




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Breakfast</p>  Asian Chicken and Cabbage Hash	<p>Breakfast</p>  Asian Chicken and Cabbage Hash (leftover)	<p>Breakfast</p>  Asian Chicken and Cabbage Hash (leftover)	<p>Breakfast</p>  Broccoli, Sun-dried Tomato and Parmesan Frittata	<p>Breakfast</p>  Broccoli, Sun-dried Tomato and Parmesan Frittata (leftover)	<p>Breakfast</p>  Broccoli, Sun-dried Tomato and Parmesan Frittata (leftover)	<p>Breakfast</p>
<p>Lunch</p>  Mushroom Burgers (GF)  Simple Salad	<p>Lunch</p>  Bourbon Braised Pork Roast (leftover)  Arugula Salad with Lemon Tahini Dressing (leftover)	<p>Lunch</p>  Mushroom Burgers (GF) (leftover)  Simple Salad (leftover)	<p>Lunch</p>  Roasted Dijon Chicken (leftover)  Bright Wilted Spinach (leftover)	<p>Lunch</p>  Classic Wedge Salad with Skirt Steak and Heirloom Tomatoes (leftover)	<p>Lunch</p>	<p>Lunch</p>  Grilled Salmon (leftover)  Grilled Zucchini with Mint (leftover)
<p>Dinner</p>  Bourbon Braised Pork Roast  Arugula Salad with Lemon Tahini Dressing	<p>Dinner</p>  Greek Tuna Steaks  Roasted Broccoli	<p>Dinner</p>  Roasted Dijon Chicken  Bright Wilted Spinach	<p>Dinner</p>  Classic Wedge Salad with Skirt Steak and Heirloom Tomatoes	<p>Dinner</p>  White Fish Packets with Broccoli and Carrots  Coconut Cauliflower Rice	<p>Dinner</p>  Grilled Salmon  Grilled Zucchini with Mint	<p>Dinner</p>

# Meal Plan Summary

## Sun

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### Breakfast

Asian Chicken and Cabbage Hash (p.6)

### Lunch

Mushroom Burgers (GF) (p.6) , Simple Salad (p.7)

### Dinner

Bourbon Braised Pork Roast (p.7) , Arugula Salad with Lemon Tahini Dressing (p.8)

## Mon

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### Breakfast

Asian Chicken and Cabbage Hash (leftover) (p.6)

### Lunch

Bourbon Braised Pork Roast (leftover) (p.7) , Arugula Salad with Lemon Tahini Dressing (leftover) (p.8)

### Dinner

Greek Tuna Steaks (p.8) , Roasted Broccoli (p.8)

## Tue

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### Breakfast

Asian Chicken and Cabbage Hash (leftover) (p.6)

### Lunch

Mushroom Burgers (GF) (leftover) (p.6) , Simple Salad (leftover) (p.7)

### Dinner

Roasted Dijon Chicken (p.9) , Bright Wilted Spinach (p.9)

## Wed

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### Breakfast

Broccoli, Sun-dried Tomato and Parmesan Frittata (p.10)

### Lunch

Roasted Dijon Chicken (leftover) (p.9) , Bright Wilted Spinach (leftover) (p.9)

### Dinner

Classic Wedge Salad with Skirt Steak and Heirloom Tomatoes (p.11)

## Thu

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### Breakfast

Broccoli, Sun-dried Tomato and Parmesan Frittata (leftover) (p.10)

### Lunch

Classic Wedge Salad with Skirt Steak and Heirloom Tomatoes (leftover) (p.11)

### Dinner

White Fish Packets with Broccolini and Carrots (p.12) , Coconut Cauliflower Rice (p.12)

## Fri

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## Breakfast

Broccoli, Sun-dried Tomato and Parmesan Frittata (leftover) (p.10)

## Dinner

Grilled Salmon (p.13) , Grilled Zucchini with Mint (p.13)

## Sat

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### Lunch

Grilled Salmon (leftover) (p.13) , Grilled Zucchini with Mint (leftover) (p.13)

# Shopping List

## Real Plans

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### Produce

#### Refrigerated

- 10 cups arugula
- 5 heads broccoli
- 4 carrot
- 1 bunch chives
- 2/3 pound cremini mushrooms
- 3 inches fresh ginger
- 16 green onion
- 2 1/4 cups shredded carrots
- 32 ounces spinach

#### Non-refrigerated

- 4 heirloom tomato
- 3 tablespoons lemon juice
- 3/4 cup minced garlic
- 1 1/2 cups sun-dried tomatoes

