about 1 inch wide
- Place fish on tray lined with parchment paper, then bake for about 5 minutes per side
- Assemble each taco with 3 oz fish, 1 oz pico, 1 oz avocado crema and 1 oz cabbage
HONEY MUSTARD ROSEMARY CHICKEN

Dinner
Recipe origin: damndelicious.net
Prep time: 10 minutes
Cook time: 35 minutes
Serves: 8

Ingredients:

**Mustard Rub**
1 Tbsp EVOO
1 Tbsp whole grain mustard
sea salt and freshly ground pepper To Taste
8 bone in, skin on chicken thighs

**Sauce**
3 Tbsp Dijon mustard
3 Tbsp whole grain mustard
3 Tbsp honey
3 Tbsp chicken stock
1 Tbsp EVOO
3 sprigs rosemary

Directions:

• Prep mustard rub
• Combine olive oil and whole grain mustard in small bowl, season with salt and pepper to taste
• Using a pastry brush, work mustard rub into both sides of chicken
• In a separate bowl, whisk Dijon mustard, whole grain mustard, honey and chicken stock
• Heat olive oil in large, oven-proof skillet over medium-high heat
• Add chicken, skin side down and sear on both sides until golden brown, appx 2-3 minutes per side
• Add mustard mixture and sprinkle with rosemary
• Place in preheated 400 degree oven and roast until completely cooked through, chicken must reach 175 degrees, appx 25-30 minutes
BONUS ELITE RECIPES

SALMON WITH AVOCADO LIME SALSA

Dinner
Recipe origin: thecookierookie.com
Prep time: 5-10 minutes
Cook time: 8-10 minutes
Serves: 4

Ingredients:
2 lbs salmon
1 Tbsp EVOO
1 tsp salt
1 tsp garlic powder
1 tsp paprika
1 tsp onion powder
1 tsp black pepper

Avocado Salsa
1 avocado: diced
½ small red onion – diced
1 lime juiced
1-2 Tbsp cilantro – finely chopped
sea salt to taste

Directions:
• Mix salt, onion powder, paprika, garlic powder, black pepper together and rub salmon with EVOO and seasonings
• Refrigerate for at least 30 minutes to let seasonings soak into salmon
• Heat skillet with coconut oil over med-high heat
• While skillet is heating up, combine avocado, onion, cilantro, lime juice and salt in a bowl and mix well. Chill until ready to use
• Cook salmon to desired doneness, about 3-5 minutes on each side
• Remove from heat, top with salsa and serve

AVOCADO STUFFED SHRIMP

Appetizer/side
Recipe origin: thesaffrongirl.com
Prep time: 5 minutes
Cook time: 5-7 minutes
Serves: 2

Ingredients:
1 whole ripe avocado
2 cups medium to large shrimp, de-shelled and deveined
4 cloves garlic – minced
1-2 Tbsp Extra Virgin Olive Oil OR coconut oil
sea salt to taste
½ tsp paprika
fresh parsley or cilantro - chopped

Directions:
• Cut avocado in half, remove pit
• Scrape out most of meat, leaving a thin layer to hold up the shell, then set aside
• Chop up avocado meat into squares and place in bowl
• In a pan, place about 1-2 Tbsp of extra virgin olive oil OR coconut oil and heat
• Add minced garlic and shrimp
• Sprinkle shrimp with sea salt and paprika. Over low heat, cook just until shrimp are cooked through. Make sure to keep everything moving so the garlic doesn’t burn
• Pour shrimp with garlic and olive oil into the bowl with avocado pieces. Mix well, it is OK if the avocado squishes up a bit
• Add chopped parsley or cilantro if desired
• Spoon mixture into avocado shells
• Serve, and enjoy
## STUFFED SWEET POTATO WITH PULLED PORK

**Lunch or Dinner**  
Recipe origin: everydaypaleo.com  
Prep time: 5 minutes  
Cook time: 6-7 hours  
Serves: 10-12

### Ingredients:
- 4-5 lbs pork butt roast  
- 2 yellow onions – sliced  
- **DRY RUB:**  
  - 3 Tbsp chili powder  
  - 1 tsp coriander  
  - 2 Tbsp cumin  
  - 2 Tbsp onion powder  
  - 1 Tbsp dried parsley  
  - 1 tsp paprika  
  - 2 Tbsp sea salt  
- 10-12 sweet potatoes, depending on size

