




















Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:				
<p>Meal 1</p> <p><b>Smoky Southwest Burgers</b></p> <p><i>Roasted Cumin Carrots and Mushrooms</i></p> <table border="1"> <tr> <td></td> <td>Prep 20m</td> <td>Cook 20m</td> <td>Total 40m</td> </tr> </table>		Prep 20m	Cook 20m	Total 40m	<p>½ medium onion, finely chopped 2 cloves garlic, minced ¾ lb grass-fed ground beef 2 tsp minced chipotle pepper in adobo sauce ½ tsp salt, ½ tsp black pepper Coconut oil cooking spray</p> <hr/> <p><i>1 lb carrots, peeled and thinly sliced ½ medium onion, chopped 1 Tbsp coconut oil, melted ½ tsp ground cumin ¼ tsp ground coriander ½ tsp salt, ½ tsp pepper 1 (8-oz) pkg sliced fresh mushrooms</i></p>	<p>Preheat oven to 425°F. Combine onion, garlic, ground beef, chipotle pepper, salt and black pepper in a large bowl. Shape into 2 patties. Place patties on a lightly greased small baking sheet. Bake 18 minutes or until burgers are no longer pink.</p> <hr/> <p><i>Preheat oven to 425°F. Combine carrots, onion, oil, cumin, coriander, salt and pepper on a large rimmed baking sheet. Bake 18 to 22 minutes or until carrots are tender, adding mushrooms and stirring once after 10 minutes.</i></p> <p><b>Note:</b> Stagger pans in the oven so both recipes can bake at the same time.</p>
	Prep 20m	Cook 20m	Total 40m			
<p>Meal 2</p> <p><b>Baked Maple Chicken Breasts</b></p> <p><i>Bacon-Wrapped Sweet Potato Wedges</i></p> <table border="1"> <tr> <td></td> <td>Prep 15m</td> <td>Cook 40m</td> <td>Total 55m</td> </tr> </table>		Prep 15m	Cook 40m	Total 55m	<p>2 Tbsp coconut oil, melted 3 cloves garlic, minced ¼ cup balsamic vinegar 1 Tbsp pure maple syrup 2 bone-in, skin-on chicken breasts Coconut oil cooking spray 1 tsp lemon pepper seasoning 1 tsp salt</p> <hr/> <p><i>2 large sweet potatoes, peeled and cut into ½-inch-thick wedges 2 Tbsp coconut oil, melted ½ tsp garlic salt ½ tsp pepper 4 slices bacon, cut in half</i></p>	<p>Preheat oven to 400°F. Combine oil, garlic, vinegar and syrup in a large bowl. Add chicken, and toss to coat. Place chicken on a lightly greased rack of a roasting pan. Sprinkle with lemon pepper and salt. Reserve marinade. Bake chicken 40 minutes. Meanwhile, bring reserved marinade to a boil in a small saucepan; boil 1 minute. Serve reduced sauce with chicken.</p> <p><b>Note:</b> Surround chicken breasts with sweet potato wedges on the same pan for baking, if desired.</p> <hr/> <p><i>Preheat oven to 400°F. Combine sweet potatoes and oil on a rimmed baking sheet; toss to coat. Sprinkle with garlic salt and pepper; toss. Wrap each wedge with 1 piece bacon. Bake 30 minutes or until wedges are tender and bacon is crisp. Cook remaining bacon from package; drain and store bacon in refrigerator. See Note below for suggested uses.</i></p> <p><b>Note:</b> Crumble remaining cooked bacon, and sprinkle over Roasted Carrots or Cauliflower and Zucchini, or Sautéed Brussels Sprouts.</p>
	Prep 15m	Cook 40m	Total 55m			
<p>Meal 3</p> <p>Super Fast</p> <p><b>Broiled Lemon-Pepper Flank Steak</b></p> <p><i>Quick Steamed Cauliflower and Zucchini</i></p> <table border="1"> <tr> <td></td> <td>Prep 10m</td> <td>Cook 10m</td> <td>Total 20m</td> </tr> </table>		Prep 10m	Cook 10m	Total 20m	<p>2 Tbsp coconut oil, melted 2 Tbsp lemon juice 1 Tbsp lemon pepper seasoning 2 tsp garlic salt ¾ lb flank steak Coconut oil cooking spray</p> <hr/> <p><i>1 (12-oz) bag cauliflower florets 1 zucchini, half lengthwise, then slice into ½-inch thick half moons 2 Tbsp extra virgin olive oil 1 tsp grated lemon rind</i></p>	<p>Preheat oven to broil. Combine oil, lemon juice, seasoning and garlic salt in a small bowl. Rub mixture over flank steak on a lightly greased broiler pan. Broil 5 minutes per side or to desired doneness. Let stand 10 minutes before slicing thinly across the grain.</p> <hr/> <p><i>Combine cauliflower and ¼ cup water in a microwavable bowl. Cover with plastic wrap, and vent one corner. Microwave on HIGH 4 minutes or until tender. Drain. Stir together cauliflower, zucchini, oil, and lemon rind. Season with salt and pepper to taste.</i></p> <p><b>Note:</b> The zucchini is raw in this dish. If preferred, you can cook it along with the cauliflower.</p>
	Prep 10m	Cook 10m	Total 20m			

