MENU

Day 1
Make Ahead Egg Muffins
Crudité & Hummus with Mango & Almonds
Mediterranean Chicken

Day 2
Overnight Strawberries & Cream Oatmeal
Chicken & Veggie Salad
Spicy Coconut Cod with Cauliflower Rice

Day 3
Mango Coconut Smoothie
Fish & Chips
Turkey Burgers with Roasted Vegetables

Day 4
Strawberry Almond Smoothie
Roast Carrot Soup with Strawberry Salad
Dijon Chicken Sauté with Vegetable Pumpkin Seed Slaw

Day 5
Mango Oatmeal
Chicken Curry Salad
Turkey Fried Rice

Day 6
Green Scrambled Eggs
Baked Falafel
Chick Pea Coconut Curry

PREP AHEAD

FOR THE WEEK

- 5-6" fresh ginger, grated (4 Tablespoons)
- 3 limes, juiced (5 Tablespoons)
- 2 lemons, juiced (6 Tablespoons)

FOR DAY ONE

- Make hummus * *see recipe below*
- Cut fruits & vegetables:
  - 2 mangoes, sliced
  - 2 scallions, chopped (¼ cup)
  - 1 red bell pepper, diced (1 cup)
  - 2 red bell peppers, sliced
  - 4 asparagus spears, ends trimmed and chopped
  - 1 pound asparagus spears, root end trimmed (16 medium)
  - 2 cucumbers, peeled and sliced
  - 2 carrots, peeled and cut into sticks
  - ½ head broccoli, cut into florets (2 cups)
  - ¼ pound snap peas (1 cup)

FOR DAY TWO

- Make overnight oatmeal * *see Day 2 for recipe*
- Make vinaigrette * *see Day 2 for recipe*
- Cut fruits & vegetables:
  - 1 pint strawberries, sliced
  - 1 small yellow onion, diced (¾ cup)
  - 4 scallions, chopped (½ cup)
  - 2 scallions, thinly sliced (¼ cup)
  - 2 cucumbers, chopped (4 cups)
  - 1 red bell pepper, chopped (1 cup)
  - 1 red bell pepper, thin slices
  - 3 medium carrots, shredded (1 cup)
  - 14 ounces spinach, chopped (10 cups)
  - 2 small heads of cauliflower, leaves removed, roughly chopped

FOR DAY THREE

- Cut fruits & vegetables:
  - 4 mangos, chopped
  - 8 medium carrots, about 1 pound, peeled, thinly sliced OR shred carrots for raw version
  - 16 medium carrots, peeled and cut in half
  - 1 red bell pepper, diced (1 cup)

FOR DAY FOUR

- Make pesto
- Cut vegetables:
  - 1 small yellow onion, diced (¾ cup)
  - 2 medium carrots, thin matchsticks
  - 2 red bell peppers, thin matchsticks
  - 2 scallions, cut into thin slices
  - 1 head broccoli, cut into florets (4 cups)

FOR DAY FIVE

- Make overnight oatmeal
- Cut fruits & vegetables:
  - 2 cups sliced mango
  - 1 mango, chopped
  - 1 head broccoli, cut into florets (4 cups)
  - 1 red bell pepper, sliced thin
  - 1 yellow onion, diced (1cup)
  - ¾ pound snap peas, chopped (3 cups)
  - 3 carrots, peeled and diced (1½ cups)
  - 4 scallions, chopped (½ cup)

FOR DAY SIX

- Cut vegetables:
  - 2 scallions, chopped (¼ cup)
  - 4 scallions, thin slices
  - 1½ ounces spinach, chopped (1 cup)
  - 1 small yellow onion, diced (1 cup)
  - 1½ red bell pepper, cut into small dice (1½ cup)
  - 1 carrot, chopped small or grated (½ cup)
  - 2 medium carrots, cut into small dice (1 cup)
  - 1 cucumber, peeled and sliced

Hummus (yields 3 cups)

2 (15 oz) cans chick peas organic/no salt added (drained, not rinsed, saving 2 Tablespoons of the liquid to add in)
4 cloves garlic
¼ teaspoon kosher salt
¼ teaspoon black pepper
2 Tablespoons olive oil
6 Tablespoons lemon juice
½ teaspoon cumin
¼ bunch parsley, chopped (optional)

Place all ingredients in a blender or food processor and pulse or blend until smooth. Additional water or liquid from chickpeas can be added if hummus is too thick. Store in an airtight container in the refrigerator.

