

# SAMPLE MENU WEEK 1

## MONDAY

BREAKFAST	LUNCH	DINNER
<p><b>Joe's Scramble</b> Scramble 2 oz. ground chicken breast with mushrooms, onions, garlic, chopped spinach, 2 eggs. Serve with sliced tomatoes.</p> <p><b>Mid-Morning Snack</b> 1 oz. string cheese and 1 piece of fruit</p>	<p><b>Tuna Salad Stuffed Tomato</b> Mix tuna with mayo and dijon mustard, herbs &amp; chopped celery. Cut top off and remove center from tomato. Stuff &amp; serve on a bed of greens with viniagrette</p> <p><b>Afternoon Snack</b> 1 cup edamame (steamed soybeans in the shell)</p>	<p><b>Crock Pot Tri-Tip Roast</b> Rub roast with 1 tsp black pepper &amp; 2 cloves mashed garlic. Put in crock pot with 1/3 cup low-sodium soy sauce, 1/4 cup balsamic vinegar, 2 tbsp dry mustard. Cook on slow for 8 hours, or fast for 6. Serve with a green salad &amp; steamed veggies with seasoned vinegar &amp; oil.</p>

## TUESDAY

BREAKFAST	LUNCH	DINNER
<p><b>Yogurt Parfait</b> Mix plain yogurt mixed with vanilla, cinnamon &amp; Xylitol, layer with 1/4 cup berries, 1/4 cup Kashi Go Lean cereal and 1 tbsp chopped nuts.</p> <p><b>Mid-Morning Snack</b> Celery &amp; 1 tbsp. almond butter</p>	<p><b>Chicken Caesar Salad</b> No croutons, and if dining out - ask for dressing on the side.</p> <p><b>Afternoon Snack</b> 1 piece of fruit and 1 oz. cheese</p>	<p><b>Vegetable Soup</b> <b>3 Layer Mexican Dip w/ Veggies</b> <b>Red Snapper Vera Cruz</b> See recipes below.</p>

## WEDNESDAY

BREAKFAST	LUNCH	DINNER
<p><b>Muffin Breakfast Sandwich</b> 1/2 whole wheat English muffin toasted and topped with sliced tomato, 1 slice cheese and a poached egg.</p> <p><b>Mid-Morning Snack</b> Lo-carb Tortilla Roll-up with 1/4 cup chopped apple w/ cinnamon &amp; 1 tbsp almond butter</p>	<p><b>1/2 Turkey Sandwich</b> Sandwich with dijon, cheese, tomato, 2 slices avocado and romaine. Serve with side salad or crudites (raw veggies).</p> <p><b>Afternoon Snack</b> 1oz string cheese</p>	<p><b>Mama's Meatloaf &amp; Baked Sweet Potato</b> See recipe. Serve with 1/2 cup baked sweet potato. Serve with a green salad and viniagrette.</p>

## THURSDAY

BREAKFAST	LUNCH	DINNER
<p><b>Berry Oatmeal</b> To 1 cup real oatmeal cooked add 1 tsp cinnamon, 1/4 cup berries, 1 tbsp chopped nuts, 1-2 tbsp of PaleoMeal or whey Protein Powder.</p> <p><b>Mid-Morning Snack</b> 1-2 oz. string cheese</p>	<p><b>Orange Chicken Salad</b> See recipe.</p> <p><b>Afternoon Snack</b> 10 Nuts &amp; 1/2 cup berries</p>	<p><b>Vegetable Soup</b> <b>Parmesan Crusted Salmon</b> <b>Green Bean Medley</b> See recipe below. Serve with green bean medley - saute green beans in tiny bit of olive oil, add minced garlic, sliced mushrooms &amp; black pepper.</p>

