

## WEEK 2: MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>BREAKFAST:</b> <i>Loaded Sweet Potato:</i> Bake 1 sweet potato. Sauté ¼ cup diced red onion, 1 minced clove garlic, and 4 oz ground turkey in 1 tbsp coconut oil until turkey is cooked. Add 1 cup spinach, 1 tsp parsley, ½ tsp cumin, ¼ tsp each paprika, oregano and pepper, and ½ tsp salt. Cook until spinach wilts. Cut potato in half, top with turkey mixture and ½ avocado, diced.</p> <p><b>LUNCH:</b> 1 serving Ginger Chicken Stir-Fry with Spaghetti Squash (leftovers, p. 92)</p> <p><b>DINNER:</b> <i>Baked Salmon:</i> Combine 2 tbsp coconut aminos, 1 tbsp Dijon and 1 minced clove garlic. Add 3 salmon fillets; marinate in refrigerator 15 minutes to 1 hour. Discard marinade and bake salmon 15 to 20 minutes at 425°F. Makes 3 servings (eat 1, save leftovers).</p> <p><i>Parsnip Mash:</i> Bring 2 cups diced parsnips in water to a boil. Reduce heat, cover and simmer until soft, 10 minutes. Drain, mash with 1 minced clove garlic, ½ cup coconut milk and 2 tbsp ghee. Makes 3 servings (eat 1, save leftovers).</p> <p>1½ cups broccoli florets, steamed and tossed with 2 tbsp sesame seeds, 1½ tsp ghee and pinch each salt and pepper</p>	<p><b>BREAKFAST:</b> <i>Crustless Quiche:</i> Preheat oven to 400°F. In a large skillet on medium, sauté 1 cup diced yellow onion in 1½ tsp coconut oil for 5 minutes. Add 2 cups chopped broccoli and cook for 5 minutes, set aside. Whisk together 6 eggs, ¼ cup coconut milk, ¼ cup hemp seeds and ½ tsp each salt and pepper. Mix veggies with egg mixture and pour into a greased 8 x 8-inch baking dish. Bake for 40 minutes, or until eggs set. Makes 3 servings (eat 1, save leftovers).</p> <p><b>LUNCH:</b> 1 serving Baked Salmon (leftovers)</p> <p>1 serving Parsnip Mash (leftovers)</p> <p>1½ cups broccoli florets, steamed and tossed with 2 tbsp sesame seeds, 1½ tsp ghee and pinch each salt and pepper</p> <p><b>DINNER:</b> 1 serving Herbed Meatballs in Tomato Sauce with Cauli-Rice (leftovers, p. 95)</p>	<p><b>BREAKFAST:</b> <i>Loaded Sweet Potato:</i> Bake 1 sweet potato. Sauté ¼ cup diced red onion, 1 minced clove garlic, and 4 oz ground turkey in 1 tbsp coconut oil until turkey is cooked. Add 1 cup spinach, 1 tsp parsley, ½ tsp cumin, ¼ tsp each paprika, oregano and pepper, and ½ tsp salt. Cook until spinach wilts. Cut potato in half, top with turkey mixture and ½ avocado, diced.</p> <p><b>LUNCH:</b> 1 serving Herbed Meatballs in Tomato Sauce with Cauli-Rice (leftovers, p. 95)</p> <p><b>DINNER:</b> 1 serving Creamy Curry Chicken with Mashed Potatoes (p. 96; save leftovers)</p>	<p><b>BREAKFAST:</b> 1 serving Crustless Quiche (leftovers)</p> <p><b>LUNCH:</b> 1 serving Baked Salmon (leftovers)</p> <p>1 serving Parsnip Mash (leftovers)</p> <p>1½ cups broccoli florets, steamed and tossed with 1½ tsp ghee and pinch each salt and pepper</p> <p><b>DINNER:</b> 1 serving Creamy Chicken Curry with Mashed Potatoes (leftovers, p. 96)</p>
