

**MENU**

**Day 1**

Chocolate Hazelnut Smoothie  
Caprese Salad  
Artichoke Chicken

**Day 2**

Mango Overnight Oats  
Chicken Boats  
Salmon, Bok Choy & Polenta

**Day 3**

Egg Muffins  
Salmon Salad & Plantains  
Sausage Potato Soup

**Day 4**

Mango Overnight Oats  
Sausage Potato Soup  
Spiced Chicken with Plantains

**Day 5**

Chocolate Hazelnut Smoothie  
Chicken Mango Salad  
Sausage Sauté & Polenta

**Day 6**

Egg Muffins  
Asparagus Bean Salad  
Polenta Lasagna

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**PREP GUIDE****FOR THE WEEK**

- Cook plantains \* *see directions below*
- ⅓ cup hazelnuts, toasted (heat in a dry pan over medium heat, 3-4 minutes, watch carefully)
- 1 lemon, zested & juiced (3 Tablespoons juice, 2¼ teaspoons zest)
- 1 peeled banana, frozen
- 2 eggs, hard boiled

**DAY 1**

- 2½ Tablespoons hazelnuts, soaked overnight
- ½ bunch kale, chopped (2 cups)
- ½ mango, sliced
- ½ yellow onion, diced (½ cup)

**DAY 2**

- 1 mango, diced (1 cup)
- ¾ carrot, shredded (¼ cup)
- 1 cucumber, halved lengthwise, seeds scooped out
- 2 bok choy, sliced in quarters

**DAY 3**

- ½ mango, sliced
- ½ yellow onion, diced (½ cup)
- 1 carrot, diced (½ cup)
- ½ carrot, shredded (2½ Tablespoons)
- ½ bunch kale, chopped (2 cups)

**DAY 4**

- ¾ bunch kale, chopped (1 cup)
- 1 mango, diced (1 cup)

**DAY 5**

- 2½ Tablespoons hazelnuts, soaked overnight
- 1 mango, diced (1 cup)
- ¼ yellow onion, diced (¼ cup)
- 4 asparagus spears, trimmed and cut into 1 inch pieces
- ¼ cucumber, diced (½ cup)

**DAY 6**

- 4 asparagus spears, shaved
- 1 carrot, shredded (⅓ cup)
- ¼ yellow onion, chopped (¼ cup)
- ¼ cucumber, sliced thin (½ cup)
- ¼ mango, diced (¼ cup)

**Plantains**

2 small very ripe plantains

¼ teaspoon grapeseed oil

1. Preheat oven to 450°F.
2. Cut the ends off of the plantains and peel.
3. Cut each plantain on the diagonal into ½ inch slices. Toss with grapeseed oil.
4. Arrange in single layer on baking sheet.
5. Bake, turning occasionally, for 10-15 minutes, until plantains are golden brown and very tender.