### Meat/Seafood

- 8 slices bacon
- 1 1/2 pounds chicken breast
- 1 1/2 pounds chicken thigh
- 3 pounds ground beef
- 2 pounds salmon
- 1 pound tuna steaks

### Eggs & Dairy

- 12 ounces blue cheese
- 24 egg
- 1 1/4 cups heavy cream

### Spices

- 4 tablespoons coarse sea salt
- 1 teaspoon dried dill
- 4 teaspoons dried thyme
- 2 1/2 teaspoons ground black pepper
- 1/2 teaspoon sea salt

### Sweeteners & Baking Supplies

- 1 teaspoon honey

### Vinegar and Oils

- 4 tablespoons apple cider vinegar

- 16 ounces baby salad greens
- 1 bunch broccolini
- 1 head cauliflower
- 2 tablespoons cilantro
- 1 cucumber
- 8 sprigs fresh mint leaves
- 2 heads iceberg lettuce
- 24 cups shredded green cabbage
- 4 zucchini
- 5 lemon
- 2 tablespoons lime juice
- 5 onion

- 4 pounds boneless pork roast
- 1 1/2 pounds chicken drumsticks
- 6 cups cooked chicken
- 1 1/2 pounds red snapper
- 4 pounds skirt steak

- 10 tablespoons butter
- 1 3/4 cups grated Parmesan cheese
- 4 tablespoons yogurt

- 1 tablespoon dried basil
- 2 teaspoons dried oregano
- 2 tablespoons garlic powder
- 1 tablespoon onion powder

- 8 teaspoons molasses

- 1 cup blue cheese dressing

- 18 tablespoons coconut oil
- 1 1/2 teaspoons sesame oil

- 3 1/4 cups extra virgin olive oil

### Canned/Jarred Goods

- 1 1/2 cups chicken broth
- 8 ounces full fat coconut milk
- 1/4 mayonnaise
- 8 tablespoons tahini
- 3/4 cup Dijon mustard
- ketchup
- 4 tablespoons Sriracha sauce

### Household

- parchment paper

### Drinks

- 2/3 cup bourbon
- 1 1/2 cups white wine

### Asian

- 12 tablespoons fish sauce

## Time Line

Fri	Evening	Defrost the boneless pork roast, if frozen.
Sat	Morning	Hit your local farmer's markets and shops to pick up necessary ingredients for the week.
	Afternoon	Defrost the ground beef, if frozen.
	Evening	Marinate Bourbon Braised Pork Roast.
Sun	Morning	Start Bourbon Braised Pork Roast in slow cooker. Prepare the Asian Chicken and Cabbage Hash.
	Afternoon	Prepare the Mushroom Burgers (GF) and Simple Salad.
	Evening	Prepare the Arugula Salad with Lemon Tahini Dressing and Bourbon Braised Pork Roast.
Mon	Evening	Defrost the chicken breast and chicken thigh, if frozen. Prepare the Greek Tuna Steaks and Roasted Broccoli.
Tue	Evening	Defrost the skirt steak and bacon, if frozen. Prepare the Bright Wilted Spinach and Roasted Dijon Chicken.
Wed	Morning	Prepare the Broccoli, Sun-dried Tomato and Parmesan Frittata.
--	Evening	Defrost the red snapper, if frozen. Prepare the Classic Wedge Salad with Skirt Steak and Heirloom Tomatoes.
Thu	Evening	Defrost the salmon, if frozen. Prepare the Coconut Cauliflower Rice and White Fish Packets with Broccolini and Carrots.
Fri	Evening	Prepare the Grilled Salmon and Grilled Zucchini with Mint.

## Asian Chicken and Cabbage Hash

Active time: 35 minutes Total time: 35 minutes Servings: 12



### Ingredients

12 green onions  
3 inches fresh ginger  
6 tablespoons coconut oil  
2 tablespoons minced garlic  
24 cups shredded green cabbage  
2 1/4 cups shredded carrots  
6 cups cooked chicken  
1 1/2 teaspoons sesame oil  
12 tablespoons fish sauce

### How to prepare

1. Dice the onion, separating green and white parts. Peel and dice the ginger.
2. In a wok or pan, heat the coconut oil over medium high heat.
3. Add the garlic, ginger, cabbage, whites of onions, and carrots and cook for about 10-15 minutes, until cabbage is tender.
4. Chop chicken into bite-sized pieces. Add the chicken to the wok or pan and sauté until warmed through.
5. Add the sesame oil and fish sauce. Cook just until heated through and well combined.
6. Finish with extra fish sauce to taste.

