

Week Two Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Shakeology Flax seeds Strawberries Coconut oil	2 eggs Grapefruit	Steel cut oatmeal with apples and pecans	Snickerdoodle Shakeology	Spiced pear Shakeology Spinach Pecans Pear	Egg white veggie cups ½ grapefruit	Yogurt Almonds Strawberries Flax seed
AM Snack	Banana Peanut butter	Greek yogurt Muffin (recipe) with coconut oil melted on top	Turtle Shakeology with spinach coconut	Grapes Peanuts	Apple Peanut butter	Samoa Shakeology	Shakeology Spinach
Lunch	Stuffed peppers w/ turkey, quinoa and cheese (made on prep day)	21 Day Fix Asian Salad pear dressing	Salad with salmon	BLT on whole wheat wrap orange	Cobb Salad Turkey Avocado HB eggs Dressing	Kate's tomato soup Bread Salad	Detox salad 2 green 1 blue
PM Snack	2 hard boiled eggs Carrots	Banana bread Shakeology with walnuts	Cucumbers Hummus	Turkey Rollups String cheese Snap peas	Quest bar Pomegranate seeds	Adi's snack Greek Yogurt Apples Walnuts Add cinnamon	Muffin Grapes Coconut oil
Dinner	Natalie's lettuce wraps with bibb lettuce Brown rice Bok Choy	Salmon Green beans Roasted Potatoes	Breakfast for dinner Eggs, bacon, fruit, toast	Diane's Coconut Curry with chicken (2 green) (1 yellow)	Sloppy Joes Sweet potato Green beans	Baked Chicken Couscous Broccoli	Chicken gumbo Brown rice

Recipes

Natalie's Lettuce wraps- serves 2-3

Ingredients:

1lb ground chicken breast

1 medium onion, finely chopped (like pampered chef mix and chop size)

salt & pepper, a dash of each

a little bit of minced garlic (i don't measure this...)

1 inch nob fresh ginger, peeled & minced

1 Tablespoon sesame oil

2 1/2 Tablespoons soy sauce

1 Tablespoon water

1 Tablespoon natural peanut butter

1 Tablespoon honey

1 Tablespoons + 1 teaspoon rice vinegar

2 Tablespoons chili garlic sauce (this is pretty spicy, but I love it)

dash of fresh pepper

3 green onions, chopped

1-8oz can sliced water chestnuts, drained & chopped

1/4 cup peanuts, chopped

10-12 large outer lettuce leaves, rinsed and patted dry

Directions:

1. Heat a large, non-stick skillet on high. Add chicken, onion, salt & pepper, and cook until chicken is nearly done, stirring often to break up the meat. Add in minced garlic and ginger, and continue cooking until chicken is no longer pink.

2. Meanwhile, in a microwave safe bowl, combine sesame oil, soy sauce, water, peanut butter, honey, rice vinegar, chili garlic sauce and pepper. Microwave for 30 seconds, 2 times (stirring in between), then stir until smooth. Add into the skillet and stir to combine.

3 Add green onion and water chestnuts into the skillet then cook for 1-2 minutes until the onions are soft and the water chestnuts are heated through.

4. Sprinkle with chopped peanuts, and serve with cold lettuce leaves

Monday

<http://www.beachbody.com/beachbodyblog/nutrition/braised-baby-bok-choy>

Tuesday

<http://honeybeehomemaker.blogspot.com/2014/08/whole-wheat-banana-muffins.html?m=1>

<https://amyallenfitness.wordpress.com/2014/02/11/21-day-fix-asian-salad-with-homemade-asian-dressing/>

Thursday

Diane's coconut curry:

<http://allrecipes.com/Recipe/Delightful-Indian-Coconut-Vegetarian-Curry-in-the-Slow-Cooker/Detail.aspx>

Saturday

<http://amyshealthybaking.com/blog/2013/08/14/egg-white-ham-and-spinach-quiches/>

Kate's Soup – next page

Sunday

http://www.eatingwell.com/recipes/braised_chicken_gumbo.html?section=comments#tabs

Kate's Soup

Ingredients:

28 oz can of diced tomatoes with juice
¼ c extra virgin olive oil
4 garlic cloves
½ c finely chopped fresh basil
¼ c finely chopped fresh sage
4 c vegetable broth
country style bread cut into 2 inch cubes
Salt and pepper to taste
¼ c parm cheese for garnish

Directions:

In a medium soup pot, heat oil over medium heat and sauté garlic for 30 seconds.
Add basil and sage and cook for one minute until soft and aromatic
Add tomatoes and juice from can and bring to boil over high heat
Reduce heat and simmer for 10 minutes or until tomato mixture has cooked down a bit
Season with salt and pepper
Add cheese and bread as desired.