## FRIDAY

BREAKFAST	LUNCH	DINNER
<p><b>Chicken Breakfast Sausages</b> Ground chicken breast, spinach, herbs and grated cheese mixed together and sauteed. Serve with Melon slices</p> <p><b>Mid-Morning Snack</b> Apple slices and cheese slices</p>	<p><b>Chili &amp; Garden Salad</b> 1 cup chili, make your own - or use canned vegetarian. Top with 1 oz grated cheese.</p> <p><b>Afternoon Snack</b> PaleoBar</p>	<p><b>Caesar Salad</b> <b>Quick Chicken Stroganoff</b> See recipe below. Remember - no croutons and light dressing.</p>

# SAMPLE MENU WEEK 1

## SATURDAY

BREAKFAST	LUNCH	DINNER
<b>Nut Wrap</b> <i>Lo-carb tortilla filled with 1 tbsp cream cheese, 1 tbsp peanut or almond butter and 1/4 cup chopped apple.</i>	<b>Stuffed Tuna Pita</b> <i>Stuff a whole wheat pita with your tuna salad. Crudites with viniagrette.</i>	<b>Garden Salad &amp; Turkey Pasta</b> <i>1 cup whole wheat or lo-carb pasta with marinara of ground turkey breast, onions, peppers and mushrooms.</i>
<b>Mid-Morning Snack</b> small Yogurt Parfait	<b>Afternoon Snack</b> Tomatoes, fresh basil, 2 oz. mozzarella cheese	

## SUNDAY

BREAKFAST	LUNCH	DINNER
<b>Eggs Florentine</b> <i>2 poached eggs atop sauteed spinach with 2 oz. crumbled feta cheese. Serve with melon chunks.</i>	<b>Veggie Burger</b> <i>Top 1/2 whole wheat English muffin with veggie patty, 1 slice tomato, 1 slice cheese and crudites</i>	<b>Shrimp Fajitas</b> <i>Whole wheat tortilla, peppers and onions, sliced avocado, 2 oz. Monterey jack cheese, fresh salsa and grilled (or sauteed) shrimp. Serve with green salad.</i>
<b>Mid-Morning Snack</b> Apple slices with 1 tbsp peanut or almond butter	<b>Afternoon Snack</b> Sliced raw veggies and hummus	

## WEEK 1 RECIPES

### Basic Balsamic Vinagrette

1 tsp Dijon mustard  
 2 tbsp + 1 tsp balsamic vinegar  
 1/2 cup extra virgin olive oil

*Whisk all ingredients together.  
 Options: Add whatever herbs you have on hand to taste.  
 Add a clove of minced garlic and some fresh basil.*

### Red Snapper Vera Cruz

2 lbs. red snapper fillets  
 1 tbsp fresh lime juice  
 black pepper to taste  
 1 med. thinly sliced red onion  
 4 minced garlic cloves  
 1 thinly sliced green bell pepper  
 14 oz. can Mexican Tomato Sauce  
 1/4 cup sliced green olives

*Preheat oven to 450 degrees. Rinse snapper fillets under cold water and pat dry with paper towels. Sprinkle fish with lime juice and black pepper and set aside. In a large non-stick skillet sprayed with a mist of olive oil, add onion, garlic, green bell pepper and saute until softened, about 5 mins. Add Mexican Tomato Sauce & sliced green olives and cook until heated through. Taste & adjust seasoning. Pour 1/2 of the sauce in a olive oil misted 9x13" baking pan. Arrange fillets on top of the sauce. Spread remaining sauce over fish. Cover and bake until fish is tender and flakes easily with a fork, about 8 to 10 minutes. Makes 4 servings.*

### 3 Layer Mexican Dip

1/4 cup pureed black beans and green chiles  
 1/4 cup low fat sour cream  
 Fresh salsa  
 Jicama slices, radishes and peppers

*Spread the pureed bean/chile mixture on a plate, top with the sour cream. Top with the salsa and serve with jicama slices, radishes and peppers.*

### Quick Chicken Stroganoff

1 Deli-roasted chicken  
 1 pkg fresh sliced mushrooms  
 1 sml finely chopped onion (optional)  
 1 pint low-fat sour cream

