

WEEK 1: MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BREAKFAST: <i>Parsnip Hash:</i> Season 8 oz ground turkey with ⅛ tsp each salt and pepper and cook in 1 tbsp ghee; remove from pan. Melt 2 tbsp ghee and cook 2 cups diced parsnips, 1 minced clove garlic, ½ tsp each cinnamon and turmeric, and ¼ tsp cayenne pepper until parsnips are soft. Add 3 cups chopped kale and browned turkey; cook 5 minutes. Makes 3 servings (eat 1, save leftovers). Top with 2 eggs fried in 1½ tsp ghee.</p> <p>LUNCH: <i>Spinach Salad:</i> Toss 3 cups baby spinach, 1 cup blueberries and ¼ cup chopped pecans with 3 tbsp Balsamic Basil Dressing (below); top with 1 serving Baked Paprika Chicken (below)</p> <p><i>Balsamic Basil Dressing:</i> In a small food processor, process ⅔ cup EVOO, ½ cup balsamic vinegar, ½ cup fresh basil, 2 cloves garlic and ½ tsp each salt and pepper</p> <p><i>Baked Paprika Chicken:</i> Season 2 chicken breasts with 1 tsp paprika and ½ tsp each salt and pepper; bake 10 minutes at 400°F then flip and bake 15 minutes more, or until cooked through. Makes 2 servings (eat 1, save leftovers).</p> <p>DINNER: 1 serving <i>Fish Taco Lettuce Wraps</i> (p. 90; save leftovers)</p>	<p>BREAKFAST: <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 ⅛ tsp salt. Cook until spinach wilts. Cut potato in half, top with turkey mixture and ½ avocado, diced.</p> <p>LUNCH: 1 serving Fish Taco Lettuce Wraps (leftovers, p. 90)</p> <p>DINNER: <i>Spinach Salad:</i> Toss 3 cups baby spinach, 1 cup blueberries and ¼ cup chopped pecans with 3 tbsp Balsamic Basil Dressing (leftovers). Top with 1 serving Baked Paprika Chicken (leftovers).</p> <p>1 cup pineapple chunks</p>	<p>BREAKFAST: 1 serving Parsnip Hash (leftovers), topped with 2 eggs, fried in 1½ tsp ghee</p> <p>LUNCH: <i>Tuna Salad:</i> Toss 3 cups chopped romaine, 1 can tuna, drained and flaked, 1 tomato, diced, ½ cup cucumber, diced, and 6 Kalamata olives with 3 tbsp Balsamic Basil Dressing (leftovers)</p> <p>1 cup pineapple chunks</p> <p>DINNER: 1 serving Fish Taco Lettuce Wraps (leftovers, p. 90)</p>	<p>BREAKFAST: 1 serving Parsnip Hash (leftovers), topped with 2 eggs, fried in 1½ tsp ghee</p> <p>LUNCH: <i>Salmon Salad:</i> Toss 3 cups chopped iceberg lettuce, 1 can salmon, drained and flaked, ½ cup each diced tomato and cucumber, ½ avocado, diced, and ¼ cup sliced red onion with 3 tbsp Balsamic Basil Dressing (leftovers)</p> <p>DINNER: 1 serving <i>Ginger Chicken Stir-Fry with Spaghetti Squash</i> (p. 92; save leftovers)</p> <p>1 cup pineapple chunks</p>
<p>NUTRIENTS: Calories: 1,925, Fat: 129 g, Sat. Fat: 33 g, Carbs: 107 g, Fiber: 33 g, Sugars: 34 g, Protein: 95 g, Sodium: 1,913 mg, Cholesterol: 691 mg</p>	<p>NUTRIENTS: Calories: 1,997, Fat: 126 g, Sat. Fat: 29 g, Carbs: 140 g, Fiber: 43 g, Sugars: 52 g, Protein: 94 g, Sodium: 1,975 mg, Cholesterol: 291 mg</p>	<p>NUTRIENTS: Calories: 1,935, Fat: 27 g, Sat. Fat: 32 g, Carbs: 110 g, Fiber: 30 g, Sugars: 41 g, Protein: 101 g, Sodium: 1,845 mg, Cholesterol: 653 mg</p>	<p>NUTRIENTS: Calories: 2,040, Fat: 127 g, Sat. Fat: 33 g, Carbs: 119 g, Fiber: 29 g, Sugars: 59 g, Protein: 106 g, Sodium: 1,861 mg, Cholesterol: 634 mg</p>
FRIDAY	SATURDAY	SUNDAY	
<p>BREAKFAST: <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 ⅛ tsp salt. Cook until spinach wilts. Cut potato in half, top with turkey mixture and ½ avocado, diced.</p> <p>LUNCH: 1 serving Ginger Chicken Stir-Fry with Spaghetti Squash (leftovers, p. 92)</p> <p>DINNER: <i>Tuna Salad:</i> Toss 3 cups chopped romaine, 1 can tuna, drained and flaked, 1 tomato, diced, ½ cup cucumber, diced, and 6 Kalamata olives with 3 tbsp Balsamic Basil Dressing (leftovers)</p> <p>1 cup pineapple chunks</p>	<p>BREAKFAST: <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, ⅛ 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>LUNCH: <i>Salmon Salad:</i> Toss 3 cups chopped iceberg lettuce, 1 can salmon, drained and flaked, ½ cup each diced tomato and cucumber, ½ avocado, diced, and ¼ cup sliced red onion with 3 tbsp Balsamic Basil Dressing (leftovers)</p> <p>DINNER: 1 serving Ginger Chicken Stir-Fry with Spaghetti Squash (leftovers, p. 92)</p>	<p>BREAKFAST: <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, ⅛ 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>LUNCH: <i>Tuna Salad:</i> Toss 3 cups chopped romaine, 1 can tuna, drained and flaked, 1 tomato, diced, ½ cup cucumber, diced, and 6 Kalamata olives with 3 tbsp Balsamic Basil Dressing (leftovers)</p> <p>DINNER: 1 serving Herbed Meatballs in Tomato Sauce with Cauli-Rice (see recipe, p. 95; save leftovers)</p>	
<p>NUTRIENTS: Calories: 1,926, Fat: 117 g, Sat. Fat: 26 g, Carbs: 121 g, Fiber: 32 g, Sugars: 58 g, Protein: 109 g, Sodium: 1,991 mg, Cholesterol: 222 mg</p>	<p>NUTRIENTS: Calories: 1,818, Fat: 124 g, Sat. Fat: 28 g, Carbs: 95 g, Fiber: 31 g, Sugars: 42 g, Protein: 93 g, Sodium: 1,919 mg, Cholesterol: 561 mg</p>	<p>NUTRIENTS: Calories: 1,597, Fat: 107 g, Sat. Fat: 32 g, Carbs: 62 g, Fiber: 23 g, Sugars: 26 g, Protein: 99 g, Sodium: 2,106 mg, Cholesterol: 623 mg</p>	