### Directions:
- Mix all dry rub ingredients together – parsley paprika, onion powder, cumin, coriander, chili powder, sea salt  
- Rub entire roast with dry rub  
- Place a layer of sliced onions at the bottom of slow cooker  
- Place roast on top of onions  
- Place remainder of the onions on top of the roast  
- Cook roast on high for 4-5 hours, then turn down to low for 4-5 more hours or until roast is falling apart and easy to shred with a fork  
- While roast is cooking, prepare sweet potatoes  
  - Prick sweet potatoes with a fork a few times all around sweet potato  
  - Place in oven and roast for 45-50 minutes or until tender (the time will vary depending on size of sweet potato)  
  - Once sweet potatoes are baked, cut out centers and remove some of the innards (which can be either saved for later, or combined with the pork and mixed back into the sweet potato)  
  - Add pulled pork to sweet potato, add extras of your liking (avocado is delicious!) and enjoy

## SWEET AND TANGY ORANGE CHICKEN

**Dinner**  
Recipe origin: stupideasypaleo.com  
Prep time: 1 hour 35 minutes  
Cook time: 1 hour  
Serves: 3-4

### Ingredients:
- 1.5 lbs chicken drumsticks  
- 2 oranges  
- ¼ cup apple cider vinegar  
- 2 honey  
- 1.5 Tbsp coconut aminos  
- 1 thumb sized piece fresh ginger  
- ¼ tsp sea salt  
- toasted sesame seeds for garnish

### Directions:
- In a small saucepan, zest oranges and place the zest in pan along with the juice of the oranges, apple cider vinegar, honey, coconut aminos and salt  
- Simmer glaze on med-low heat until it begins to thicken and coats the back of a spoon  
- Once done, let sauce cool. Put chicken and sauce in a plastic bag and let marinate for at least an hour  
- Once you are ready to bake chicken, preheat oven to 375 degrees  
- Place chicken and all of the remaining sauce onto a baking dish  
- Place in oven and remember to baste every 15-20 minutes with sauce drippings  
- Cook for 50-60 minutes  
- Remove from oven and top with sesame seeds
BONUS ELITE RECIPES

SWEET POTATO NACHOS

Lunch
Recipe origin:
Prep time: 5 minutes
Cook time: 45 + minutes
Serves:

Ingredients:

Chips
1-2 Large sweet potatoes
½ tsp sea salt
½ tsp paprika
1-2 Tbsp extra virgin olive oil OR coconut oil

Chicken
2 (6-8 oz) boneless skinless chicken breasts
½ cup low-sodium chicken broth + extra water if needed
1 tsp sea salt
1 tsp black pepper
1 tsp paprika
Your favorite paleo guacamole
Your favorite paleo salsa

Directions:

• Prep shredded chicken:
  • In large nonstick skillet with a lid, heat EVOO over medium heat until hot
  • Season chicken with salt and pepper and paprika on both sides
  • Place chicken top-side down in hot skillet and let chicken cook for 5 minutes or until golden brown
  • Flip chicken and add chicken broth
  • Cover skillet and let chicken simmer gently over medium heat for about 7-10 minutes (or until completely cooked through)
  • While chicken is simmering, add water ¼ cup at a time if liquid evaporates too quickly
  • Remove chicken from skillet
  • Let cool slightly before shredding. Set aside

• Prep chips:
  • Wash sweet potatoes, then using mandolin or a knife, slice into very thin EVEN slices. It is important to try to keep them the same size so they all cook at the same rate
  • Preheat oven to 375 (you can turn down the temp if your chips burn or cook too quickly)
  • Line baking sheet with tin foil
  • Spray baking sheet with EVOO or coconut oil spray
  • Toss sweet potatoes with EVOO or coconut oil, paprika and sea salt
  • Lay sweet potatoes on foil, make sure they are in an even layer and not on top of each other
  • Bake until crispy. Turn pan every 15-20 minutes so each side is evenly cooked
  • You will need to keep a good watch on the chips. Depending on thickness, the cooking time will vary
  • Remove and place on a wire rack to continue to crisp up
  • Once chips are cooled, place on a plate, top with shredded chicken, your favorite paleo guacamole, paleo salsa and any other toppings you choose!
BONUS PRO RECIPES