*Saute mushrooms and onions in a olive oil misted non-stick pan. Pull meat off the chicken and add to saute mixture. Add the sour cream, stir and heat.  
 Serve over a bed of cooked spinach, or whole wheat or low-carb pasta.*

# WEEK 1 RECIPES

## Mama's Meatloaf

1/2 cup chopped onion  
2 minced garlic cloves  
1 lb. lean ground beef  
1 lb. ground chicken breast  
1 egg + 2 egg whites  
1/2 cup fresh whole-grain bread crumbs  
1/3 cup chopped fresh parsley  
1 tbsp dried oregano  
1 tbsp dried basil  
freshly ground black pepper, to taste

*Preheat oven to 350 degrees. In a nonstick skillet, mist with olive oil, heat over medium-high heat, add onion and garlic and saute until softened, about 5 minutes.*

*In a large bowl, combine all ingredients and mix well using your hands or a wooden spoon. Lightly mist a loaf pan with olive oil. Shape the meat into the pan. Bake 1-1-1/2 hours. Serve with a basic Tomato/Marinara Sauce. Make your own or buy a sauce with no added sugar.*

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## Orange Chicken Salad

1/4 cup slivered almonds  
1/4 cup rice wine vinegar  
2 tsp Xylitol  
1 tsp Worcestershire sauce  
1/2 tsp dry basil  
1 can Mandarin oranges, drained  
6 cups bite-size pieces butter lettuce  
1/2 cup sliced radishes  
1 cup chopped cooked chicken

*In a small frying pan, toast nuts over medium heat, shaking pan often, until golden (3-5 minutes); let cool. In a small bowl, stir together vinegar, splenda, Worcestershire and basil. In a large bowl combine lettuce, radishes, mandarin oranges, almonds, chicken and dressing. Mix gently, serve immediately. Makes 4 servings. Delete the chicken and serve as a side salad.*

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## Parmesan Crusted Salmon

4 Salmon fillets  
1/4 grated Parmesan cheese  
1 tbsp dry whole wheat breadcrumbs  
1 egg

*Rinse salmon fillets and pat dry with paper towels. Mix Parmesan cheese and bread crumbs together in a dish, season with freshly ground black pepper and set aside. In another dish beat egg with small amount of water (2 tbsp). Dip fillets in egg wash, turning to coat and then roll in parmesan mixture completely coating. When all are coated, heat a large non-stick pan and spray with olive oil mist and place fillets in pan, saute approx 4 mins without trying to move fillets to set coating, gently turn (may need to re-mist pan with olive oil) and saute for an additional 4 minutes or until salmon is done and coating is crispy brown. Serve with lemon wedges.*

# WEEK 1 GROCERY SHOPPING LIST

Low-fat Sour Cream  
Monterey Jack cheese (or Pepper Jack)  
string cheese  
Plain yogurt  
grated Parmesan cheese  
Sliced cheese  
mozzarella cheese  
Low fat cream cheese (Neufchatal)  
crumbled feta cheese  
  
eggs  
  
Chicken breasts  
Tri-tip Roast  
Red Snapper Fillets  
Salmon Fillets  
Sliced turkey  
lean ground beef  
Turkey breast  
Shrimp (fresh or frozen)  
Deli-roast chicken  
Veggie Burgers (frozen)  
Tuna  
  
Whole wheat crackers  
Whole wheat English muffins  
Lo-carb tortillas or  
Whole wheat tortillas  
Whole wheat pita  
Whole grain bread  
Whole wheat pasta  
Salad greens  
romaine  
butter lettuce  
Edemame (soybeans in the shell)  
onions, red & yellow  
garlic  
spinach  
tomatoes  
celery  
berries  
melon  
veggies for crudite  
veggies for steaming & roasting  
apples  
oranges  
avocado  
jicama  
radishes  
chile peppers  
green bell peppers

green beans  
sliced mushrooms  
fresh basil  
lime  
lemons  
fresh parsley  
almonds  
  
