




























Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast  French Toast	Breakfast  Sausage Patties  Cantaloupe	Breakfast  Cheesy Scrambled Eggs	Breakfast  Sausage Patties (leftover)  Cantaloupe (leftover)	Breakfast  Yogurt, Berries and Honey	Breakfast  Freshie Huevos Rancheros with Black Beans	Breakfast
Lunch  Cobb Salad	Lunch  Southwest Chicken Soup	Lunch  Gnocchi with Pesto, Green Beans, and Ricotta	Lunch  California Burgers (leftover)  Basic Green Salad with Ranch Dressing (leftover)	Lunch  Gnocchi with Pesto, Green Beans, and Ricotta (leftover)	Lunch  Chicken Burritos (leftover)	Lunch  Beef Curry with Spinach and Cauliflower (leftover)
Dinner  15 Minute Asian Tuna  Seared Bok Choy	Dinner  California Burgers  Basic Green Salad with Ranch Dressing	Dinner  Chicken Burritos  Simple Salad	Dinner  Southwest Chicken Soup (leftover)	Dinner  Beef Curry with Spinach and Cauliflower	Dinner  Balsamic Glazed Pork Chops  Baked Potatoes  Roasted Broccoli	Dinner

Meal Plan Summary

Sun

Breakfast

French Toast (p.7)

Lunch

Cobb Salad (p.7)

Dinner

15 Minute Asian Tuna (p.8) , Seared Bok Choy (p.8)

Mon

Breakfast

Sausage Patties (p.9) , Cantaloupe (p.9)

Lunch

Southwest Chicken Soup (p.10)

Dinner

California Burgers (p.10) , Basic Green Salad with Ranch Dressing (p.11)

Tue

Breakfast

Cheesy Scrambled Eggs (p.11)

Lunch

Gnocchi with Pesto, Green Beans, and Ricotta (p.12)

Dinner

Chicken Burritos (p.13) , Simple Salad (p.13)

Wed

Breakfast

Sausage Patties (leftover) (p.9) , Cantaloupe (leftover) (p.9)

Lunch

California Burgers (leftover) (p.10) , Basic Green Salad with Ranch Dressing (leftover) (p.11)

Dinner

Southwest Chicken Soup (leftover) (p.10)

Thu

Breakfast

Yogurt, Berries and Honey (p.14)

Lunch

Gnocchi with Pesto, Green Beans, and Ricotta (leftover) (p.12)

Dinner

Beef Curry with Spinach and Cauliflower (p.14)

Fri

Breakfast

Freshie Huevos Rancheros with Black Beans (p.15)

Lunch

Chicken Burritos (leftover) (p.13)

Dinner

Balsamic Glazed Pork Chops (p.15) , Baked Potatoes (p.16) , Roasted Broccoli (p.16)

Sat

Lunch

Beef Curry with Spinach and Cauliflower (leftover) (p.14)

Shopping List

Real Plans

Produce

Refrigerated

- 4 baby bok choy
- 1 cup berries
- 2 heads broccoli
- 2 heads cauliflower
- 1 cup chives
- 1 cup fresh dill
- 1 cup fresh parsley
- 20 green onion
- 8 poblano pepper
- 1 red bell pepper
- 8 ounces shiitake mushrooms

Non-refrigerated

- 8 avocado
- 4 cups cherry tomatoes
- 2 lemon
- 2 lime
- 5 onion
- 4 russet potato

Meat/Seafood

- 1/2 pound bacon
- 10 cups cooked chicken
- 2 pounds ground pork
- 1 1/2 pounds tuna steaks

Eggs & Dairy

- 3 ounces blue cheese
- 8 ounces cheddar cheese
- 3 cups full fat Greek yogurt
- 1/2 cup heavy cream
- 1 cup ricotta cheese
- 2 tablespoons sour cream

Spices

- 1/4 teaspoon cayenne pepper
- 6 tablespoons coarse sea salt
- 1 tablespoon curry powder
- 3 tablespoons garlic powder
- 2 tablespoons ground coriander