Pesto (yields 1 cup)
5 ounces spinach (3 cups)
½ cup cilantro
½ cup pumpkin seeds
4 cloves garlic, minced
⅓ cup olive oil
Dash of kosher salt
Dash of black pepper

Place all ingredients in blender or food processor and pulse or blend until smooth. Store in an airtight container in the refrigerator.

CLASSIC & CLASSIC FOR ONE	the FRESH 180			March 19, 2016	
Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
cod	2-1/2 pounds	1-1/4 pounds	3/4 pound	25	*8 fillets (4 servings)*
chicken breast	4-1/2 pounds	2-1/4 pounds	1-1/4 pounds	27	
ground turkey	2-1/2 pounds	1-1/4 pounds	3/4 pound	15	
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
cilantro	3 bunches	2 bunches	1 bunch	4.5	
parsley	1 bunch	1 bunch	1 bunch	1.5	
scallions	3-4 bunches	2 bunches	1 bunch	4	*20 scallions (4 servings)*
mango	10	5	3	10	
strawberries	4 pints	2 pints	1 pint	12	
lime	4-5	3	1-2	2.5	
lemon	2	1	1	1	
spinach	2-1/2 pounds	1-1/4 pounds	3/4 pound	12	
broccoli	3 heads	2 heads	1 head	4.5	
cauliflower	2 sm heads	1 sm head	1 sm head	4	
snap peas	2 pounds	1 pound	1/2 pound	6	
carrots	5 pounds	2-1/2 pounds	1-1/4 pounds	6	*37 carrots (4 servings*
red bell pepper	11	6	3	11	
cucumbers	5	3	2	5	
avocado	2	1	1	2	
asparagus	1-1/4 pounds	3/4 pound	5-6 spears	3	*20 spears (4 servings)*
fresh ginger	5-6"	3-4"	2-3"	3	*4 Tablespoons (4 servings)*
yellow onions	4	2	1	4	
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
coconut cream, unsweet	1 (5 oz) can	1 (5 oz) can	1 (5 oz) can	4	
curry powder	3-1/2 tsp	2 teaspoons	1 teaspoon	1	
pumpkin seeds	2-1/2 cups	1-1/4 cups	3/4 cup	6	*shelled, unsalted*
grapeseed oil	2/3 cup	1/3 cup	3 Tablespoons	1	
cinnamon	1/2 tsp	1/4 tsp	1/8 tsp	0.5	
soy sauce	3 Tblspns	1-1/2 Tblsp	3 teaspoons	1	
vanilla	2 teaspoons	1 teaspoon	1/2 teaspoon	1	
PANTRY INGREDIENTS					
Olive Oil	2 cups	1 cup	1/2 cup		
Balsamic Vinegar	1-1/2 Tblsp	1-1/2 tsp	1 teaspoon		
Light coconut milk - canned	7 (15 oz) cans	4 (15 oz) cans	2 (15 oz) cans		
Dijon mustard	4-1/2 Tblspns	2-1/2 Tblspns	1-1/2 Tblspns		
Garlic cloves	29 cloves	15 cloves	8 cloves		
Herbes de Provence	2-1/2 Tblsp	4 teaspoons	2 teaspoons		
quinoa					
eggs	19	10	5		
cumin	3 tsp	1-1/2 tsp	1 teaspoon		
cayenne	1/2 tsp	1/4 tsp	1/8 teaspoon		
paprika					
chicken broth	7-1/2 cups	4 cups	2 cups		
brown rice					
tomato paste					
oregano					
kosher salt	7-1/4 tsp	4 tsp	2 teaspoons		
black pepper	4-1/4 tsp	2-1/2 tsp	1-1/2 tsp		
Nuts: almonds	2 cups	1 cup	1/2 cup		
Garbanzo beans/chickpeas	6 (15 oz) cans	3 (15 oz) cans	2 (15 oz) cans		
raw old fashioned oats	5 cups	2-1/2 cups	1-1/4 cups		