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
chicken breast	6 pounds	3 pounds	1-1/2 pounds	36	<i>bone in, skin on</i>
salmon fillets	2-1/2 pounds	1-1/4 pounds	3/4 pound	25	
italian sausage	2-1/4 pounds	1-1/4 pounds	3/4 pound	14	
<b>Fruits &amp; Vegetables</b>					
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
banana	8	4	2	4	
tomatoes	26	13	7	13	
fresh basil	3 bunches	2 bunches	1 bunch	4.5	
arugula	1-3/4 pounds	1 pound	1/2 pound	3	
new potatoes	3-1/2 pounds	1-3/4 pounds	1 pound	7	
kale	5 bunches	3 bunches	2 bunches	10	
yellow onion	6	3	2	6	
mango	17	9	5	17	
carrots	13	7	4	4	
lemons	5	3	2	2.5	
cucumbers	6	3	2	6	
bok choy	8	4	2	4	
plantains	6	3	2	6	
asparagus	2 bunches	1 bunch	1 bunch	4	<i>16 spears/bunch</i>
<b>Misc.</b>					
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
cocoa powder	6 Tablespoons	3 Tablespoons	1-1/2 Tblspns	2	
fresh mozzarella	24 ounces	12 ounces	6 ounces	12	
artichoke hearts	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	8	
cinnamon	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon	0.5	
vanilla	1/4 teaspoon	1/8 teaspoon	dash	0.5	
polenta	3 cups	1-1/2 cups	3/4 cup	1.5	
grapeseed oil	2 Tablespoons	1 Tablespoon	1/2 Tblspn	1	
soy sauce	1-1/2 Tblspns	2 teaspoons	1 teaspoon	1	
<b>PANTRY INGREDIENTS</b>					
Olive Oil	1 cup + 1 Tblspn	1/2 cup + 1 Tbl	1/3 cup		
balsamic vinegar	3 Tablespoons	1-1/2 Tblspns	2-1/4 tsp		
light coconut milk	48 fl oz	24 fl oz	12 fl oz		
Dijon mustard					
Garlic cloves	14 cloves	7 cloves	4 cloves		
Herbes de Provence	3-1/2 teaspoons	2 teaspoons	1 teaspoon		
eggs	24	12	6		
cumin	2 teaspoons	1 teaspoon	1/2 teaspoon		
cayenne	Dash	Dash	Dash		
paprika					
chicken broth	136 fl oz	68 fl oz	34 fl oz		
quinoa					
tomato paste					
oregano					
kosher salt	3-3/4 tsp	2 tsp	1 tsp		
black pepper	3 tsp	1-1/2 tsp	3/4 tsp		
nuts: hazelnuts	2-3/4 cups	1-1/2 cups	3/4 cup		
canned beans: white	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		

■ Each recipe makes one serving ■ All nutrition information is for one serving ■

## ■ DAY ONE ■

### **BREAKFAST:** Chocolate Hazelnut Smoothie

2 Tablespoons raw old fashioned oats  
2½ Tablespoons hazelnuts, soaked overnight  
2¼ teaspoons cocoa powder  
½ banana (frozen if you like a thicker smoothie)  
¼ cup light coconut milk  
½ cup water  
½-¾ cup ices

1 egg, hard boiled, sliced

Blend oats into powder. Add remaining ingredients and blend. Serve along with a side of hardboiled egg.

Smoothie: 270 kcal, 6g Protein, 30g Carb, 20mg Sodium, 7g Fiber, 0mg Cholesterol, 16g Fat, 3g Saturated, 10g Sugar, 2% Calcium, 8% Iron  
Egg: 70kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 215mg Cholesterol, 4.5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

## ■ DAY ONE ■

### **LUNCH:** Caprese Salad

2 large tomatoes, sliced  
1½ ounces fresh mozzarella, sliced  
¼ cup basil leaves  
1½ ounces arugula  
½ Tablespoon olive oil  
½ Tablespoons balsamic vinegar  
Pinch of kosher salt and pepper  
2 Tablespoons toasted hazelnuts, chopped

Layer tomato and cheese with basil leaves over a bed of arugula. Drizzle with oil and vinegar and sprinkle with salt, pepper, and nuts.

370 kcal, 13g Protein, 19g Carb, 220mg Sodium, 4g Fiber, 30mg Cholesterol, 26g Fat, 7g Saturated, 10g Sugar, 35% Calcium, 10% Iron

## ■ DAY ONE ■

## DINNER: Artichoke Chicken

½ pound new potatoes, diced  
½ (15 ounce) can artichoke hearts, rinsed and drained  
1 tomato, chopped (¾ cup)  
½ bunch kale, chopped (2 cups)  
½ yellow onion, diced (½ cup)  
1 clove garlic, chopped  
¼ teaspoon kosher salt  
⅓ teaspoon black pepper  
½ teaspoon Herbes de Provence  
½ Tablespoon olive oil

¾ pound skin-on, bone-in chicken breasts

½ mango, sliced

1. Heat oven to 400°F.
2. Toss together first ten ingredients (potatoes through oil). In a baking dish, place vegetables in an even layer and top with chicken. Bake for about 35-40 minutes. **Save half the vegetables for Breakfast Day #3 and Day #6. Save half the chicken for Lunch Day #2.**
3. Serve with a side of sliced mango or save mango for dessert.