- 24 ounces baby salad greens
- 2 cups blueberries
- 6 carrot
- 6 stalks celery
- 3 bunches cilantro
- 3 inches fresh ginger
- 1 pound green beans
- 3 jalapeño pepper
- 2 cups raspberries
- 1 head romaine
- 12 ounces spinach
- 2 cantaloupe
- 3 heads garlic
- 1 tablespoon lemon juice
- 5 tablespoons minced garlic
- 2 Roma tomato
- 4 tablespoons bacon fat
- 5 pounds ground beef
- 2 pounds pork chops
- 15 tablespoons butter
- 22 egg
- 3 cups full fat yogurt
- 12 ounces Monterey Jack cheese
- 1 cup shredded cheddar cheese
- 2 tablespoons yogurt
- 1 teaspoon cinnamon
- 2 tablespoons cumin
- 2 teaspoons fennel seeds
- 2 1/2 teaspoons ground black pepper
- 2 teaspoons ground ginger

- 1 teaspoon ground sage
- 2 tablespoons onion powder
- 1/4 teaspoon red pepper flakes
- taco seasoning

Grains, Legumes & Flours

- 4 pounds gnocchi

Sweeteners & Baking Supplies

- 5 tablespoons honey
- 1 teaspoon vanilla

Vinegar and Oils

- 1 tablespoon apple cider vinegar
- 2 teaspoons chili oil
- 1 cup extra virgin olive oil
- 1 tablespoon sesame oil

Canned/Jarred Goods

- 2 1/4 quarts chicken broth
- 14 ounces diced tomato
- 29 ounces full fat coconut milk

Frozen Foods

- 3 cups frozen corn

Deli & Prepared Foods

- 2 cups guacamole
- 2 cups salsa

Bakery

- 8 slices bread

Household

- parchment paper

Drinks

- 1 cup orange juice

Bulk

- 1 tablespoon sesame seeds

Asian

- 2 tablespoons soy sauce

- 1 1/2 teaspoons Italian seasoning
- 2 teaspoons paprika
- sea salt

- pure maple syrup

- 1/4 cup balsamic vinegar
- 4 tablespoons coconut oil
- 3 tablespoons red wine vinegar

- 6 cups cooked black beans
- 2 tablespoons Dijon mustard
- 2 cups mayonnaise

- 2 cups pesto
- 8 tortilla

- 8 hamburger bun

- 1/2 cup water

Time Line

Sat	Morning	Hit your local farmer's markets and shops to pick up necessary ingredients for the week.
	Afternoon	Defrost the bacon, if frozen.
Sun	Morning	Prepare the French Toast. Defrost the ground pork, if frozen.
	Afternoon	Prepare the Cobb Salad.
	Evening	Defrost the ground beef, if frozen. Prepare the 15 Minute Asian Tuna and Seared Bok Choy.
Mon	Morning	Prepare the Cantaloupe and Sausage Patties.
	Afternoon	Prepare the Southwest Chicken Soup.
	Evening	Prepare the Basic Green Salad with Ranch Dressing and California Burgers.
Tue	Morning	Prepare the Cheesy Scrambled Eggs.
	Afternoon	Prepare the Gnocchi with Pesto, Green Beans, and Ricotta.
	Evening	Prepare the Chicken Burritos and Simple Salad.
Wed	Evening	Defrost the ground beef, if frozen.
Thu	Morning	Prepare the Yogurt, Berries and Honey.
	Evening	Prepare the Beef Curry with Spinach and Cauliflower.
Fri	Morning	Prepare the Freshie Huevos Rancheros with Black Beans.
	Evening	Prepare the Baked Potatoes, Balsamic Glazed Pork Chops and Roasted Broccoli.

French Toast

Active time: 25 minutes Total time: 25 minutes Servings: 4



Ingredients

1 cup berries, optional
8 slices bread
4 eggs
1 teaspoon vanilla
1/2 teaspoon cinnamon
1 pinch coarse sea salt
1/2 cup heavy cream
8 tablespoons butter
pure maple syrup, to taste

How to prepare

1. Slice berries, if using.
2. Beat eggs, vanilla, cinnamon and salt in shallow dish. Stir in cream.
3. Soak bread in egg mixture, turning to coat both sides evenly.
4. Cook bread slices in half of the butter on medium heat until browned on both sides.
5. Serve topped with an extra pat of butter and maple syrup to taste.