BALSAMIC BRUSCHETTA CHICKEN

Dinner
Recipe origin: iowagirleats.com
Prep time: 20 minutes
Cook time: 15-20 minutes
Serves: 4

Ingredients:

**Bruschetta**
1 tbsp fresh garlic – minced
2 tomatoes – diced
2 Tbsp red onion – minced
¼ cup fresh basil – chopped
3 Tbsp EVOO
salt and pepper To Taste

**Chicken**
½ cup balsamic vinegar
4 (8 oz) chicken breasts
½ cup pre-made bruschetta
1 ripened avocado
4 oz mozzarella

Directions:

• Prep bruschetta:
  • Mix all ingredients together and chill until ready to use (fresh garlic, tomatoes, onion, fresh basil, evoo, salt and pepper)
  • Season chicken with salt and pepper
  • Spray large skillet with EVOO
  • Heat skillet, add chicken and cook for 4-5 minutes on each side until completely cooked through
  • Remove from pan, add chicken to foil lined baking sheet
  • Top each piece of chicken with 2 Tbsp bruschetta mixture, 3 slices avocado, 1 oz fresh mozzarella
  • Broil in oven just until cheese is melted
  • Remove from oven, drizzle with balsamic vinegar, serve!

CRAB CAKES

Lunch/Dinner/Side/Appetizer
Recipe origin: nomnompaleo
Prep time: 10 minutes
Cook time: 45 minutes
Serves: 4

Ingredients:

1 lb pasteurized super lump crabmeat
1.5 Tbsp coconut flour, plus extra for dusting the crab cakes
2 scallions
1 Tbsp old bay seasoning
1 large egg
¼ cup greek yogurt
1.5 Tbsp mustard
t sea salt to taste
freshly ground black pepper to taste
¼ cup extra virgin olive oil

Directions:

• Place crab meat in large bowl
  • Add coconut flour, scallions, celery, old bay, greek yogurt, mustard, salt and pepper and egg
  • With rubber spatula, fold together gently so you do not overmix
  • Line platter or baking pan with parchment paper
  • Divide crab mixture into eight portions
  • Form each portion into a flat, round cake
  • Place each cake on parchment paper
  • Once all cakes are formed, place in refrigerator for about 30 minutes to firm up
  • Once cakes are chilled, heat evoo in large frying pan over medium heat
  • While oil is heating up, fill a shallow dish with coconut flour
  • Dredge each cake very lightly with coconut flour. Make sure to pat off all excess flour
  • Place each cake in hot oil for about 3 minutes on each side
  • Once they are cooked, place cakes on a wire rack to cool
  • Serve with lemon wedges and enjoy!
CREAMY SUN DRIED TOMATO CHICKEN

Dinner
Recipe origin: iowagirleats.com
Prep time: 20 minutes
Cook time: 15-20 minutes
Serves: 4

Ingredients:
- 1 Tbsp coconut oil
- 4 (8oz) boneless skinless chicken breasts
- 2 cloves garlic – chopped
- ¼ tsp red pepper flakes
- 1 cup chicken broth (low sodium)
- ½ cup coconut milk
- ¼ cup sundried tomatoes – chopped
- ¼ cup parmigianno reggiano – grated
- salt and pepper To Taste
- ¼ cup fresh basil – thinly sliced

Directions:
• Heat oil in pan over medium high heat
• Add chicken and cook through on both sides, appx 5 minutes per side depending on thickness of chicken
• Once fully cooked, set chicken aside
• Add garlic and red pepper flakes to the same pan you cooked the chicken in and sauté until fragrant, be careful not to overcook garlic
• Add chicken broth and deglaze pan
• Add chicken, skin side down and sear on both sides until golden brown, appx 2-3 minutes per side
• Add coconut milk, sun dried tomatoes and parmesan
• Bring to a boil, reduce heat and simmer until sauce thickens, about 3-5 minutes
• Add chicken back to pan, season with salt and pepper to taste, remove from heat and mix in basil