Chicken: 410 kcal, 34g Protein, 30g Carb, 690mg Sodium, 6g Fiber, 85mg Cholesterol, 16g Fat, 4g Saturated, 6g Sugar, 8% Calcium, 15% Iron  
Mango: 70kcal, 0g Protein, 17gCarb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium, 0% Iron

## ■ DAY TWO ■

**BREAKFAST:** Mango Overnight Oats

½ cup raw old fashioned oats  
½ cup light coconut milk  
2 Tablespoons water  
1 mango, diced (1 cup)  
Pinch of cinnamon, optional  
Pinch of vanilla, optional  
1 Tablespoon toasted hazelnuts

Combine all ingredients except hazelnuts and put in refrigerator overnight. Garnish with hazelnuts before serving.

430 kcal, 8g Protein, 69g Carb, 40mg Sodium, 8g Fiber, 0mg Cholesterol, 14g Fat, 5g Saturated, 34g Sugar, 2% Calcium, 10% Iron

## ■ DAY TWO ■

**LUNCH:** Chicken Boats

¼ pound cooked chicken meat, chopped *\*from Dinner Day #1*  
¾ carrot, shredded (¼ cup)  
½ tomato, chopped (⅓ cup)  
2¼ teaspoons lemon juice  
¾ teaspoon lemon zest  
¼1 (15 oz) can organic white beans, drained and rinsed  
1 ounce fresh mozzarella cheese, diced  
pinch each kosher salt and ground black pepper  
1 cucumber, halved lengthwise, seeds scooped out

Combine all ingredients except cucumbers. Fill cucumbers with chicken & cheese mixture and serve.

370 kcal, 40g Protein, 31g Carb, 290mg Sodium, 9g Fiber, 85mg Cholesterol, 9g Fat, 4g Saturated, 13g Sugar, 25% Calcium, 20% Iron

## ■ DAY TWO ■

## DINNER: Salmon, Bok Choy &amp; Polenta

*For polenta*

¾ teaspoons olive oil  
½ clove garlic  
¾ cup low-sodium chicken broth  
¼ cup polenta

*For salmon*

¾ pound salmon fillets  
⅛ teaspoon kosher salt  
⅛ teaspoon black pepper  
¼ teaspoon cumin

*For bok choy*

¾ teaspoon grapeseed oil  
2 bok choy, sliced in quarters  
1 teaspoon low-sodium soy sauce  
¾ teaspoon lemon zest

1. For polenta, heat a small pot over medium heat and add olive oil and garlic; sauté for 1 minute. Add broth and bring to simmer. Whisk in polenta and reduce heat to low. Cook about 10 minutes, stirring frequently.

## Meanwhile

2. For salmon, heat a nonstick skillet over medium-high heat. Season salmon fillet with salt, pepper, and cumin. Cook in skillet about 3 minutes per side, depending on preference. Set salmon aside and **save half for Lunch Day #3**. Put skillet back on heat and add grapeseed oil. Add bok choy and cook about 3-4 minutes. Turn off heat and add soy sauce and zest.
3. Serve salmon and bok choy over polenta.