■ DAY ONE ■

BREAKFAST: Make-Ahead Egg Muffins

1½ Tablespoons olive oil (for muffin tins)
2 scallions, chopped (¼ cup)
1 red bell pepper, diced (1 cup)
4 asparagus spears, ends trimmed and chopped
½ teaspoon curry powder (can sub Herbes de Provence)
8 large organic eggs, slightly beaten
½ teaspoon kosher salt
¼ teaspoon black pepper

For topping after baking:
1 avocado, peeled, pitted and sliced

1. Heat oven to 375°F and grease regular sized muffin tins with oil.
2. Whisk together muffin ingredients in a medium bowl.
3. Evenly pour egg mixture to make 8 muffins; cook for 15-20 minutes. Serve with sliced avocado. *To reheat, place in oven for 3-4 minutes at 325°F or microwave for 45 seconds*.

2 egg muffins:
280 kcal, 15g Protein, 8g Carb, 270mg Sodium, 5g Fiber, 370mg Cholesterol, 22g Fat, 5g Saturated, 2g Sugar, 8% Calcium, 15% Iron

■ DAY ONE ■

LUNCH: Crudité & Hummus with Mango & Almonds

For crudité and hummus
2 cucumbers, peeled and sliced
2 red bell peppers, sliced
2 carrots, peeled and cut into sticks
½ head broccoli, cut into florets (2 cups)
¼ pound snap peas (1 cup)
2 cups hummus ****see prep guide*** *(*can be store bought to save time but read label)

For mango and almonds
2 mangos, sliced
½ cup almonds, toasted

For crudité and hummus
Arrange vegetables on serving plate with side of hummus; serve with sliced mango sprinkled with almonds.

Serving Size: 1/3 cup hummus with ¼ chopped vegetables, ½ mango, 1/8 cup nuts
Crudité &Hummus:
250kcal, 12g Protein, 40g Carbs, 140mg Sodium, 11g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 9g Sugar, 15% Calcium, 20% Iron
Mango& Almond: 190 kcal, 5g Protein, 28g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 8g Fat, .5g Saturated, 23g Sugar, 6% Calcium, 4% Iron

■ DAY ONE ■

DINNER: Mediterranean Chicken Breasts with Roasted Asparagus

For Mediterranean chicken breasts
½ cup hummus ***see prep guide***
2 cloves garlic, minced
1 teaspoon Herbes de Provence
2½ pounds chicken (about 6-8 small bone-in, organic chicken breasts)
(If using boneless/skinless, cover when roasting to lock in moisture)
2 Tablespoons olive oil
1 teaspoon kosher salt
½ teaspoon ground black pepper

For roasted asparagus with balsamic dressing
1 pound asparagus spears, root end trimmed (16 medium)
1 Tablespoon plus 1 teaspoon extra virgin olive oil, divided
¼ teaspoon kosher salt
Pinch of black pepper
1 teaspoon balsamic vinegar

For chicken breasts

1. In a small bowl, combine the hummus, garlic and Herbes. Set aside.
2. Preheat the oven to 425° and adjust the rack to the upper third.
3. Place all the chicken breasts on a baking sheet lined with foil. Brush with oil and season with the salt & pepper.
4. Bake for 15-20 minutes or until cooked through. The chicken should be at an internal temperature of 165°F and the juices should run clear. Let the chicken rest for 5 minutes before serving. **Refrigerate 4 chicken breasts in an airtight container for Lunch Day 2**.

While chicken is resting:

For roasted asparagus with balsamic dressing

1. Preheat oven to 450°.
2. Lay asparagus on a baking sheet lined with parchment or foil. Drizzle with 1 teaspoon of olive oil, salt, and pepper.
3. Roast in the oven for 8 minutes or until the asparagus is tender and slightly browned.
4. Remove from oven and toss with balsamic vinegar and 1 Tablespoon of olive oil.