BONUS PRO RECIPES

CUCUMBER QUINOA SALAD

Lunch
Recipe origin: pinchofyum.com
Prep time: 5-10 minutes
Cook time: 5-10 minutes
Serves: 6

Ingredients:
- 1 cup uncooked quinoa
- 2 cups chopped cucumber
- ⅓ cup pecorino romano cheese OR feta cheese
- ½ cup freshly chopped basil and cilantro
- ⅛ cup almonds
- 6 slices bacon

Dressing
- ½ cup freshly squeezed lemon juice
- ¼ cup extra virgin olive oil
- ¼ tsp salt
- 2-3 Tbsp honey

Directions:
• Cook quinoa according to package. Once done, let chill in fridge so it separates better for the salad
• Place bacon on cold frying pan making sure not to overlap
• Turn stove on low-medium high heat
• Every few minutes, flip the bacon over so it browns evenly. Cook to desired crispness (appx 7-10 minutes)
• Wash, peel, and chop cucumbers into bite size pieces
• Chop basil and cilantro into thin strips
• Throw almonds into food processor and pulse until they are all crushed up
• Toss quinoa with bacon, cucumbers, cheese (if using), herbs and almonds

MAKE DRESSING:
• Puree all dressing ingredients (freshly squeezed lemon juice, extra virgin olive oil, sea salt and honey) in a food processor (or whisk very well in a small bowl)
• Toss salad with dressing. Season with salt and pepper to your liking
PESTO CHICKEN SALAD

Lunch
Recipe origin: damndelicious.net
Prep time: 20 minutes
Cook time: 10-15 minutes
Serves: 4

Ingredients:

1 cup fresh basil leaves
3 cloves garlic, peeled
3 Tbsp pine nuts
¼ cup grated parmesan cheese
salt and pepper To Taste
½ cup Extra Virgin Olive Oil
4 (6oz) boneless skinless chicken breasts
¼ cup greek yogurt
2 cups arugula
2 Roma Tomatoes
1 Tbsp EVOO
¾ cup water (plus more if needed)

Directions:

Prep Pesto:
• Combine basil, garlic, pine nuts and parmesan cheese in food processor, season with salt and pepper
• While motor is running, add in olive oil in a slow stream until emulsified
• Set pesto aside

Prepare Chicken:
• In a large 12 inch nonstick skillet with a lid, heat EVOO over medium high heat
• Pat chicken dry and season with salt and pepper on both sides
• Place chicken top side down in skillet and let chicken cook for 5 minutes
• Flip chicken and add water to pan. Cover skillet and let chicken simmer gently over medium heat for about 7-10 minutes or until chicken is completely cooked through
• Remove chicken from skillet an let cool slightly before shredding
• Using a fork, shred the chicken
• In a large bowl, combine cooked shredded chicken, ½ cup pesto, greek yogurt, salt and pepper to taste
• Serve over bed of arugula and tomatoes
POWER PACKED FRITTERS

Side/appetizer
Recipe origin: yes-moreplease.com
Prep time: 20 minutes
Cook time: 8 minutes
Serves: 8-10

Ingredients:
- 2 medium sweet potatoes, steamed and pureed
- 2 cups cooked quinoa
- 2 cups any flat leaf kale
- 2 eggs
- ½ cup almond flour
- 4 tsp arrowroot flour
- 1 tsp grated ginger
- 1 pinch paprika
- 1 tsp freshly ground black pepper
- 1 tsp sea salt
- 4-6 Tbsp coconut oil

Dressing
- ¼ cup greek yogurt
- 1 tsp freshly grated ginger
- pinch salt
- pinch pepper