## Mushroom Burgers (GF)

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



### Ingredients

3 pounds ground beef  
1 tablespoon coarse sea salt  
1 tablespoon garlic powder  
1 tablespoon onion powder  
ground black pepper, to taste  
2/3 pound cremini mushrooms  
4 teaspoons minced garlic  
4 tablespoons coconut oil  
8 ounces blue cheese  
ketchup

### How to prepare

1. Add the ground beef, salt and spices to a large bowl.
2. Using clean hands, combine the ingredients well and form into 4 patties.
3. Slice mushrooms, mince garlic, and sauté both in half the fat over medium high heat for 3-4 minutes. Remove from pan and set aside.
4. Cook burgers on the grill set to medium high heat or to cook stovetop, add remaining fat to the 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 either directly on the plate, topped with sliced mushrooms, blue cheese, and ketchup.

## Simple Salad

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



### Ingredients

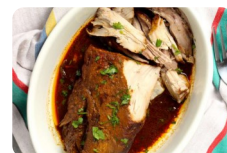
1 cup extra virgin olive oil  
2 tablespoons Dijon mustard  
2 tablespoons apple cider vinegar  
4 tablespoons yogurt  
4 teaspoons coarse sea salt, to taste  
1 teaspoon ground black pepper, to taste  
16 ounces baby salad greens

### 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.

## Bourbon Braised Pork Roast

Active time: 15 minutes Total time: 7 hours Servings: 8



### Ingredients

4 pounds boneless pork roast  
2 tablespoons minced garlic  
8 teaspoons Dijon mustard  
8 teaspoons molasses  
2/3 cup bourbon  
4 teaspoons apple cider vinegar  
1 teaspoon Sriracha sauce, plus more to taste  
1 teaspoon coarse sea salt, plus more to taste  
1/2 teaspoon ground black pepper  
4 tablespoons coconut oil

### How to prepare

1. Trim excess fat from roast, leaving a thin layer.
2. Mix all ingredients, except for pork and coconut oil, in a shallow dish. Add pork and marinate for 12-24 hours, turning several times.
3. Preheat slow cooker on high. Remove pork from marinade and set aside. Pat pork dry with paper towels.
4. In a large frying pan, heat the coconut oil over medium-high heat. Add the pork and sear on all sides. Transfer to the slow cooker.
5. Add marinade to the pan, cook for a minute and deglaze the pan (scrape any browned bits off the bottom). Pour liquid over pork, reduce heat to low, and cook for 6-7 hours until the meat is very tender.
6. Transfer pork to a serving platter and allow to rest for about five minutes. Slice pork into thin slices across the grain, drizzle with braising liquid, and serve.

### Publisher's note

For best results, use the correctly-sized slow cooker to meet your needs (it should be filled about two-thirds full). Cook time may need to be adjusted based on quantity of food in conjunction with size/model of slow cooker you are using.

## Arugula Salad with Lemon Tahini Dressing

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



### Ingredients

1 cucumber  
4 green onions  
2 lemons  
8 tablespoons tahini  
1 1/2 cups extra virgin olive oil  
10 cups arugula

### How to prepare

1. Juice lemon. Slice the cucumber and green onions.
2. In a small bowl, whisk together lemon juice, tahini, and olive oil until well combined.
3. In a large bowl combine arugula, cucumber and green onions. Add dressing to taste and toss to coat. Serve.

## Greek Tuna Steaks

Active time: 20 minutes Total time: 40 minutes Servings: 4



### Ingredients

1 tablespoon extra virgin olive oil, plus more as needed for sauteeing  
2 teaspoons dried oregano  
1/2 teaspoon garlic powder  
1 teaspoon dried dill  
1/2 teaspoon sea salt, to taste  
1/4 teaspoon ground black pepper  
1 pound tuna steaks  
1 lemon

### How to prepare

1. Combine oil, oregano, garlic powder, dill, salt, and black pepper together in a small bowl. Rub mixture onto tuna steaks. Refrigerate for 15 minutes to allow seasoning to marinate. Remove from fridge.
2. Heat skillet to medium-high heat with a little olive oil, then add tuna to pan to sear. Cook for 5 minutes on each side, or until preferred level of doneness.
3. Cut lemon into wedges and serve with tuna.