Cobb Salad

Active time: 20 minutes Total time: 20 minutes Servings: 4



Ingredients

6 eggs
1/2 pound bacon
3 tablespoons red wine vinegar
2 tablespoons extra virgin olive oil
1 teaspoon Dijon mustard
1 head romaine
2 cups cooked chicken
1 ripe avocado
2 Roma tomatoes
3 ounces blue cheese

How to prepare

1. Boil enough water to cover your eggs in a pot.
2. Once your water is boiling, use a spoon to gently drop in eggs so that they do not crack. Boil for 10 minutes, then drain the hot water from your pot.
3. Place the pot of eggs in the sink add a scoop of ice and cold water and allow them to sit for 2 minutes. Set aside.
4. Cook the bacon in a pan until crispy. Transfer with tongs to a paper towel to drain. When cool, crumble the bacon.
5. While the bacon is cooking, whisk together the vinegar, olive oil, and mustard in a small bowl.
6. Wash and shred the lettuce. Shred the chicken finely. Peel and slice the avocado and slice the hard-boiled eggs. Dice the tomatoes and crumble the blue cheese.
7. Toss the lettuce with the dressing and place on a large platter.
8. Arrange the remaining ingredients atop the dressed lettuce, season with salt and pepper, and serve.

15 Minute Asian Tuna

Active time: 15 minutes Total time: 15 minutes Servings: 4



Ingredients

12 green onions
3 inches fresh ginger
8 ounces shiitake mushrooms
1 tablespoon minced garlic
2 tablespoons cilantro
1 1/2 pounds tuna steaks
1 tablespoon lemon juice
coarse sea salt, to taste
ground black pepper, to taste
1 tablespoon chicken broth
1 cup orange juice
2 tablespoons soy sauce

How to prepare

1. Chop green onions. Peel and mince ginger. Remove stems from mushrooms. Slice mushrooms. Chop cilantro.
2. Rub tuna with lemon juice and season with a little salt and pepper. Set aside.
3. Heat chicken broth in a non-stick skillet. Sauté green onions, garlic, ginger, and mushrooms in broth for about 2 minutes, stirring constantly over medium heat. Add orange juice and cook for another 2 minutes. Add soy sauce.
4. While sauce is simmering, preheat another non-stick skillet, big enough to hold tuna, over medium-high heat for 3-4 minutes and place tuna in it. Cook for about 1 1/2 - 2 minutes, and turn. Cook for another 1 1/2 - 2 minutes.
5. Place on plates and pour mushroom sauce over each steak. Or you can lay a bed of mushroom sauce on each plate and place tuna on top.

Seared Bok Choy

Active time: 5 minutes Total time: 10 minutes Servings: 4



Ingredients

1 tablespoon sesame seeds
4 baby bok choy
1 tablespoon sesame oil
3 cloves garlic
1/4 cup chicken broth, or filtered water
2 teaspoons chili oil, optional if you like heat
coarse sea salt, to taste

How to prepare

1. Toast the sesame seeds in a small saucepan with no oil until golden brown and fragrant, 4-5 minutes. Set aside to cool.
2. Cut off the base from each head of bok choy. Separate the stalks away from their cores.
3. In a wok or a large fry pan over medium-high heat, warm the sesame oil.
4. Thinly slice the garlic.
5. When hot, add garlic and cook, stirring constantly for about a minute. Add the bok choy and cook, tossing constantly with tongs, 1-2 minutes. Add the broth and cook, stirring occasionally, until the bok choy is tender and the broth evaporates, 1-2 minutes. Add the optional chili oil, and toss one more time to incorporate completely.
6. Remove from heat and stir in the sesame seeds. Season with sea salt to taste and serve immediately.

Sausage Patties

Active time: 25 minutes Total time: 25 minutes Servings: 8



Ingredients

2 pounds ground pork
2 teaspoons garlic powder
2 teaspoons fennel seeds
2 teaspoons paprika
1 teaspoon ground black pepper
1 teaspoon ground sage
1 teaspoon coarse sea salt
1/4 teaspoon cayenne pepper
4 tablespoons coconut oil

How to prepare

1. Combine pork, garlic powder, and all spices in a large bowl. Mix until uniform.
2. Using clean hands, form pork mixture into 2 ounce patties (golf ball sized).
3. Place coconut oil in a heavy bottomed pan over medium heat. Cook the patties for approximately 3–4 minutes per side until lightly browned and cooked through.