Polenta: 160 kcal, 3g Protein, 24g Carb, 95mg Sodium, 2g Fiber, 5mg Cholesterol, 5g Fat, 0g Saturated, 1g Sugar, 2% Calcium, 6% Iron  
Salmon: 210 kcal, 31g Protein, 0g Carb, 210mg Sodium, 0g Fiber, 65mg Cholesterol, 8g Fat, 2g Saturated, 0g Sugar, 6% Calcium, 4% Iron  
Bok Choy: 60 kcal, 2g Protein, 4g Carb, 310mg Sodium, 2g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 2g Sugar, 15% Calcium, 6% Iron



## ■ DAY THREE ■

**BREAKFAST:** Egg Muffins (can be made ahead and reheated)

2 eggs, beaten

Half the saved veggies & potatoes \* *from Dinner Day #1*

2 Tablespoons chopped basil

½ ounce fresh mozzarella cheese, diced, optional

½ mango, sliced

1. Heat oven to 400°F.
2. Combine ingredients and put into greased muffin tins.
3. Cook for 10-20 minutes depending on muffin size.
4. Serve with mango or save for a morning snack.

240 kcal, 17g Protein, 10g Carb, 470mg Sodium, 2g Fiber, 440mg Cholesterol, 14g Fat, 5g Saturated, 3g Sugar, 15% Calcium, 10% Iron  
Mango: 70kcal, 0g Protein, 17g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium, 0% Iron

## ■ DAY THREE ■

**LUNCH:** Salmon Salad & Plantains

¼ pound cooked salmon fillets, flaked \* *from Dinner Day #2*

¼ (15 ounce) can artichoke hearts, rinsed and drained

½ tomato, diced (½ cup)

½ carrot, shredded (2½ Tablespoons)

2¼ teaspoons lemon juice

¾ teaspoon lemon zest

¾ teaspoon olive oil

Pinch of kosher salt and black pepper

1 Tablespoon chopped basil

1 ounce arugula

1 small cooked plantain \**see prep guide*

Combine salad ingredients and serve with plantain.

Salad: 320 kcal, 34g Protein, 15g Carb, 620mg Sodium, 3g Fiber, 65mg Cholesterol, 12g Fat, 2g Saturated, 6g Sugar, 10% Calcium, 10% Iron  
Plantains: 180kcal, 2g Protein, 43g Carb, 5mg Sodium, 3g Fiber, 43mg Cholesterol, 2g Fat, 0g Saturated, 20g Sugar, 0% Calcium, 4% Iron

## ■ DAY THREE ■

## DINNER: Sausage Potato Soup

¼ teaspoon olive oil  
½ yellow onion, diced (½ cup)  
1 carrot, diced (½ cup)  
⅓ pound Italian sausage (bulk or links removed from casings)  
¼ teaspoon Herbes de Provence  
1 tomato, diced (¾ cup)  
Pinch of black pepper  
2 cups low-sodium chicken broth  
⅓ pound new potatoes, diced  
½ (15 oz) can organic white beans, drained and rinsed  
½ bunch kale, chopped (2 cups)  
½ ounce fresh mozzarella cheese, diced

1. Heat a pot over medium heat. Add oil, onions, and carrots and cook for 2-3 minutes. Add sausage and Herbes and cook for about 3-4 minutes, crumbling meat as you stir.
2. Add tomatoes, pepper, broth, potatoes, beans, and kale. Bring to a simmer for about 10-15 minutes until potatoes are tender.
3. **Save half for Lunch Day #4.** Top remaining soup with cheese.

410 kcal, 27g Protein, 40g Carb, 610mg Sodium, 8g Fiber, 75mg Cholesterol, 15g Fat, 4.5g Saturated, 11g Sugar, 15% Calcium, 15% Iron

## ■ DAY FOUR ■

**BREAKFAST:** Mango Overnight Oats

½ cup raw old fashioned oats  
½ cup light coconut milk  
2 Tablespoons water  
1 mango, diced (1 cup)  
Pinch of cinnamon, optional  
Pinch of vanilla, optional  
1 Tablespoon toasted hazelnuts

Combine ingredients except hazelnuts. Put in refrigerator overnight, garnish with hazelnuts before serving.

430 kcal, 8g Protein, 69g Carb, 40mg Sodium, 8g Fiber, 0mg Cholesterol, 14g Fat, 5g Saturated, 34g Sugar, 2% Calcium, 10% Iron

## ■ DAY FOUR ■

**LUNCH:** Sausage Potato Soup

Reserved sausage soup, reheated *\*from Dinner Day #3*  
½ ounce of arugula

Heat soup and top with arugula.