Chicken:
240 kcal, 30g Protein, 13g Carb, 370mg Sodium, 3g Fiber, 65mg Cholesterol, 8g Fat, .5g Saturated, 1g Sugar, 4% Calcium, 8% Iron
Asparagus:
80 kcal, 3g Protein, 6g Carb, 120mg Sodium, 3g Fiber, 0mg Cholesterol, 4.5g Fat, .5g Saturated, 3g Sugar, 4% Calcium, 4% Iron

■ DAY TWO ■

BREAKFAST: Overnight Strawberries & Cream Oatmeal

2 cups raw old fashioned oats
1 (14 oz) can light coconut milk, unsweetened, no preservatives (can sub almond milk)
1¼ cups water
½ teaspoon vanilla, optional
1 pint strawberries, sliced
¼ cup pumpkin seeds, unsalted & shelled

1. Combine oatmeal, coconut milk, water, and vanilla then divide among 4 sealable containers.
2. Add strawberries on top of each portion. Seal and refrigerate overnight.
3. In the morning, sprinkle seeds on top and enjoy.

320 kcal, 9g Protein, 49g Carb, 40mg Sodium, 9g Fiber, 0mg Cholesterol, 10g Fat, 5g Saturated, 9g Sugar, 4% Calcium, 15% Iron

■ DAY TWO ■

LUNCH: For Chicken & Veggie Salad

For salad
4 scallions, chopped (½ cup)
4 cooked chicken breasts, diced * ***from Dinner #1***
2 cucumbers, chopped (4 cups)
1 red bell pepper, chopped (1 cup)
2 medium carrots, shredded (⅔ cup)
8 ounces spinach, chopped (6 cups)
½ cup pumpkin seeds, unsalted & shelled

For vinaigrette
1 Tablespoon lime juice
2 Tablespoons olive oil
1 teaspoon Dijon mustard
½ teaspoon black pepper
Dash of kosher salt
1 clove garlic, minced

Whisk vinaigrette ingredients together in a small bowl. For salad, toss all ingredients together with vinaigrette.

Salad: 250 kcal, 29g Protein, 18g Carb, 490mg Sodium, 7g Fiber, 75mg Cholesterol, 8g Fat,1. 5g Saturated, 4g Sugar, 10% Calcium, 20% Iron
Dressing: 60 kcal, 0g Protein, 1g Carb, 30mg Sodium, 0g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 0% Iron

■ DAY TWO ■

DINNER: Spicy Coconut Cod with Cauliflower Rice

For spicy coconut cod
8 cod fillets, about 2½ pounds (*sub 2½ pounds of chicken – 2 breasts sliced in half lengthwise*)
Cayenne pepper to taste
½ teaspoon black pepper
½ teaspoon kosher salt
2 Tablespoons grapeseed oil
2 scallions, thinly sliced (¼ cup)
1 red bell pepper, thin slices
1 medium carrot, shredded (⅓ cup)
6 ounces spinach, chopped (4 cups)
1 Tablespoon grated ginger
2 garlic cloves, minced
¼ cup chopped cilantro
1 (14 oz) can light coconut milk, unsweetened/no preservatives
¼ teaspoon kosher salt

For garnish
2 Tablespoons chopped cilantro
1 lime, cut into wedge

1. Season the cod with cayenne pepper, pepper, and salt on both sides.
2. Heat a large nonstick sauté pan over medium-high heat; add oil and once hot add the cod.
3. Cook about 4-5 minutes per side. Using a spatula, carefully remove cod fillets from the pan and set aside on plate. **Set aside 4 fillets for Lunch #3.**
4. Add the scallion, peppers, carrots, spinach, ginger, garlic, cilantro, coconut milk, and salt to the pan. Stir to combine, reduce heat, and simmer for 3 -4 minutes or until it begins to reduce and thicken slightly.
5. Add the cod back to the pan and simmer for 2 minutes. (* for chicken, cook 3 - 4 minutes per side, remove from the pan and continue with the sauce - chicken is done when it is no longer pink in the middle)
6. Spoon the cod, sauce, and vegetables over cauliflower rice. Garnish with chopped cilantro and fresh limes.

For cauliflower rice
2 small heads of cauliflower, leaves removed, roughly chopped
2 Tablespoons grapeseed oil
1 small yellow onion, diced (¾ cup)
1 (5oz) canned coconut cream, unsweetened
¼ teaspoon kosher salt

1. Using a food processor, pulse chopped cauliflower (in batches) until it is the size of rice grains. **Reserve half for Dinner #5.**
2. In a large soup pot over medium-high heat, add oil and onions; sauté until soft. Add cauliflower, lower heat to medium, and gently toss cauliflower for 3-5 minutes.
3. Add coconut cream and salt; continue to stir until thoroughly heated.