Directions:
- Give sweet potatoes a good wash and scrubbing. Peel and cut them into 1 inch cubes
- Once cut, add to saucepan and cover the potatoes about ½ to ¾ of the way with water
- Place lid on saucepan and cook on low-medium heat until tender, about 20 minutes
- Once sweet potatoes are nice and tender, use an immersion blender, handheld potato masher, or blender to mash the potatoes
- Set aside until ready to use
- Chop kale into thin strips
- In medium bowl, place all fritter ingredients together (steamed and pureed sweet potatoes, cooked quinoa, kale, eggs, almond flour, arrowroot flour, grated ginger, paprika, freshly ground black pepper, salt) and mix well
- In medium pan, heat about 4-6 Tbsp coconut oil over medium high heat
- Using a small ice cream scoop, scoop about 6 patties into pan, lightly flatten each patty until tops are even
- Cook for about 3-4 minutes on each side, or until golden brown
- Remove from pan, and cool on a wire rack
- While cooling, make dipping sauce:
  - Mix all ingredients together (greek yogurt, ginger, salt and pepper) and chill until ready to serve
- Serve fritters warm
# SALSA VERDE CHICKEN

**Dinner**  
Recipe origin: lovelylittlechicken.com  
Prep time: 15 minutes  
Cook time: 6-8 hours  
Serves: 6-8  

## Ingredients:  

**Salsa Verde**  
(makes appx 8 servings)  
1 lb tomatillos – husked  
½ cup finely chopped onion  
1 tsp garlic – minced  
1 serrano chile pepper – minced  
2 Tbsp cilantro – chopped  
1 Tbsp oregano – chopped  
½ tsp ground cumin  
1 ½ tsp sea salt  
2 cups water  

**Chicken**  
4 lbs boneless skinless chicken breast  
1 tsp ground cumin  
1 tsp garlic powder  
4 oz cream cheese  
4 oz greek yogurt  
2 cups salsa verde  
2-3 cups avocado  
5-6 cups cooked brown rice  

## Directions:  

**Prep salsa verde:**  
• Place tomatillos, onion, garlic, and chile pepper into a saucepan  
• Season with cilantro, oregano, cumin, salt – pour in water  
• Bring to a boil over high heat, then reduce heat to medium-low and simmer until tomatillos are soft – 10-15 minutes  
• Using an immersion blender, carefully puree tomatillo mixture until smooth  
• Set salsa verde aside  

**Prepare Chicken:**  
• Add chicken to crockpot  
• Top with seasonings, cream cheese, greek yogurt and salsa  
• Cover and cook on low for 4-6 hours  
• When chicken is almost cooked, cook brown rice according to package  
• Shred chicken with two forks and mix all ingredients together in crockpot  
• Let shredded chicken absorb creamy mixture for another 30 minutes while crockpot is on WARM  
• Remove chicken from crockpot, serve over bed of lettuce and rice and top with avocado
SUPERFOOD SALAD

Lunch
Recipe origin: sugarandgrace.com
Prep time: 15 minutes
Cook time: 10 minutes
Serves: 2-3

Ingredients:
2 cups kale – thinly sliced
1 lb Brussels sprouts – finely shredded
2 slices bacon – chopped
¼ cup almonds – chopped
¼ cup pecorino romano cheese

Dressing
2 Tbsp fresh lemon juice
1 Tbsp Dijon mustard
1 tsp shallot – finely minced
1 small clove garlic – finely minced
1/8 tsp sea salt
pinch black pepper
¼ cup extra virgin olive oil

Directions:
• Combine all dressing ingredients except for olive oil (lemon juice, mustard, shallot, garlic, salt, pepper) in a small bowl and mix together
• While whisking dressing, slowly drizzle in olive oil until combined
• Set aside
• Cook bacon: place bacon on cold frying pan making sure not to overlap
• Turn stove on low-medium heat. Every few minutes, flip the bacon over so it browns evenly. Cook to desired crispness (aprx 7-10 minutes). Set aside on paper towel
• Chop kale and Brussels sprouts into thin strips
• Add greens to bowl
• Chop cooked bacon and almonds together and add to greens
• Top with pecorino cheese, and drizzle with dressing
• Mix together and serve!
BONUS PRO RECIPES

SWEET AND SPICY SHRIMP

Lunch OR Dinner
Recipe origin: thecookierookie.com
Prep time: 20 minutes
Cook time: 5-10 minutes
Serves: 6-8

Ingredients:

Sweet Chili Sauce
½ cup coconut vinegar
½ cup honey
¼ cup water
2 Tbsp fish sauce
3 cloves garlic
2 red chili peppers
1 ½ Tbsp arrowroot powder
2 Tbsp water