410 kcal, 27g Protein, 40g Carb, 610mg Sodium, 8g Fiber, 75mg Cholesterol, 15g Fat, 4.5g Saturated, 11g Sugar, 15% Calcium, 15% Iron

## ■ DAY FOUR ■

## DINNER: Spiced Chicken with Plantains

*For chicken*

¾ pound skin-on, bone-in chicken breasts  
½ Tablespoon olive oil  
¼ teaspoon cumin  
Pinch of cayenne  
Pinch of cinnamon, optional  
¼ teaspoon kosher salt  
⅛ teaspoon black pepper

*For plantains*

¾ teaspoon olive oil  
½ clove garlic, minced  
¼ bunch kale, chopped (1 cup)  
1 small cooked plantain *\*see prep guide*  
Pinch of kosher salt  
Pinch of black pepper

1. For chicken, heat oven to 400°F.
2. Place chicken on a baking sheet and drizzle with olive oil; sprinkle with spices, salt, and pepper.
3. Cook for about 35-40 minutes until juices run clear (internal temperature 165°F).

Meanwhile:

4. For plantains, heat a skillet over medium heat and add olive oil and garlic; sauté for 1 minute. Add kale and cook 3-4 minutes. Add plantains and salt and cook until heated through.
5. **Save half the chicken for Lunch Day #5.** Serve remaining chicken over plantain mixture.

Chicken: 170 kcal, 25g Protein, 0g Carb, 340mg Sodium, 0g Fiber, 80mg Cholesterol, 6g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron  
Kale: 220kcal, 2g Protein, 44g Carb, 160mg Sodium, 4g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 20g Sugar, 2% Calcium, 6% Iron

## ■ DAY FIVE ■

**BREAKFAST:** Chocolate Hazelnut Smoothie

2 Tablespoons raw old fashioned oats  
2½ Tablespoons hazelnuts, soaked overnight  
2¼ teaspoons cocoa powder  
½ banana (frozen if you like a thicker smoothie)  
¼ cup light coconut milk  
½ cup water  
½-¾ cups ice

1 egg, hard boiled, sliced

Blend oats into powder. Add remaining smoothie ingredients and blend. Serve with a side of sliced egg.

Smoothie: 270 kcal, 6g Protein, 30g Carb, 20mg Sodium, 7g Fiber, 0mg Cholesterol, 16g Fat, 3g Saturated, 10g Sugar, 2% Calcium, 8% Iron  
Egg: 70kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 215mg Cholesterol, 4.5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

## ■ DAY FIVE ■

**LUNCH:** Chicken Mango Salad

¼ pound cooked chicken, diced \* *from Dinner Day #4*  
1 mango, diced (1 cup)  
¼ cucumber, diced (½ cup)  
½ tomato, diced (½ cup)  
2¼ teaspoons lemon juice  
¾ teaspoon olive oil  
Pinch of kosher salt and black pepper  
1½ ounces arugula

Toss all ingredients together.

350 kcal, 28g Protein, 41g Carb, 160mg Sodium, 4g Fiber, 65mg Cholesterol, 8g Fat, 0.5g Saturated, 35g Sugar, 10% Calcium, 10% Iron

## ■ DAY FIVE ■

## DINNER: Sausage Sauté &amp; Polenta

*For sausage sauté*

¼ teaspoon olive oil

¼ yellow onion, diced (¼ cup)

3 ounces Italian sausage (bulk or links removed from casings)