Cantaloupe

Active time: 10 minutes Total time: 10 minutes Servings: 8



Ingredients

2 cantaloupe

How to prepare

1. Slice or cube cantaloupe. Enjoy!

Southwest Chicken Soup

Active time: 20 minutes Total time: 2 hours Servings: 8



Ingredients

4 onions
8 poblano peppers
6 carrots
6 stalks celery
2 heads garlic
2 jalapeño peppers
4 cups cherry tomatoes
4 tablespoons bacon fat, or coconut oil
2 tablespoons cumin
2 tablespoons ground coriander
2 teaspoons coarse sea salt, plus more for seasoning chicken
1 teaspoon ground black pepper, plus more for seasoning
8 cups chicken broth
4 cups cooked chicken
2 bunches cilantro
4 avocados
2 limes

How to prepare

1. Preheat oven to 400F.
2. Coarsely chop onions, green chiles, carrots, and celery ribs. Peel garlic and deseed and chop jalapeno.
3. Place onions, chiles, garlic, carrots, celery, tomatoes, and jalapeno in a shallow baking dish with bacon fat or coconut oil. Top with cumin, coriander, sea salt, and fresh ground black pepper. Roast in the oven for about 45 minutes or until veggies begin to soften, tossing after 10 minutes to coat veggies in fat.
4. Add roasted veggies into a stockpot with the broth. Using an immersion blender, partially blend and thicken the soup. (If you don't have an immersion blender, use a standing blender to puree about half of the soup.) Add shredded chicken and continue cooking on low for 30 minutes to 1 hour to meld the flavors. Season with additional salt and pepper to taste.
5. Wash and chop cilantro. Peel and dice avocado and cut lime into wedges for garnish.
6. Ladle soup into shallow bowls and top with cilantro and avocado.
7. Serve with lime wedges.

California Burgers

Active time: 20 minutes Total time: 20 minutes Servings: 8



Ingredients

8 ounces cheddar cheese
2 avocados
3 pounds ground beef
1 tablespoon coarse sea salt
1 tablespoon garlic powder
1 tablespoon onion powder
ground black pepper
2 tablespoons butter
8 hamburger buns

How to prepare

1. Slice the cheese and avocado
2. Place in a large bowl, add the ground beef, salt and spices.
3. Using clean hands, combine the ingredients well and form into patties.
4. Cook on the grill set to medium high heat or to cook stovetop, heat fat in skillet on high heat. For either method, cook 3 minutes on the first side. Flip and cook for 3 minutes on the other side until medium rare, longer if you prefer the burgers well done.
5. Serve on a toasted sourdough bun with sliced avocado and cheese.

Basic Green Salad with Ranch Dressing

Active time: 5 minutes Total time: 5 minutes Servings: 8



Ingredients

For the dressing:

2 lemons
1 cup fresh parsley
1 cup fresh dill
1 cup chives
2 cups mayonnaise
3 cups full fat Greek yogurt
2 teaspoons onion powder
2 teaspoons garlic powder
coarse sea salt
ground black pepper
16 ounces baby salad greens

How to prepare

1. For the dressing: Juice the lemon and chop fresh herbs. Combine all ingredients (apart from salad greens) in a quart-sized jar. Shake well to combine. Add salt and pepper to your taste.
2. Place greens in a large bowl and add as much dressing as you like.
3. Toss and serve.

Cheesy Scrambled Eggs

Active time: 15 minutes Total time: 15 minutes Servings: 4



Ingredients

4 green onions
8 eggs
1/2 cup water
1 teaspoon coarse sea salt
ground black pepper, to taste
1 tablespoon butter
1 cup shredded cheddar cheese

How to prepare

1. Mince green onions.
2. Beat eggs, water, salt, and pepper in bowl until blended.
3. Heat butter in a skillet over medium heat until hot. Pour in egg mixture.
4. As eggs begin to set, gently pull the eggs across pan with wooden spoon, forming large soft curds.
5. While eggs are still runny, add cheese and green onions, cook for 1 to 2 minutes more, and serve.