Meals: Side dishes are in <i>ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 4 <span style="float: right;">Super Fast</span></p> <p><b>Vietnamese Pork Wraps</b></p> <p><i>Carrot Slaw</i></p> <table border="0"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>20m</td> <td>10m</td> <td>30m</td> </tr> </table>		Prep	Cook	Total		20m	10m	30m	<p>2 Tbsp lime juice 1 Tbsp raw honey 2 Tbsp rice vinegar 2 Tbsp dark sesame oil 1 tsp Sriracha sauce ½ lb pork tenderloin, trimmed and thinly sliced 1 small cucumber, peeled and thinly sliced 1 head Bibb or butter lettuce, leaves separated</p> <hr/> <p><i>3 large carrots, shredded</i> <i>2 Tbsp extra virgin olive oil</i> <i>2 Tbsp rice vinegar</i> <i>1 tsp raw honey</i> <i>2 tsp dried mint</i></p>	<p>Whisk together lime juice, honey, vinegar, oil, and Sriracha sauce. Brush half of mixture over sliced pork; reserve remaining half of sauce. Heat a large greased nonstick skillet over medium-high heat; sprinkle pork with salt and pepper. Sauté pork 3 to 4 minutes or until done. Divide pork, cucumber and Carrot Slaw evenly among lettuce leaves. Drizzle with remaining sauce; roll up.</p> <hr/> <p><i>Combine all ingredients in a serving bowl; refrigerate until ready to serve.</i></p>
	Prep	Cook	Total							
	20m	10m	30m							
<p>Meal 5</p> <p><b>Seared Ham with Apple</b></p> <p><i>Sautéed Garlic Brussels Sprouts</i></p> <table border="0"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>15m</td> <td>15m</td> <td>30m</td> </tr> </table>		Prep	Cook	Total		15m	15m	30m	<p>2 Tbsp coconut oil ¾ lb thick slices nitrite-free ham, cut in half ¼ tsp pepper 1 apple, sliced (such as Gala) 1 medium onion, sliced ¼ cup organic beef broth 2 tsp Dijon mustard 1 tsp dried thyme</p> <hr/> <p><i>1 lb Brussels sprouts, ends trimmed</i> <i>1 Tbsp coconut oil</i> <i>1 clove garlic, minced</i> <i>2 Tbsp apple cider vinegar</i> <i>¼ tsp salt</i> <i>¼ tsp lemon pepper seasoning</i></p>	<p>Heat oil in a large skillet over medium-high heat; sprinkle ham with pepper. Brown ham 3 minutes per side; remove from skillet, and keep warm. Add apple and onion to skillet; reduce heat to medium. Sauté 5 minutes or until browned and tender. Return ham to pan; add broth, mustard and thyme. Simmer over medium heat 5 minutes or until sauce thickens.</p> <hr/> <p><i>Thinly slice Brussels sprouts. Heat oil in a large nonstick skillet over medium heat. Add garlic and Brussels sprouts. Cook 2 minutes, stirring constantly. Add vinegar, salt and lemon pepper; Cook 5 minutes or until vinegar is evaporated.</i></p>
	Prep	Cook	Total							
	15m	15m	30m							
<p>Meal 6</p> <p><b>Vegetable-Ground Beef Ragu</b></p> <p><i>Spaghetti Squash "Pasta"</i></p> <table border="0"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>15m</td> <td>35m</td> <td>50m</td> </tr> </table>		Prep	Cook	Total		15m	35m	50m	<p>2 Tbsp coconut oil 1 medium onion, thinly sliced 1 bell pepper (any color), chopped 1 large carrot, chopped ¾ lb grass-fed ground beef ½ cup organic beef broth 1 (14.5-oz) can fire-roasted diced tomatoes 2 tsp Italian seasoning ½ tsp garlic salt</p> <hr/> <p><i>1 spaghetti squash</i> <i>1 Tbsp extra virgin olive oil</i> <i>1 tsp dried basil</i> <i>¼ tsp garlic powder</i> <i>¼ tsp onion powder</i></p>	<p>Heat oil in a large skillet over medium heat. Add onion, bell pepper and carrot. Cook 8 minutes or until lightly browned and tender. Add ground beef to skillet. Cook 6 minutes or until browned; drain and return to skillet. Stir in broth, scraping skillet to loosen browned bits. Add tomatoes, Italian seasoning and garlic salt. Bring to a simmer over low heat. Cook 18 minutes or until liquid is almost evaporated.</p> <hr/> <p><i>Cut squash in half, and remove seeds. Place squash, cut sides down, in a microwavable dish. Cover with plastic wrap; cut a small slit in plastic wrap. Cook on HIGH 8 to 12 minutes or until tender; let stand 10 minutes. Remove spaghetti-like strands with a fork. Toss squash strands with oil, basil, garlic powder and onion powder. Season with salt and pepper to taste.</i></p>
	Prep	Cook	Total							
	15m	35m	50m							