Mayo  
Dijon mustard  
Low-sodium soy sauce  
Balsamic vinegar  
Dry mustard  
Cinnamon  
Oregano  
Basil  
Natural vanilla extract  
Kashi Go Lean cereal  
Almond butter, natural style peanut butter  
Low-sodium dip mix  
Vegetable Soup  
Oatmeal  
Extra virgin olive oil  
Chicken broth  
Chili  
Hummus  
Fresh salsa  
Mexican Tomato Sauce  
Sliced green olives  
Black beans  
Mandarin oranges  
Rice wine vinegar  
Xylitol  
Worchestershire sauce  
Viniagrette dressing  
PaleoBar

# WEEK 2 MENU PLAN

## MONDAY

BREAKFAST	LUNCH	DINNER
<p><b>Baked Apple</b> Split open baked apple and top with 1 cup cottage cheese and 1/2 cup Kashi Go Lean cereal and top with 1 tbsp chopped nuts.</p> <p><b>Mid-Morning Snack</b> 1 oz. string cheese</p>	<p><b>Tuna Tortilla Roll-Ups</b> Mix tuna with mayo and dijon mustard, red peppers, green onions &amp; chopped celery and roll-up in whole wheat tortilla. Serve with a mixed green side salad with seasoned rice vinegar &amp; olive oil</p> <p><b>Afternoon Snack</b> 3 Layer Dip w/ veggie "crackers". See recipe.</p>	<p><b>Baked Halibut Roasted Veggies</b> Mist the halibut with olive oil and squeeze on the juice of a lime before baking. Bake at 350, and cook until fish flakes easily. Approx. 15 minutes. Serve topped with fresh salsa. See recipe for Roasted Veggies. Serve with a salad with balsamic vinaigrette</p>

## TUESDAY

BREAKFAST	LUNCH	DINNER
<p><b>Veggie Scramble</b> Saute spinach, onions, mushrooms &amp; red peppers in a non-stick pan with a little olive oil. Scramble in 2 eggs &amp; some Italian herbs. 1 slice whole grain toast with a small amount of whipped butter.</p> <p><b>Mid-Morning Snack</b> Apple slices with 1 tbsp almond or peanut butter</p>	<p><b>Turkey &amp; Veggie Pita</b> Whole wheat pita stuffed with sliced turkey breast, leftover roasted veggies from Mon. dinner &amp; Dijon.</p> <p><b>Afternoon Snack</b> Yogurt Parfait Layer plain non-fat yogurt mixed with vanilla and cinnamon with 1/4 cup berries and 1/4 cup Low Sugar-Low Fat Muesli</p>	<p><b>Fajitas</b> Saute sliced lean red meat in a olive oil misted non-stick pan with Mexican Seasoning Spices. Add onions, red peppers, bell peppers, green chilies and a few jalapenos once meat is nearly done. Serve with whole wheat or lo-carb tortilla. Serve with 1/4 sliced avocado, lettuce, cabbage &amp; carrot salad with garlic rice vinegar * olive oil</p>

## WEDNESDAY

BREAKFAST	LUNCH	DINNER
<p><b>Berry Oatmeal</b> To 1 cup real oatmeal cooked add 1 tsp cinnamon, 1/4 cup berries, 1 tbsp chopped nuts and 1-2 tbsp of PaleoMeal or whey protein powder.</p> <p><b>Mid-Morning Snack</b> Apple &amp; 2oz. French yogurt or mozzarella cheese slices</p>	<p><b>Tortilla Salad</b> One whole wheat or lo-carb tortilla topped with leftover salad and cold Fajaita saute from last nights dinner.</p> <p><b>Afternoon Snack</b> PaleoBar</p>	<p><b>Asian Stir Fry &amp; Brown Rice</b> See recipes. Serve with a cabbage, cucumber, water chestnut and carrot salad with rice wine vinegar &amp; sesame oil dressing.</p>