<p><b>NUTRIENTS:</b> Calories: 1,843, Fat: 115 g, Sat. Fat: 42 g, Carbs: 110 g, Fiber: 32 g, Sugars: 40 g, Protein: 105 g, Sodium: 1,571 mg, Cholesterol: 300 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,460, Fat: 88 g, Sat. Fat: 43 g, Carbs: 69 g, Fiber: 20 g, Sugars: 24 g, Protein: 100 g, Sodium: 1,775 mg, Cholesterol: 662 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,840, Fat: 108 g, Sat. Fat: 60 g, Carbs: 113 g, Fiber: 31 g, Sugars: 30 g, Protein: 111 g, Sodium: 1,855 mg, Cholesterol: 404 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,570, Fat: 95 g, Sat. Fat: 60 g, Carbs: 90 g, Fiber: 18 g, Sugars: 20 g, Protein: 94 g, Sodium: 1,310 mg, Cholesterol: 628 mg</p>

FRIDAY	SATURDAY	SUNDAY
<p><b>BREAKFAST:</b> <i>Tex-Mex Omelette:</i> Combine ½ avocado, diced, ½ cup diced tomato, 2 tbsp each chopped red onion and cilantro, 1 minced clove garlic, 1 tsp lime juice, ½ tsp each salt and pepper, and dash hot sauce. Cook 2 eggs, whisked, in 1 tbsp ghee for 2 minutes; flip and cook 30 seconds more. Top with avocado mixture.</p> <p><b>LUNCH:</b> 1 serving Herbed Meatballs in Tomato Sauce with Cauli-Rice (leftovers, p. 95)</p> <p><b>DINNER:</b> <i>Veggie Shrimp Toss:</i> Cook 2 cups each sliced mushrooms and chopped broccoli in 2 tbsp avocado oil until tender, 5 minutes. Add 1 lb shrimp, 3 stalks celery, diced, 3 minced cloves garlic, ¼ cup coconut aminos, 1½ tsp minced fresh ginger and ¼ tsp each red pepper flakes and salt. Cook until shrimp is opaque. Top with 2 tbsp sesame oil and 3 green onions, sliced. Makes 3 servings (eat 1 serving with 1 tbsp sesame seeds, save leftovers). Serve with 1 small sweet potato, baked, with 1 tsp ghee and pinch salt.</p>	<p><b>BREAKFAST:</b> 1 serving Crustless Quiche (leftovers)</p> <p><b>LUNCH:</b> 1 serving Veggie Shrimp Toss (leftovers) with 1 tbsp sesame seeds</p> <p><b>DINNER:</b> 1 serving Creamy Chicken Curry with Mashed Potatoes (leftovers, p. 96)</p>	<p><b>BREAKFAST:</b> <i>Tex-Mex Omelette:</i> Combine ½ avocado, diced, ½ cup diced tomato, 2 tbsp each chopped red onion and cilantro, 1 minced clove garlic, 1 tsp lime juice, ½ tsp each salt and pepper, and dash hot sauce. Cook 2 eggs, whisked, in 1 tbsp ghee for 2 minutes; flip and cook 30 seconds more. Top with avocado mixture.</p> <p><b>LUNCH:</b> 1 serving Veggie Shrimp Toss (leftovers) with 1 tbsp sesame seeds</p> <p><b>DINNER:</b> 1 serving Creamy Chicken Curry with Mashed Potatoes (leftovers, p. 96)</p>
<p><b>NUTRIENTS:</b> Calories: 1,550, Fat: 99 g, Sat. Fat: 34 g, Carbs: 77 g, Fiber: 25 g, Sugars: 29 g, Protein: 94 g, Sodium: 2,233 mg, Cholesterol: 814 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,466, Fat: 89 g, Sat. Fat: 44 g, Carbs: 81 g, Fiber: 16 g, Sugars: 20 g, Protein: 93 g, Sodium: 1,717 mg, Cholesterol: 727 mg</p>	<p><b>NUTRIENTS:</b> 1,605, Fat: 105 g, Sat. Fat: 49 g, Carbs: 85 g, Fiber: 22 g, Sugars: 21 g, Protein: 89 g, Sodium: 1,629 mg, Cholesterol: 767 mg</p>