Shrimp
1 lb shrimp – shelled and deveined
1 cup cooked brown rice
3 Tbsp chopped green onion

Directions:

• Prep Sweet Chili Sauce:
  • Remove stems and most seeds from red chili peppers
  • Blend all ingredients (coconut vinegar, honey, garlic, red chili peppers and fish sauce) in a blender with the exception of the arrowroot powder and water
  • Blend until mostly chopped
  • Pour mixture into saucepan and bring to a boil
  • Turn down heat to medium and cook for about 10 minutes, or until sauce has reduced by half
  • Once reduced, mix arrowroot powder and water into a slirry
  • Pour arrowroot mixture into saucepan
  • Cook until a jelly-like consistency has been reached (will not take long)
  • Remove from heat and set aside
  • Once cooled, mix 1 ½ Tbsp of sweet chili sauce with green onion and greek yogurt
  • Coat shrimp in sauce until they are evenly coated
  • Bring skilled to med-high heat. Cook shrimp on each side for about 2-3 minutes
  • Place cooked shrimp over bed of brown rice, top with thinly sliced green onions
BONUS PRO RECIPES

SWEET POTATO PIZZA

Lunch or Dinner
Recipe origin: carrotsncake.com
Prep time: 10 minutes
Cook time: 35-40 minutes
Serves: 4-5 people

Ingredients:
- 1.5 Cups Mashed Sweet Potatoes
- 1.5 cups almond flour
- 2 large eggs
- 1 large egg white
- 1 cup shredded cheese
- 1 tsp baking powder
- 2 tsp garlic powder
- 1 tsp oregano
- ½ tsp paprika
- ¼ tsp cinnamon
- 1 tsp salt
- Your choice of toppings

Directions:
- Preheat oven to 375
- Combine all ingredients in a large bowl and mix well
- Cover pan/baking sheet with tinfoil and coat with EVOO (if you have a pizza stone, there is no need for tin foil)
- Using a spatula, spread dough evenly around pan, appx ½ inch thick
- Bake for 25-30 minutes
- Remove crust from oven, add desired toppings and bake for another 5-7 minutes or until any cheeses are completely melted
- Remove from oven, slice and serve!
SAUTEED SHITAKE AND BROCCOLI RABE

Recipe origin: jenessasdinners.blogspot.com
Serves: 2-3 people

Ingredients:
1 head of broccoli rabe, stems trimmed
2 cups shitake mushrooms, sliced
½ onion, thinly sliced
4 cloves of garlic, roughly chopped
½ tbsp. ghee
¼ cup vegetable stock (or white wine)
salt to taste

Directions:
• Bring a large pot of water to a boil while you trim and slice your vegetables.
• In a large frying pan over medium-high heat, melt ¼ tbsp. of butter and add the onions. Salt, and cook until browned and soft (about 6 minutes). Add the garlic and cook for another 3 minutes. Then, melt the additional ¼ of butter in the pan before adding the shitakes and vegetable stock. Season with salt. Turn up the heat and sautee until browned.
• Meanwhile, drop the broccoli rabe in the boiling water to blanch for about 3-4 minutes. Drain, add to the frying pan with the shitake and onion, and cover until the rabe is completely softened.
• Remove the cover and allow the juices released to simmer off. Add any salt needed. Serve topped with a fried egg, if you wish.

RAW HEMP ALGAE BARS

Recipe origin: grokgrub.com
Serves:

Ingredients:
½ cup pistachios
½ cup pumpkin seeds
¾ cup shredded coconut
¼ cup orange juice
¼ cup hemp seeds
¼ cup coconut oil, melted
½ tsp spirulina
¾ cup dates, chopped

Directions:
• In a food processor, process the pistachios, pumpkin seeds, shredded coconut and dates until the mixture is crumbly but beginning to come together.
• Remove to a medium mixing bowl and stir in orange juice, coconut oil, hemp seeds and spirulina.
• Press into an 8-inch square cake pan or glass dish.
• Chill in the refrigerator for at least an hour, then slice and serve.
** Will keep for several days if refrigerated in an air-tight container.
SCALLION PANCAKES

Recipe origin: studio-snacks.com
Serves:

**Ingredients:**

- 8 oz cauliflower
- ¼ cup water
- ½ cup scallions
- ½ cup onion – finely chopped
- 2 eggs
- ½ tsp sea salt
- 2 Tbsp coconut oil

**Directions:**

- Begin by preparing your cauliflower. Manually cut into coarse florets then mince through a food processor. If you don’t have a food processor, you may also mince your cauliflower through a vegetable grater.