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 7 <span style="float: right;">Super Fast</span></p> <p><b>Baked Almond-Crusted Cajun Grouper</b></p> <p><i>Sautéed Napa Cabbage and Carrots</i></p> <div style="display: flex; align-items: center; margin-top: 10px;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">25m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	15m	10m	25m	<p>           ½ (4-oz) pkg sliced almonds            ¼ cup almond flour*            2 tsp Cajun seasoning            2 (6-oz) grouper fillets (or use catfish)            ½ tsp garlic salt            1 large egg white            Coconut oil cooking spray         </p> <hr style="border: 0.5px dashed #000;"/> <p> <i>2 Tbsp coconut oil</i>  <i>1 small head Napa cabbage, shredded</i>  <i>1 large carrot, cut into thin strips</i>  <i>1 clove garlic, minced</i> </p>	<p>Preheat oven to 425°F. Pulse almonds, flour and Cajun seasoning in a food processor until mixture resembles fine crumbs; set aside. Sprinkle fish with garlic salt. Beat egg white until foamy. Dip fish in egg white; dredge in almond mixture. Place on a lightly greased small baking sheet. Bake 8 minutes or until fish flakes with a fork.</p> <p><b>Note:</b> *Store remaining almond flour in refrigerator or freezer. Freeze remaining sliced almonds up to 6 months.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Heat oil in a large skillet over medium-high heat. Add cabbage, carrot and garlic. Sauté 3 to 4 minutes. Add salt and pepper to taste; cook 1 minute longer.</i></p>
Prep	Cook	Total						
15m	10m	25m						

Meal	✓	Grocery Items to Purchase
		<b>Produce</b>
1		1 (8-oz) pkg sliced fresh mushrooms
1,5,6		3 medium onions
2		2 large sweet potatoes
1,2,5,7		1 head garlic, need 7 cloves
3		1 lemon, need 2 Tbsp juice plus 1 tsp grated rind
3		1 zucchini
3		1 (12-oz) bag cauliflower florets
4		1 small cucumber
4		1 head Bibb or butter lettuce
4		1 lime, need 2 Tbsp juice
1,4,6,7		2 lb carrots
5		1 apple (such as Gala)
5		1 lb Brussels sprouts
6		1 spaghetti squash
6		1 bell pepper (any color)
7		1 small head Napa cabbage
		<b>Meat &amp; Seafood</b>
1,6		1½ lb grass-fed ground beef
2		2 bone-in, skin-on chicken breasts
3		¾ lb flank steak
4		½ lb pork tenderloin
7		2 (6-oz) grouper fillets (or use catfish)
		<b>Refrigerated</b>
2		1 (16-oz) pkg bacon (see recipe Note)
		<b>Canned &amp; Packaged</b>
1		1 (7-oz) can chipotle chile in adobo sauce, need 2 tsp minced
2		1 (8.5-oz) bottle pure maple syrup, need 1 Tbsp
1,2,3,5,6,7		1 (14-oz) jar coconut oil, need about ¾ cup
4		1 (9-oz) bottle Sriracha hot chile sauce, need 1 tsp
4		1 (8-oz) bottle raw honey, need 1 Tbsp plus 1 tsp
4		1 (5-oz) bottle dark sesame oil, need 2 Tbsp
5,6		1 (32-oz) carton organic beef broth, need ¾ cup
6		1 (14.5-oz) can fire-roasted diced tomatoes
7		1 (16-oz) pkg almond flour, need ¼ cup (see recipe Note)
7		1 (4-oz) pkg sliced almonds, need ½ pkg (see recipe Note)
		<b>Bakery &amp; Deli</b>
5		¾ lb thick slices nitrite-free ham

Necessary Staples
<b>Meal 1</b>
½ tsp ground cumin ¼ tsp ground coriander Coconut oil cooking spray
<b>Meal 2</b>
Coconut oil cooking spray 1 tsp lemon pepper seasoning ½ tsp garlic salt ¼ cup balsamic vinegar
<b>Meal 3</b>
Coconut oil cooking spray 1 Tbsp lemon pepper seasoning 2 tsp garlic salt 2 Tbsp extra virgin olive oil
<b>Meal 4</b>
4 Tbsp rice vinegar 2 Tbsp extra virgin olive oil 2 tsp dried mint
<b>Meal 5</b>
1 tsp dried thyme 2 Tbsp apple cider vinegar ¼ tsp lemon pepper seasoning 2 tsp Dijon mustard
<b>Meal 6</b>
½ tsp garlic salt 2 tsp Italian seasoning 1 Tbsp extra virgin olive oil 1 tsp dried basil ¼ tsp garlic powder ¼ tsp onion powder
<b>Meal 7</b>
Coconut oil cooking spray ½ tsp garlic salt 2 tsp Cajun seasoning 1 egg, need 1 egg white