Cod: 230 kcal, 26g Protein, 10g Carb, 400mg Sodium, 2g Fiber, 60mg Cholesterol, 10g Fat, 4.5g Saturated, 5g Sugar, 4% Calcium, 6% Iron
Rice: 163 kcal, 3g Protein, 9g Carb, 83mg Sodium, 3g Fiber, 0mg Cholesterol, 14g Fat, 3g Saturated, 6g Sugar, 10% Calcium, 6% Iron

■ DAY THREE ■

BREAKFAST: Mango Coconut Smoothie

¼ cup raw old fashioned oats
4 mangos, chopped (can use 3 cups frozen mango)
3 ounces spinach (2 cups)
½ teaspoon grated ginger
2 cups coconut milk (sub almond milk)
1 cup water
1-2 cups ice cubes
½ -1 teaspoon pure vanilla extract, optional

Add all ingredients and blend until smooth.

250 kcal, 1g Protein, 46g Carb, 55mg Sodium, 4g Fiber, 0mg Cholesterol, 7g Fat, 4.5g Saturated, 33g Sugar, 2% Calcium, 4% Iron

■ DAY THREE ■

LUNCH: Fish & Chips

For fish
¾ cup pumpkin seeds, unsalted & shelled
1-2 cloves garlic, minced
¼ teaspoon kosher salt
Dash black pepper
1½ Tablespoons olive oil
4 fillets cod fillets, cooked ***from Dinner Day 2***
2 Tablespoons lime juice

For chips
8 medium carrots, about 1 pound, peeled, thinly sliced OR shred carrots for raw version
2 Tablespoons olive oil
¼ teaspoon kosher salt
¼ teaspoon black pepper

For fish

1. In a food processor, combine seeds, garlic, salt, pepper, and olive oil.
2. Arrange fish on a serving plate.
3. Cover with garlic/seed mixture and reheat.
4. Drizzle with lime juice before serving.
5. Serve with raw, dressed carrots or carrot chips

For chips

1. Toss all ingredients together and put on 2 baking sheets.
2. Cook about 12-16 minutes at 400°F until crispy, careful not to burn.

Raw version
Toss shredded carrots with olive oil, salt and pepper and serve as side with fish.

Fish:240 kcal, 33g Protein, 8g Carb, 210mg Sodium, 2g Fiber, 75mg Cholesterol, 9g Fat, 1.5g Saturated, 0g Sugar, 4% Calcium, 6% Iron
Chips/Carrots: 110 kcal, 1g Protein, 11g Carb, 320mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 5g Sugar, 4% Calcium, 2% Iron

■ DAY THREE ■

DINNER: Turkey Burgers with Roasted Spring Vegetables

For turkey burgers
2 Tablespoons Dijon mustard
1 Tablespoon Herbes de Provence or Italian seasoning
1 teaspoon kosher salt
½ teaspoon black pepper
2½ pounds lean ground turkey
1 red bell pepper, diced (1 cup)
½ cup chopped cilantro
2 Tablespoons grapeseed oil (for the pan)

For roasted spring vegetables
16 medium carrots, peeled and cut in half
1 pound snap peas (4 cups)
2 Tablespoons olive oil, divided
1 Tablespoon Herbes de Provence
¼ teaspoon kosher salt
¼ teaspoon black pepper

For roasted spring vegetables

1. Preheat oven to 425°F and adjust rack to the upper third.
2. Line a two baking sheets with parchment or foil. In a bowl, toss carrots with 1 Tablespoon oil; in a second bowl toss snap peas with 1 Tablespoon oil. Place carrots into preheated oven and roast for 20-25 minutes then add in snap peas for another 5-10 minutes (carrots cook a total of 25-35 minutes). **Save 12 carrots for Lunch #5**. Toss remaining vegetables with Herbes, salt, and pepper.

For turkey burgers

1. In a bowl, combine all ingredients except oil. Form into 8 patties.
2. Heat a large non-stick sauté pan over medium heat and add 1 Tablespoon grapeseed oil. Once oil is hot add in 4 burgers and cook for 4-7 minutes on each side until done. Cooking time will depend on the thickness of your burger. Repeat with next 4 burgers and remaining oil.
3. **Save 4 burgers for Dinner #5**.