4 asparagus spears, trimmed and cut into 1 inch pieces

¼ (15 ounce) can artichoke hearts, rinsed and drained and chopped

Pinch of black pepper

*For polenta*

½ Tablespoon olive oil

1 clove garlic, minced

1½ cups low-sodium chicken broth

½ cup polenta

½ ounce mozzarella cheese, diced

1. For sauté, heat a skillet over medium heat and add oil and onion; cook for 2 minutes. Add sausage and crumble as it cooks. Add asparagus, artichokes, and pepper and cook for about 4 minutes.
2. For polenta, heat a small pot over medium heat and add olive oil and garlic; sauté for 1 minute. Add broth and bring to simmer. Whisk in polenta and reduce heat to low. Cook about 10 minutes, stirring frequently.
3. **Pour half the polenta into a small pan (loaf pan or mini loaf pan), refrigerate, and reserve for Dinner Day #6.**
4. Serve sausage sauté over remaining warm polenta; garnish with cheese.

Sausage Sauté: 290 kcal, 23g Protein, 15g Carb, 750mg Sodium, 4g Fiber, 70mg Cholesterol, 15g Fat, 5g Saturated, 6g Sugar, 15% Calcium, 15% Iron

Polenta: 230kcal, 6g Protein, 37g Carb, 105mg Sodium, 4g Fiber, 10mg Cholesterol, 5g Fat, 1.5g Saturated, 1g Sugar, 4% Calcium, 4% Iron

## ■ DAY SIX ■

**BREAKFAST:** Egg Muffins (can be made ahead and reheated)

2 eggs, beaten

Half of saved veggies and potatoes \* *from Dinner Day #1*

2 Tablespoons chopped basil

½ ounce fresh mozzarella cheese, diced, optional

1 banana

1. Heat oven to 400°F.
2. Combine ingredients and put into greased muffin tins.
3. Cook for 10-20 minutes depending on muffin size.
4. Serve with a banana or save for a mid-morning snack.

Egg muffins: 240 kcal, 17g Protein, 10g Carb, 470mg Sodium, 2g Fiber, 440mg Cholesterol, 14g Fat, 5g Saturated, 3g Sugar, 15% Calcium, 10% Iron

Banana: 110kcal, 1g Protein, 27g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 14g Sugar, 0% Calcium, 2% Iron

## ■ DAY SIX ■

**LUNCH:** Asparagus Bean salad

4 asparagus spears, shaved

½ (15 ounce) can white beans, rinsed and drained

½ carrot, shredded (2½ Tablespoons)

¼ cucumber, sliced thin (½ cup)

¼ mango, diced (¼ cup)

1 Tablespoon chopped basil

2 ounces arugula

2 Tablespoons toasted hazelnuts

2¼ teaspoons lemon juice

¾ teaspoon white or balsamic vinegar

½ Tablespoon olive oil

Pinch of kosher salt and pepper

Toss all ingredients together.

410 kcal, 15g Protein, 48g Carb, 170mg Sodium, 14g Fiber, 0mg Cholesterol, 18g Fat, 1.5g Saturated, 16g Sugar, 20% Calcium, 30% Iron

## ■ DAY SIX ■

**DINNER: Polenta Lasagna**

¼ teaspoon olive oil  
¼ yellow onion, chopped (¼ cup)  
½ clove garlic, minced  
½ carrot, shredded (2½ Tablespoons)  
1 tomato, chopped (¾ cup)  
Pinch of kosher salt  
Pinch of black pepper  
⅓ teaspoon Herbes de Provence  
2 Tablespoons chopped basil  
¼ (15 ounce) can white beans, rinsed and drained  
1 ounce fresh mozzarella cheese, sliced thin

Pan of polenta *\*from Dinner Day #5*

1. Heat oven to 375°F
2. Heat a skillet over medium heat and add oil, onions, garlic, and carrots; cook for 3 minutes.
3. Add tomatoes, salt, pepper, Herbes, basil, and beans and bring to a simmer for 5 minutes. Pour mixture over polenta and top with cheese. Cover and bake for 15-20 minutes.

480 kcal, 18g Protein, 65g Carb, 390mg Sodium, 10g Fiber, 30mg Cholesterol, 16g Fat, 6g Saturated, 10g Sugar, 25% Calcium, 15% Iron