## THURSDAY

BREAKFAST	LUNCH	DINNER
<p><b>Baked Apple</b> Split open baked apple and top with 1 cup cottage cheese and 1/2 cup Kashi Go Lean cereal and top with 1 tbsp chopped nuts.</p> <p><b>Mid-Morning Snack</b> string cheese</p>	<p><b>Veggie Burger</b> Top 1/2 whole wheat English muffin with veggie burger, 1 slice tomato, 1 slice cheese. Serve with crudites.</p> <p><b>Afternoon Snack</b> Lo-carb Tortilla Roll-up with 1/4 cup chopped apple w/ cinnamon &amp; 1 tbsp almond or peanut butter</p>	<p><b>Caprese Salad Pesto Chicken</b> mozzarella cheese slices, fresh basil and sliced tomatoes and red onions with a little balsamic vinegar drizzled over. See recipe for Pesto Chicken</p>

## FRIDAY

BREAKFAST	LUNCH	DINNER
<p><b>Joe's Scramble</b> Scramble 2 oz. ground chicken breast with mushrooms, onions, garlic, chopped spinach, 2 eggs. Serve with sliced tomatoes.</p> <p><b>Mid-Morning Snack</b> 1 cup cantaloupe cubes &amp; 10 nuts</p>	<p><b>Pesto Pita</b> Whole wheat pita stuffed with leftover Pesto Chicken, Romaine lettuce &amp; sliced tomatoes.</p> <p><b>Afternoon Snack</b> Raw veggie slices and hummus</p>	<p><b>Flank Steak &amp; Roasted Red Potatoes &amp; Red Peppers</b> See recipes. Serve with green bean medley - saute green beans in tiny bit of olive oil, add minced garlic, sliced mushrooms and black pepper.</p>

# WEEK 2 MENU PLAN

## SATURDAY

BREAKFAST	LUNCH	DINNER
<b>Chicken Breakfast Sausages</b> <i>Ground chicken breast, spinach, herbs and grated cheese mixed together, shaped into patties and sauteed. Serve with Melon slices</i> <b>Mid-Morning Snack</b> 10 Nuts & 1/2 cup berries	<b>Flank Steak Roll-Up</b> <i>Whole wheat or lo-carb tortilla rolled with leftover steak, tomato, romaine lettuce and a smear of horseradish sauce. (Mix low-fat sour cream with prepared horseradish to</i> <b>Afternoon Snack</b> Apple slices with 1 tbsp almond or peanut butter	<b>Fillet of Sole Almondine</b> <i>See recipe. Serve with vegetable soup and crisp green salad .</i>

## SUNDAY

BREAKFAST	LUNCH	DINNER
<b>Eggs Florentine</b> <i>2 poached eggs atop sauteed spinach with 2 oz. feta cheese. Serve with melon chunks.</i> <b>Mid-Morning Snack</b> Apple and 2oz. cheese slices	<b>Tuna Salad Stuffed Tomato</b> <i>Mix tuna with mayo and dijon mustard, herbs &amp; chopped celery. Cut top off and remove center from tomato. Stuff &amp; serve on a bed of greens with viniagrette.</i> <b>Afternoon Snack</b> 10 almonds	<b>Minestrone Soup</b> <b>Grilled Chicken &amp; Chop Salad</b> <i>See recipe. Marinate chicken pieces in no-fat Italian dressing overnight. Grill, or broil until done. Chop Salad-chop rather than tear lettuce, with chopped radishes, broccoli, carrots with balsamic viniagrette</i>

### FOOD TRICKS

- Cinnamon is a great natural sweetener that helps balance blood sugar.
- Freeze fruit chunks for a sweet treat.
- Steam & saute your veggies with low-sodium broths for extra flavor, try using it in place of water when making grains.