Gnocchi with Pesto, Green Beans, and Ricotta

Active time: 15 minutes Total time: 30 minutes Servings: 8



Ingredients

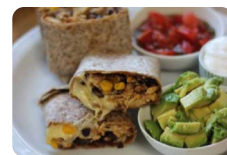
4 pounds gnocchi
1 pound green beans
2 tablespoons coarse sea salt, plus more to taste
2 cups pesto
1 cup ricotta cheese
ground black pepper, to taste
red pepper flakes, to taste

How to prepare

1. Cook the gnocchi according to the package directions. Drain and return them to the pot.
2. Trim green beans and cut into 1 inch pieces.
3. Meanwhile, bring a large saucepan of water to a boil and add sea salt. Add the green beans and cook until tender, 3 to 4 minutes; drain.
4. Add the pesto and ricotta to the gnocchi and cook over medium heat, stirring, just until heated through, 2 to 3 minutes.
5. Divide gnocchi among bowls and top with the green beans, fresh ground pepper, red pepper flakes, and additional sea salt to taste.

Chicken Burritos

Active time: 30 minutes Total time: 30 minutes Servings: 8



Ingredients

3 cups frozen corn
4 cups cooked chicken
12 ounces Monterey Jack cheese
4 cups cooked black beans
taco seasoning, to taste
8 large tortillas
2 cups salsa
2 cups guacamole

Publisher's note

If corn is in season, substitute 1 1/2 cups frozen corn with 3 ears worth of corn.

How to prepare

1. In a small stock pot, add the corn and cover with filtered water. Cook over high heat until the water comes to a boil. Turn off heat and allow corn to sit in it for 3-5 minutes.
2. Meanwhile, shred the chicken into a skillet. Shred the cheese.
3. Add black beans and taco seasoning to the chicken. Warm the chicken/bean mixture over medium heat until heated through.
4. Add corn to the chicken/bean mixture, and combine well.
5. To assemble, warm a tortilla in a dry pan over medium heat (this will make it pliable and prevent cracks). Rotate the tortilla until it is no longer stiff.
6. Lay tortilla on the countertop and, while it is still warm, scoop an even portion of the chicken/bean/corn mixture onto the center of the tortilla in a strip. Top with equal parts of jack cheese and salsa.
7. To roll, first fold the bottom edge of the tortilla up and over the filling. Then, while holding the bottom of the tortilla over the filling, fold in the sides. Then, starting from the folded bottom edge, roll up the tortilla to encase the filling.
8. Repeat with remaining tortillas and filling. Serve with guacamole.
9. If desired, freeze burritos by wrapping first in parchment and then in foil. To reheat, allow to defrost for a few hours, then bake in wrapper at 350F for 45 minutes, or until the contents are hot and cooked through.

Simple Salad

Active time: 5 minutes Total time: 5 minutes Servings: 4



Ingredients

1/2 cup extra virgin olive oil
1 tablespoon Dijon mustard
1 tablespoon apple cider vinegar
2 tablespoons yogurt
2 teaspoons coarse sea salt, to taste
1/2 teaspoon ground black pepper, to taste
8 ounces baby salad greens

How to prepare

1. In a small jar with a lid, combine all ingredients except for the greens.
2. Shake well.
3. Place greens in a large bowl and add dressing to your taste.
4. Toss and serve.

Yogurt, Berries and Honey

Active time: 10 minutes Total time: 10 minutes Servings: 4



Ingredients

3 cups full fat yogurt
2 cups raspberries, or blackberries
2 cups blueberries, or strawberries
4 teaspoons honey

How to prepare

1. Wash fruit and divide into equal serving bowls.
2. Top with yogurt and honey.
3. Serve.

Beef Curry with Spinach and Cauliflower

Active time: 20 minutes Total time: 1 hour 30 minutes Servings: 8



Ingredients

1 onion
2 heads cauliflower
4 tablespoons cilantro, for garnish
2 pounds ground beef
2 tablespoons minced garlic
2 teaspoons ground ginger
1 tablespoon curry powder
1/2 teaspoon cinnamon
sea salt, to taste
ground black pepper, to taste
29 ounces full fat coconut milk
12 ounces spinach

How to prepare

1. Chop onion. Cut cauliflower into large florets. Roughly chop cilantro.
2. In a skillet over medium heat, brown ground beef with the onion and garlic. Once meat has cooked through, drain off any excess grease.
3. Stir in ginger, curry powder, cinnamon, salt, and pepper and cook for 3-4 minutes.
4. Pour in coconut milk. Bring to a boil, then add cauliflower. Reduce heat to low, cover, and let simmer for 45 minutes.
5. Once cauliflower is cooked through, add spinach on top and cook for another 10-15 minutes, until wilted.
6. Remove from heat and let sit for 5-10 minutes before serving.
7. Add more salt as desired to really make the curry flavors pop. Garnish with cilantro, and serve.