Cooking outdoors? Grill burgers over medium heat for 4-6 minutes per side.

Burger: 220 kcal, 27g Protein, g Carb, 430mg Sodium, 0g Fiber, 65mg Cholesterol, 11g Fat, 1.5g Saturated, 1g Sugar, 0% Calcium, 8% Iron
Veg: 100 kcal, 1g Protein, 10g Carb, 240mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 6g Sugar, 4% Calcium, 4% Iron

■ DAY FOUR ■

BREAKFAST: Strawberry Almond Smoothie

¼ cup raw old fashioned oats
½ cup almonds, chopped
1½ pints strawberries
1 (14 oz) can light coconut milk, unsweetened/no preservatives
1¼ cups water
1-2 cups ice cubes
½ -1 teaspoon pure vanilla extract, optional

1. Add oats and almonds to blender and blend to a powder consistency. Set aside in a small bowl.
2. Add fruit, milk, water, ice cubes, and vanilla to blender and blend until smooth. Add oatmeal/almond powder and blend until smooth and well combined.

240 kcal, 6g Protein, 26g Carb, 40mg Sodium, 7g Fiber, 0mg Cholesterol, 14g Fat, 5g Saturated, 12g Sugar, 8% Calcium, 8% Iron

■ DAY FOUR ■

LUNCH: Roast Carrot Soup with Strawberry Salad

For roast carrot soup
2 Tablespoons olive oil
1 small yellow onion, diced (¾ cup)
3 gloves garlic, minced
1 Tablespoon grated ginger
12 carrots, roasted , chopped**** from Dinner # 3***
6-7 cups low-sodium chicken broth
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ recipe pesto, make ahead **** see prep guide***

For strawberry salad
1 pint strawberries, sliced
4 ounces spinach (3 cups)
1 Tablespoon balsamic vinegar
1 Tablespoon olive oil

For roast carrot soup

1. Heat oil in a large pot. Add onions, garlic, and ginger. Cook for about 3 minutes.
2. Add carrots and 6 cups of broth; bring to a low boil for about 10 minutes.
3. Place ingredients in blender (in batches) and puree until smooth adding more broth if desired. Be sure to hold down lid with a towel and stop every 10-15 seconds to let steam escape. Season with salt and pepper and serve topped with pesto.

For strawberry salad
Layer strawberries on bed of spinach and drizzle with vinegar and oil.

Soup: 300 kcal, 5g Protein, 24g Carb, 200mg Sodium, 6g Fiber, 0mg Cholesterol, 22g Fat, 3g Saturated, 10g Sugar, 8% Calcium, 10% Iron
Salad: 90 kcal, 2g Protein, 16g Carb, 45mg Sodium, 5g Fiber, 0mg Cholesterol, 4g Fat, .5g Saturated, 8g Sugar, 4% Calcium, 8% Iron

■ DAY FOUR ■

DINNER: Dijon Chicken Sauté with Vegetable & Pumpkin Seed Salad

For Dijon Chicken Sauté
2 Tablespoons grapeseed oil, divided
2 pounds boneless, skinless chicken, cut into cubes (about 6-8 chicken breasts depending on size)
1 Tablespoon olive oil
1 head broccoli, cut into florets (4 cups)
½ cup low sodium chicken broth
1 Tablespoon grated ginger
2 Tablespoons Dijon mustard
1 Tablespoon low sodium soy sauce
Pinch of cayenne pepper, optional

For Vegetable & Pumpkin Seed Slaw
2 medium carrots, thin matchsticks
2 red bell peppers, thin matchsticks
2 scallions, cut into thin slices
¼ cup chopped cilantro
1 Tablespoon olive oil
1 Tablespoon lime juice
Pinch of kosher salt
½ cup pumpkin seeds, unsalted & shelled

For Dijon Chicken Sauté

1. Heat a large non-stick skillet over medium-high heat and add 1 Tablespoon grapeseed oil. Then, in 2 batches, cook chicken until done, about 5-6 minutes.
2. Set chicken aside. **Reserve half the chicken for Lunch Day 5**.
3. Add olive oil to large skillet over medium heat. Add broccoli and cook 2-3 minutes. **Save 1 cup broccoli for Breakfast Day 6**. Add broth, ginger, mustard, soy and cayenne, reduce heat to medium low.
4. Add chicken back to pan and cook to warm through.