## 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.



## Roasted Dijon Chicken

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



### Ingredients

1 1/2 pounds chicken drumsticks  
1 1/2 pounds chicken thighs  
1 1/2 pounds chicken breasts  
coarse sea salt, to taste  
ground black pepper, to taste  
2 onions  
1 bunch chives, optional  
2 tablespoons coconut oil  
1 1/2 cups white wine  
1 1/2 cups chicken broth  
1/2 cup heavy cream  
4 tablespoons Dijon mustard

### How to prepare

1. Preheat oven to 400F. Pat chicken dry and season generously with salt and pepper. Finely slice the onion. Chop the chives.
2. Heat oil in a heavy skillet over medium-high heat until it shimmers. Working in small batches, brown chicken, skin side down. When well browned, turn the chicken to brown the other sides in the same fashion. Transfer chicken to a roasting dish and set aside.
3. Add onions, wine, and broth to pan juices and simmer, scraping up any brown bits, until reduced by half.
4. Add cream and boil until it reaches a nice, saucy consistency. Whisk mustard into the sauce, and pour sauce over chicken.
5. Roast in oven until just cooked through, 20-30 minutes. The chicken is fully cooked when the chicken pieces reach 160F at their thickest part.
6. Remove chicken from oven, season with salt and pepper as needed, and garnish with chives.

## Bright Wilted Spinach

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



### Ingredients

32 ounces spinach  
4 tablespoons butter  
coarse sea salt, to taste

### How to prepare

1. Clean and trim spinach. Rinse well.
2. Place rinsed spinach in a large pan over high heat and cook just until it is wilted.
3. Toss with butter, and season with sea salt to taste.
4. Serve immediately.

# Broccoli, Sun-dried Tomato and Parmesan Frittata



Active time: 15 minutes Total time: 30 minutes Servings: 12

## Ingredients

3 onions  
3 heads broccoli  
6 tablespoons butter  
3 tablespoons minced garlic  
1 tablespoon coarse sea salt, or to taste  
3/4 teaspoon ground black pepper, or to taste  
24 large eggs  
3/4 cup heavy cream  
3 tablespoons Sriracha sauce  
1 tablespoon dried basil  
1 1/2 cups sun-dried tomatoes  
1 1/2 cups grated Parmesan cheese

## How to prepare

1. Preheat oven to 400F.
2. Slice the onion. Chop the broccoli into bite sized pieces.
3. Bring a 10-inch oven-safe skillet to medium heat on the stove top. Add butter, and toss in the onion and garlic. Add in the broccoli. Season with salt and pepper. Reduce heat and cook until the onions are soft and translucent, and broccoli is tender. ~ 10 min.
4. Meanwhile, crack the eggs into a medium mixing bowl. Beat the eggs, then add the cream. Add sriracha sauce and an extra pinch or two of sea salt and pepper. Beat to combine.
5. By this time, the onion should be getting translucent. Turn the stove top heat back up to medium.
6. Add the basil and sun-dried tomatoes to the mixture.
7. Spread Parmesan cheese over the broccoli in the skillet, then pour on the egg mixture. Shake the pan to distribute the egg mixture evenly, then allow it to cook for a minute until the edges just start to set.
8. Turn off the stovetop and move the skillet to the oven.
9. Bake the frittata until the egg mixture is set and puffy. (9-12 minutes). If you want to brown the top of the frittata, turn the oven to broil for the last couple of minutes.
10. Remove the frittata from the oven. Slice into wedges and serve.

# Classic Wedge Salad with Skirt Steak and Heirloom Tomatoes

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



## Ingredients

4 pounds skirt steak  
coarse sea salt, to taste  
ground black pepper, to taste  
2 teaspoons garlic powder  
4 teaspoons dried thyme  
2 tablespoons coconut oil  
8 slices bacon  
2 heads iceberg lettuce  
4 heirloom tomatoes  
4 ounces blue cheese  
1 cup blue cheese dressing, to taste

## How to prepare

1. Steak can be cooked on a grill or on the stovetop. Preheat your grill or heat a skillet over high heat.
2. Season skirt steak with salt, pepper, garlic powder and thyme - a light dusting of each on both sides of the steak.
3. If cooking on the stovetop, add coconut oil to the skillet and allow to heat until shimmering. Lay the steak in the pan and allow to sear on each side undisturbed for 3-7 minutes depending on the level of doneness you desire.
4. If cooking on the grill, set the steaks on the grill and allow to sear on each side undisturbed for 3-7 minutes depending on the level of doneness you desire. Use a meat thermometer to measure the center temperature: ( Rare = 120F Medium Rare = 125F Medium = 130F).
5. Remove skirt steak from pan and allow to rest.
6. Meanwhile, cook the bacon in a skillet over medium-high heat. Let cool slightly, then crumble.
7. Holding the lettuce in two hands, position it so the core of the lettuce is facing down parallel to the flat surface. Slam the lettuce hard against surface; remove the freed core.
8. Slice cored lettuce into wedges and plate. Cut tomatoes into wedges. Crumble the cheese. Slice skirt steak against the grain.
9. Top lettuce wedges with tomato, bacon, blue cheese crumbles and dressing, and serve with sliced skirt steak.

