

Shopping List:

- Decaf green tea bags
- Plain oatmeal or steel cut oats
- Brown rice or quinoa
- unsweetened almond milk
- chocolate protein powder (no sucralose, no soy) OR Shakeology
- extra virgin olive oil
- balsamic vinegar
- almonds, raw unsalted (need equivalent of ½ cup)
- fresh chicken breasts (approx 6 for chicken salsa, baked chicken, & grilled chicken)
- 2, 4oz salmon filets (more if you're feeding your family too. Look for wild caught! Alaskan wild caught is the best in my opinion!)
- 1 pkgs 93% ground turkey
- garlic hummus (small container)
- 0% plain greek yogurt
- corn tortillas
- 2 jars 16oz salsa (look for some without sugar added!)
- whole wheat hamburger buns (organic or all natural if you can, gluten free if needed!)
- tomato (1 small, optional for burgers and salads)
- onion
- blueberries (frozen are ok, but look for unsweetened!)
- celery
- lettuce or spinach (enough for 4 salads and to top 1 sandwich and 1 burger. No iceberg lettuce, look for romaine, or green or red leaf)
- broccoli (need equivalent of 1 cup)
- green beans (need equivalent of 1 cup)
- zucchini (2)
- lemon (3-4)
- apples (2 medium)
- good salad veggies: tomatoes, onion, cucumber, peppers, etc...whatever you like for a salad or to top your tacos!
- black beans (optional for salsa chicken)
- kale (optional for salsa chicken)

Recipes:

Lemon Chicken

Ingredients:

- 2 chicken breasts
- Juice of 2 lemons
- Zest of one lemon
- 2 cloves garlic, minced
- 1 Tbsp fresh or 1 tsp dried thyme
- 1 tsp. pepper
- 1/2 tsp. sea salt

Directions:

1. Preheat oven to 375 degrees.
2. Whisk together lemon juice, lemon zest, garlic, thyme, salt and pepper; set aside.
3. Place chicken breasts in a baking dish and pour mixture over top, making sure to completely coat them.

Bake for about 40 minutes (depending on size of chicken) until juices run clear.

Salsa Chicken

Ingredients:

- 2 chicken breasts
- 1 16 oz jar salsa
- black beans (optional)
- chopped kale (optional)

Directions:

1. Place chicken breasts & salsa in a crockpot. Cook on high for 4-6hrs.
2. Once chicken is completely cooked shred with a fork.
3. Add black beans or chopped kale if you wish.

Turkey Zucchini Burgers

Ingredients:

- 1 packages of ground extra lean turkey breast
- 2 medium zucchini, grated, moisture pressed out
- 1/2 tsp salt
- 1 tsp garlic powder
- 2 tsp onion powder
- 2 tsp dried basil
- 1 tsp oregano
- 1 tsp black pepper

Directions:

1. Set broiler on high, arranging rack so that burgers will be about 2 inches from the heat.
2. In a large bowl, combine grated zucchini, salt, onion powder, garlic powder, dried basil, oregano, pepper and then turkey.
3. Mix well and scoop out 4-to-5 oz portions. Mixture will be really moist so for easier clean up, use a foil-lined baking sheet, prepped with non-stick spray.
4. Place burgers in oven and broil for 7 minutes. Carefully flip each burger and continue to broil for another 7 minutes on the other side. These are great on the grill too!
5. Makes 4 (5 oz burgers) Serving size is 1 burger. These also make great meatballs too! Both burgers and meatballs freeze great for future meals!

Menu:

Monday

- Breakfast: ½ c. oatmeal or steel cut oats with handful of blueberries
- Snack: celery with 2 tbs. hummus
- Lunch: Protein smoothie or Shakeology with unsweetened almond milk
- Snack: ½ c. yogurt, handful blueberries
- Dinner: 4 oz broiled salmon ½ c. brown rice or quinoa, ½ c. steamed green beans
- Snack: Hot green tea

Tuesday

- Breakfast: ½ c. oatmeal or steel cut oats with handful of blueberries
- Snack: apple & ¼ c. almonds
- Lunch: Salmon (leftover salmon), on an unlimited veggie salad with ½ tbs. olive oil and vinegar
- Snack: Protein smoothie or Shakeology with unsweetened almond milk
- Dinner: 4 oz lemon chicken, ½ c. brown rice or quinoa, 1 c. steamed broccoli
- Snack: Hot green tea

Wednesday

- Breakfast: Protein smoothie or Shakeology with unsweetened almond milk
- Snack: ½ c. Greek yogurt, handful of blueberries

- Lunch: Chicken (leftover chicken), on an unlimited veggie salad with ½ tbs. olive oil and vinegar
- Snack: celery with 2 tbs. hummus
- Dinner: 4 oz grilled chicken, ½ c. brown rice or quinoa, 1/2 c. steamed green beans
- Snack: Hot green tea

Thursday

- Breakfast: ½ c. oatmeal or steel cut oats with handful of blueberries
- Snack: apple, ¼ c. almonds
- Lunch: Chicken (leftover chicken), on unlimited veggie salad with ½ tbs. olive oil and vinegar
- Snack: Protein smoothie or Shakeology with unsweetened almond milk
- Dinner: Salsa Chicken Tacos (2 corn tortillas, unlimited veggies, ¼ c. salsa chicken in each taco)
- Snack: Hot green tea

Friday

- Breakfast: Protein smoothie or Shakeology with unsweetened almond milk
- Snack: celery with 2 tbs. hummus
- Lunch: salsa chicken (leftover salmon), on unlimited veggie salad with ½ tbs. olive oil and vinegar
- Snack: apple, ¼ c. almonds
- Dinner: 4 oz turkey zucchini burger with lettuce, tomato, onion, & mustard with 1 whole wheat bun
- Snack: Hot green tea