Meanwhile

For Vegetable & Pumpkin Seed Slaw
Combine all ingredients except seeds. Refrigerate for at least 30 minutes before serving. Mix in seeds immediately before serving.

Chicken: 210 kcal, 28g Protein, 8g Carb, 490mg Sodium, 2g Fiber, 75mg Cholesterol, 7g Fat, 1g Saturated, 2g Sugar, 4% Calcium, 6% Iron
Slaw: 190 kcal, 6g Protein, 10g Carb, 55mg Sodium, 3g Fiber, 0mg Cholesterol, 14g Fat, 2g Saturated, 4g Sugar, 2% Calcium, 15% Iron

■ DAY FIVE ■

BREAKFAST: Mango Oatmeal

2 cups raw old fashioned oats
1 (14oz) light coconut milk, unsweetened, no preservatives
1 cup water
1 teaspoon grated ginger
½ teaspoon cinnamon, optional
2 cups sliced mango
¼ cup chopped almonds

1. Combine oatmeal, coconut milk, water, ginger, and cinnamon and divide among 4 sealable containers.
2. Add mango on top of each portion. Seal and refrigerate overnight. Sprinkle nuts on top before serving.

370 kcal, 10g Protein, 55g Carb, 40mg Sodium, 9g Fiber, 0mg Cholesterol, 13g Fat, 6g Saturated, 16g Sugar, 6% Calcium, 15% Iron

■ DAY FIVE ■

LUNCH: Chicken Curry Salad

For chicken curry salad
4 cooked cubed chicken breasts * ***from Dinner #4***
1 head broccoli, cut into florets (4 cups)
1 red bell pepper, sliced thin
1 mango, chopped
¼ cup toasted sliced almonds
6 ounces spinach leaves (4 cups)

For dressing
¼ cup hummus * ***see prep guide***
¼ cup light coconut milk
1 teaspoon curry powder
1 clove garlic, minced
1 Tablespoon olive oil
1 teaspoon lime juice

1. In a small bowl, combine dressing ingredients.
2. For salad, combine chicken, broccoli, pepper, mango, and almonds. Toss with dressing and serve on bed of spinach.

Salad: 290 kcal, 31g Protein, 26g Carb, 250mg Sodium, 8g Fiber, 75mg Cholesterol, 8g Fat, 1g Saturated, 12g Sugar, 15% Calcium, 20% Iron

■ DAY FIVE ■

DINNER: Turkey Fried Rice

1½ Tablespoons grapeseed oil (sesame oil would be great here too)
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
1½ teaspoons grated ginger
¾ pound snap peas, chopped (3 cups)
3 carrots, peeled and diced (1½ cups)
2 eggs, slightly beaten
Cauliflower rice **** from Dinner #2***
4 turkey burger patties, crumbled *** from Dinner #3**
2 Tablespoons soy sauce or balsamic vinegar
4 scallion, chopped (½ cup)

DIRECTIONS

For turkey fried rice

1. Preheat a large non-stick skillet over medium heat and add oil. Add onion, garlic, ginger, peas, and carrots and cook until tender, about 3-5 minutes.
2. Slide the vegetables to one side of the pan; pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetables.
3. Add the cauliflower and crumbled burgers to the veggie and egg mixture and heat through. Drizzle with soy sauce. Stir until heated through and cauliflower is tender. Top with chopped scallions.

390 kcal, 31g Protein, 19g Carb, 610mg Sodium, 5g Fiber, 185mg Cholesterol, 22g Fat, 4.5g Saturated, 9g Sugar, 10% Calcium, 25% Iron

■ DAY SIX ■

BREAKFAST: Green Scrambled Eggs

2 Tablespoons olive oil
2 scallions, chopped (¼ cup)
1½ ounces spinach, chopped (1 cup)
1 cup chopped cooked broccoli ****from Dinner #4***
¼ cup chopped cilantro
8 large organic eggs, slightly beaten
¼ teaspoon kosher salt
¼ teaspoon black pepper
1 avocado, sliced

1. Heat oil in a large non-stick frying pan and add scallions, spinach, broccoli ,and cilantro. Cook for 2 minutes.
2. Add in eggs, salt, and pepper; stir until combined and almost set.
3. Serve with sliced avocado.