Freshie Huevos Rancheros with Black Beans

Active time: 25 minutes Total time: 25 minutes Servings: 4



Ingredients

1 red bell pepper
4 green onions
1/4 bunch cilantro
1 jalapeño pepper, optional
14 ounces diced tomatoes
1 teaspoon extra virgin olive oil, or fat of choice
2 teaspoons minced garlic
4 eggs
1 avocado
2 cups cooked black beans

How to prepare

1. Mince red pepper, green onions (separating green and white parts), and cilantro. Deseed and mince the jalapeño. Drain juice from tomatoes.
2. Heat oil in a skillet over medium heat.
3. Sauté garlic, bell pepper, whites of onions, and optional jalapeño for 3 minutes, or until the onion is translucent and the peppers have softened slightly.
4. Add in diced tomatoes and sauté for 5 minutes; set aside.
5. Heat 1 teaspoon of butter in a skillet over medium-low heat.
6. Slow-cook two eggs for approximately 6 minutes, until the whites cook through. (If you prefer your eggs cooked differently - go for it!) Repeat with remaining eggs.
7. Peel and slice the avocados.
8. Plate the eggs topped with the salsa, and garnish with cilantro, cooked black beans and avocado slices.

Balsamic Glazed Pork Chops

Active time: 25 minutes Total time: 25 minutes Servings: 4



Ingredients

2 pounds pork chops
coarse sea salt, to taste
ground black pepper, to taste
2 tablespoons butter
1/4 cup balsamic vinegar
3 tablespoons honey
2 teaspoons minced garlic
1 1/2 teaspoons Italian seasoning
1/4 teaspoon red pepper flakes, optional

How to prepare

1. Preheat oven to 400F. Season pork chops with salt and pepper.
2. Melt butter in an oven proof skillet over medium high heat. Add pork chops and cook for 2-3 minutes on each side until golden brown.
3. Place pork chops into oven and roast until completely cooked through, reaching an internal temperature of 140F, about 8-10 minutes for 1" pork chops. Thinner chops will need less time; check early and adjust oven time as needed.
4. Meanwhile, to make the glaze, combine balsamic vinegar, honey, garlic, Italian seasoning, and red pepper flakes in a saucepan over medium heat. Season with salt and pepper.
5. Bring to a boil, then reduce heat and simmer about 5 minutes, until balsamic vinegar begins to thicken.
6. Serve pork chops topped with balsamic glaze.

Baked Potatoes

Active time: 15 minutes Total time: 1 hour 15 minutes Servings: 4



Ingredients

parchment paper
4 russet potatoes
1 tablespoon extra virgin olive oil
1 teaspoon coarse sea salt, plus more to taste
2 tablespoons butter, or more to taste
2 tablespoons sour cream, or more to taste
ground black pepper, to taste

How to prepare

1. Preheat oven to 400F. Line a baking sheet with parchment or silpat. Scrub potatoes well and pat dry.
2. Stab each potato a few times with a fork. Brush olive oil over each potato and then sprinkle with salt.
3. Place on the baking sheet and bake for 1 hour, or until easily pierced with a fork.
4. Remove from oven. Carefully slice each potato down the center and mash a bit with a fork.
5. Top with butter, sour cream, and salt and pepper to taste. Serve and enjoy!

Roasted Broccoli

Active time: 5 minutes Total time: 20 minutes Servings: 4



Ingredients

2 heads broccoli
2 tablespoons extra virgin olive oil
sea salt, to taste
ground black pepper, to taste

How to prepare

1. Preheat oven to 400F.
2. Remove broccoli florets from stems and discard stems. In an oven-safe dish, spread florets in a single layer and drizzle with olive oil, salt, and pepper.
3. Roast for 15-20 minutes, or until desired level of crispness.