- In a large saucepan fitted with a lid, heat up ¼ cup of water until it is boiling. Immediately place all of the minced cauliflower in the saucepan, give it a quick stir, cover and turn off the heat. Let steam for 10 minutes (be precise! set a timer).

- Once the 10 minutes is up, remove the cauliflower from the saucepan into a fine mesh bag and squeeze all of the moisture out (there will be quite a lot! Reserve this liquid to add to your next vegetable soup/broth*) Move the strained cauliflower into a small bowl and set aside.

- Mince your onion and chop your scallion into rounds. Crack two eggs into a small bowl.

- Whisk the eggs with a fork, then toss it, along with the scallions, onion, cauliflower and ¼ teaspoon of sea salt in a medium bowl until well combined.

- In a large fry-pan, heat up 2 tablespoons of oil on medium heat, then place all of the egg mixture into the pan. Spread it out with a spatula to evenly cover the whole pan. Let fry for about 5 minutes or until golden brown.

- Flip the pancake. I used the plate-sliding method where I slide the pancake (browned side still down) from the pan onto a large plate, invert the fry pan onto the plate and flip both together back onto the stove, making it so that the uncooked side is now at the bottom. Cook for another 3 minutes or so, until also golden brown.

- Slide the pancake from the pan to a large plate and cut into 6 pieces. Sprinkle with more sea salt and serve hot.
BONUS VEGETARIAN RECIPES

BEAN KALE AND EGG STEW

Recipe origin: foodnetwork.com
Serves:

Ingredients:
- 2 tablespoons olive oil
- ½ small red onion, chopped
- Two 15-ounce cans kidney or pinto beans, one can drained and rinsed, one can liquid reserved
- 1 ½ cups low-sodium chicken or vegetable broth
- 2 teaspoons low-sodium soy sauce
- Kosher salt and freshly ground black pepper
- 1 bunch kale, stemmed and torn into 2-inch pieces (about 10 cups)
- 4 large eggs

Directions:
• Preheat broiler. Heat 1 tablespoon of the oil in a medium saucepan over medium-high heat. Add the onions and cook, stirring, until soft, about 4 minutes. Add the beans and reserved bean liquid, chicken broth, soy sauce, ½ teaspoon salt and a few grinds of black pepper. Bring to a simmer, add the kale and stir until wilted; bring back to a simmer and cook until the kale is tender and the stew is slightly thickened, about 15 minutes. Remove from the heat, cover and keep warm.
• Heat the remaining 1 tablespoon oil in a large nonstick skillet. Once the oil is hot, crack the eggs into the skillet and cook until the whites begin to set up, about 2 minutes. Sprinkle each egg with pepper, cover and continue to cook until the whites are completely set and the yolks are still runny, about 2 minutes more. Remove from the heat.
• Divide the stew among four bowls, top each with an egg.

VEGAN CHILI

Recipe origin: epicurious.com
Serves: 6-8

Ingredients:
- 1 tablespoon oil
- 1 medium yellow onion, diced
- 1 cup shredded carrots
- 1-2 jalapeño peppers, stemmed, seeded, and minced
- 3 garlic cloves, minced
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 cups diced fresh tomatoes (about 2 medium or 6 plum tomatoes)
- 1 ½ cups tomato sauce
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 ½ (15-ounce) cans black beans, drained and rinsed
- 1 ½ teaspoons kosher salt, or to taste
- Chopped fresh cilantro

Directions:
• Heat the oil in a Dutch oven or large heavy pot over medium-high heat. Add the onion, carrots, and jalapeño and sauté, stirring often, until the onion is soft and translucent, about 5 minutes. Add the garlic and sauté for 1 minute. Add the bulgur, chili powder, and cumin and stir until well combined.
• Stir in the tomatoes, tomato sauce, and beans. Bring to a boil, then reduce the heat, cover, and simmer, stirring occasionally, until the beans are tender, about 1 hour. Season with salt to taste. Serve with a sprinkling of cilantro, if desired.
# QUINOA TABOULEH