300 kcal, 15g Protein, 9g Carb, 290mg Sodium, 5g Fiber, 370mg Cholesterol, 24g Fat, 5g Saturated, 1g Sugar, 8% Calcium, 15% Iron

■ DAY SIX ■

LUNCH: Baked Falafel

1 small yellow onion, diced (1 cup)
1 red bell pepper, chopped small (1 cup)
1 carrot, chopped small or grated (½ cup)
6 cloves garlic, minced
½ cup chopped cilantro
½ cup chopped parsley
2 (15 oz) cans chickpeas, drained and rinsed
1 egg, beaten
2 teaspoons cumin
Dash of cayenne
Pinch of kosher salt
Pinch of black pepper
½ cup ground almonds
1 Tablespoon olive oil
⅓ cup pesto, made ahead * ***see prep guide***

1. Heat oven to 375°F.
2. Combine onion, bell pepper, carrot, garlic, cilantro, and parsley in food processor and puree until finely minced.
3. Add chickpeas, egg, cumin, cayenne, salt, pepper, and almonds and puree until it comes together.
4. Scoop into 8 patties and place on parchment lined baking sheet and flatten slightly. Drizzle with olive oil and bake for about 15 minutes.
5. Serve with pesto.

Falafel: 310 kcal, 13g Protein, 36g Carb, 300mg Sodium, 3g Fiber, 45mg Cholesterol, 14g Fat, 1.5g Saturated, 4g Sugar, 10% Calcium, 10% Iron
Pesto: 130 kcal, 3g Protein, 3g Carb, 45mg Sodium, 1g Fiber, 0mg Cholesterol, 12g Fat, 2g Saturated, 0g Sugar, 0% Calcium, 6% Iron

■ DAY SIX ■

DINNER: Chick Pea Coconut Curry

If you are a fan of curries you will love this simply prepared chick pea curry. If curry makes you a little uneasy, remember you can always add as you go. Start with just 1 teaspoon of curry and adjust to suit the taste of your family. When trying new dishes with your family, try introducing dinner conversation around the country where the food is from. Curries are served all around the world from India to Thailand.

1 Tablespoon grapeseed oil
4 scallions, thin slices
6 ounces spinach (4 cups)
2 medium carrots, cut into small dice (1 cup)
½ red bell pepper, cut into small dice (½ cup)
2 garlic cloves, minced
Pinch of kosher salt
2 (15 oz) cans organic, no salt added chick peas, drained and rinsed
1-2 teaspoon curry powder
½ teaspoon dried cumin
Cayenne pepper to taste
1 teaspoon kosher salt
Pinch of black pepper
1 (14 oz) can light coconut milk
1 teaspoon lime juice

For garnish
2 Tablespoons chopped cilantro
1 cucumber, peeled and sliced

For fruit
2 mangoes, sliced
1 cup fresh strawberries, halved or quartered

1. Heat a large nonstick sauté pan over medium heat and add oil. When oil is hot add scallions, spinach, carrots, red pepper, garlic, and a sprinkle of kosher salt. Sweat the vegetables for 2 minutes.
2. Add drained chick peas and seasonings, stir to combine and cook for an additional 1 – 2 minutes.
3. Add coconut milk and lime juice and stir to combine. Reduce the heat and gently simmer for 5 - 8 minutes. Taste and adjust the seasoning (salt or cayenne for spice) and garnish with fresh cilantro and a side of sliced cucumber. Serve fruit alongside or as dessert.

Curry: 300 kcal, 14g Protein, 43g Carb, 940mg Sodium,11g Fiber, 0mg Cholesterol, 13g Fat, 5g Saturated, 5g Sugar, 12% Calcium, 25% Iron
Fruit: 110kcal, 2gm Protein, 28gm Carb, 0mg Sodium, 3gm Fiber, 0mg Cholesterol, 1gm fat, 0gm Saturated, 24gm Sugar, 2% Calcium, 2% Iron