## White Fish Packets with Broccoli and Carrots



Active time: 15 minutes Total time: 35 minutes Servings: 4

### Ingredients

1 bunch broccolini  
4 carrots  
1/4 mayonnaise  
2 tablespoons grated Parmesan cheese  
1 tablespoon lemon juice  
2 teaspoons minced garlic  
1 1/2 pounds red snapper, or other light white fish  
coarse sea salt, to taste  
ground black pepper, to taste  
parchment paper

### How to prepare

1. Preheat the oven to 400F.
2. Slice the broccolini and carrots as finely as possible (which will help them to cook faster); set aside.
3. In a small bowl, combine the mayo, parmesan, lemon juice, and garlic.
4. Cut fish into individual serving portions. Cut large squares of parchment paper for each serving of fish. Divide veggies evenly between the pieces, and place them at the center of each square topped with a piece of fish. Sprinkle fillet generously with salt and pepper.
5. Top each packet with mayo sauce and spread evenly with the back of a spoon.
6. Fold up parchment paper to make a sealed parcel: With the square sheet in front of you, bring the top and bottom edges together and fold over several times. Then fold each remaining side up to make a neat, tight packet.
7. Bake for 20 minutes. Use a pair of kitchen scissors to cut open the packets, taking care to avoid burns from escaping steam. Serve immediately.

## Coconut Cauliflower Rice



Active time: 15 minutes Total time: 25 minutes Servings: 4

### Ingredients

1 head cauliflower  
2 tablespoons cilantro  
8 ounces full fat coconut milk  
1 teaspoon honey, optional  
2 tablespoons lime juice  
coarse sea salt, to taste  
ground black pepper, to taste

### How to prepare

1. Coarsely chop the cauliflower. Chop cilantro.
2. Place the chopped cauliflower in a food processor and pulse until it reaches a rice-like texture.
3. Add the cauliflower, coconut milk, and optional honey to a saucepan. Bring to a boil. Let simmer for around 8-10 minutes until cauliflower softens and is cooked to your liking. It will be somewhat creamy. For a less creamy texture, use a little less coconut milk.
4. Stir in the lime juice and cilantro. Season with sea salt and pepper to your preference and enjoy.

## Grilled Salmon

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



### Ingredients

2 pounds salmon  
coarse sea salt  
ground black pepper  
4 tablespoons extra virgin olive oil  
2 lemons

### How to prepare

1. On the Stove: Generously salt and pepper the skinless side of the salmon.
2. Heat skillet on medium-high. Add oil.
3. When oil is hot, place salmon filets in pan, skin side up.
4. Cook for 5 minutes, then flip. Cook 3-5 minutes to desired doneness.
5. Remove salmon from pan.
6. Cut lemon into wedges and serve alongside the salmon.
7. On the Grill: Heat a grill to medium-high (you can hold your hand about 1 inch above the grill grate).
8. Brush grill grate with oil. Place salmon, skin-side-down, on the grill and cover. Cook, undisturbed, until salmon just starts to release its fat and/or flesh flakes easily, 10-15 minutes for most 1 inch thick fillets.
9. Allow another 10 minutes for each extra inch of thickness. Use a spatula to remove fish from grill and serve.

## Grilled Zucchini with Mint

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



### Ingredients

4 large zucchinis  
4 tablespoons extra virgin olive oil  
coarse sea salt, to taste  
ground black pepper, to taste  
2 tablespoons lemon juice  
8 sprigs fresh mint leaves

### How to prepare

1. Preheat the grill to high or the oven to 450F. Slice zucchini lengthwise into half inch strips.
2. Drizzle with most of the oil. Season with salt and pepper.
3. If using the oven, place zucchini on a baking sheet and roast for 15 minutes, or until tender.
4. If using the grill, place zucchini on the grill and cook 4-6 minutes or until tender, turning often.
5. Transfer zucchini to a platter. Drizzle with lemon juice and the remaining oil. Sprinkle with mint leaves and serve.