**Recipe origin:** myrecipes.com  
**Serves:**

**Ingredients:**
- 1 ¾ cups water  
- 1 cup uncooked quinoa  
- ½ cup coarsely chopped seeded tomato  
- ½ cup chopped fresh mint or parsley  
- ¼ cup raisins  
- ¼ cup chopped cucumber  
- ¼ cup fresh lemon juice  
- 2 tablespoons chopped green onions  
- 1 tablespoon extra-virgin olive oil  
- 2 teaspoons minced fresh onion  
- ½ teaspoon salt  
- ¼ teaspoon freshly ground black pepper

**Directions:**
- Combine water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Remove from heat; fluff with a fork. Stir in tomato and remaining ingredients. Cover; let stand 1 hour. Serve chilled or at room temperature.

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# QUINOA SALAD WITH ARTICHOKE HEARTS AND PARSLEY

**Recipe origin:** myrecipes.com  
**Serves:** 8

**Ingredients:**
- 1 tbsp evoo  
- 1 cup chopped spring or sweet onion  
- ½ tsp chopped fresh thyme  
- 1 (9 oz) package frozen artichoke hearts, thawed  
- 1 cup low sodium chicken broth  
- ½ cup uncooked quinoa  
- 1 cup chopped parsley  
- 5 tsp grated lemon rind  
- 1 Tbsp fresh lemon juice  
- ¼ tsp sea salt

**Directions:**
- Heat oil in a medium saucepan over medium-high heat. Add onion and thyme; sauté 5 minutes or until onion is tender. Add artichokes; sauté 2 minutes or until thoroughly heated. Add broth and quinoa; bring to a simmer. Cover and cook 18 minutes or until liquid is completely absorbed.
- Remove pan from heat. Stir in parsley, rind, juice, and salt. Serve warm or at room temperature.
BONUS VEGETARIAN RECIPES

CHICKPEA BAJANE

Recipe origin: myrecipes.com
Serves:

Ingredients:

Quinoa
2 teaspoons extra-virgin olive oil
1 garlic clove, minced
1 cup organic vegetable broth
1 cup water
1 cup uncooked quinoa
1 ½ teaspoons chopped fresh thyme
¼ teaspoon salt

Chickpea Mixture
2 teaspoons extra-virgin olive oil, divided
2 cups thinly sliced leek (about 1 large)
4 garlic cloves, chopped
2 ½ cups sliced fennel bulb (about 1 large)
1 ¾ cups (¼-inch-thick) slices carrot (about ¾ pound)
½ teaspoon fennel seeds
½ cup white wine
1 cup organic vegetable broth
4 teaspoons chopped fresh thyme, divided
1 (14 ½-ounce) can no-salt-added chickpeas (garbanzo beans), rinsed and drained
1 tablespoon fresh lemon juice
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
1 (5-ounce) package baby spinach

Directions:

• To prepare quinoa, heat 2 teaspoons oil in a large saucepan over medium-high heat. Add 1 garlic clove to pan; sauté 1 minute. Add 1 cup broth and next 4 ingredients (through ¼ teaspoon salt); cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and quinoa is tender.

• To prepare chickpea mixture, heat 1 teaspoon oil in a Dutch oven over medium-high heat. Add leek and 4 garlic cloves to pan; sauté 5 minutes or until tender. Add remaining 1 teaspoon oil, fennel bulb, carrot, and fennel seeds; sauté 10 minutes or until vegetables are golden. Add wine; cook 3 minutes or until liquid almost evaporates. Stir in 1 cup broth, 2 teaspoons thyme, and chickpeas; cook 1 minute or until thoroughly heated. Remove from heat; stir in juice, ¼ teaspoon salt, pepper, and spinach.

• Place about 2/3 cup quinoa in each of 4 bowls; top each serving with about 1 ½ cups chickpea mixture. Sprinkle each serving with ½ teaspoon thyme.