## WEEK 2 RECIPES

### 3 Layer Dip with Veggie “Crackers”

1/4 cup pureed black beans and green chiles  
 1/4 cup low fat sour cream  
 Fresh salsa  
 Jicama slices, radishes and peppers

*Spread the pureed bean/chile mixture on a plate, top with the sour cream. Top with the salsa and serve with Veggie “Crackers”, jicama slices, radishes and peppers.*

### Roasted Veggies

*Mist the veggies with olive oil mist and sprinkle with Italian herbs., Toss to coat. Roast at 350 degrees for 20 minutes, your total cooling time will vary depending on the thickness off veggie slices/pieces. Turn once during cooking.*

### Asian Stir Fry with Brown Almond Rice

*In a non-stick pan with a little olive or sesame oil, 1 clove of minced garlic and 1 tsp of grated fresh ginger, saute your veggies (a little steamed broccoli, mushrooms, cabbage, red peppers, carrots) until done to your liking. Add bean sprouts and 1 pkg of thawed frozen pre-cooked shrimp at the end and stir fry until heated through. Add low-sodium soy sauce and lemon juice to taste.*

*Cook your rice with 1 tbsp slivered almonds and use 1/4 cup low-sodium soy sauce and chicken broth to make up the liquid.*

### Pesto Chicken

Chicken breasts  
 juice of 1 lemon  
 Black Pepper  
 3/4 cup Pesto Sauce\*  
*Fresh store bought fine*

*Preheat oven to 375 degrees. Rinse chicken and pat dry with paper towels. Arrange breasts in a large shallow baking dish. Pour lemon juice over chicken and season with black pepper. Set aside covered for 15 minutes. Drain chicken pieces, rearrange in 1 layer and spread pesto sauce over the breasts. Bake until tender and done, 30-45 minutes (depending upon the size of the breasts).*

# WEEK 2 RECIPES

## Flank Steak

Flank Steak

1/4 cup balsamic vinegar  
1/2 cup low-sodium soy sauce  
2 tbsp Worcestershire sauce  
1 tbsp dry mustard  
black pepper  
minced garlic clove

*Combine all the ingredients and marinate the flank steak for 24 hours. Grill or broil until done to your liking. Slice across the grain in thin slices.*

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## Roasted Red Potatoes & Red Peppers

*Cut potatoes into quarters, and red pepper in slices. Mist with olive oil and roast at 350 degrees. Potatoes for 20 minutes, turn and then add peppers, mist again and add fresh rosemary and minced garlic and roast an additional 10-25 minutes until potatoes are tender.*

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## Minestrone Soup

2 qt. beef stock  
1 clove minced garlic  
2 cups cooked kidney beans  
1 cup whole wheat pasta  
(broken in bits)  
2 carrots, peeled & chopped  
2 tomatoes, peeled, seeded & chopped  
1 cup fresh spinach or chard, finely chopped  
black pepper to taste

*Bring stock to a boil, add garlic, beans, pasta, carrots, tomatoes and spinach or chard and simmer about 10 minutes. Season to taste. Garnish with grated parmesan cheese*

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## Fillet of Sole “Almondine”

*In non-stick pan saute sole fillets in a little olive oil. When done and fish flakes easily, squeeze juice of a lemon over fish and sprinkle with sliced almonds. Serve on a bed of either sauteed spinach or roasted asparagus.*

# WEEK 2 GROCERY SHOPPING LIST

Low fat Sour Cream  
cottage cheese  
string cheese  
Plain yogurt  
grated Parmesan cheese  
mozzarella cheese  
Sliced French yogurt cheese  
Low fat cream cheese (Neufchatal)  
  
  
  
eggs  
  
Chicken breasts  
Halibut  
Fillet of Sole  
Lean steak  
Flank steak  
Sliced turkey breast  
Shrimp (frozen pre-cooked)  
Veggie Burgers (frozen)  
  
  
Whole wheat crackers  
Whole wheat English muffins  
Lo-carb tortillas or  
Whole wheat tortillas  
Whole wheat pita  
Whole grain bread  
Whole wheat pasta  
Brown rice  
almonds  
  
  
Salad greens  
romaine  
onions, red & yellow  
garlic  
spinach  
tomatoes  
celery  
cucumbers  
carrots  
berries  
veggies for crudite  
veggies for steaming & roasting  
apples

oranges  
peaches  
avocado  
jicama  
radishes  
chile peppers  
red & green bell peppers  
green beans  
sliced mushrooms  
fresh basil  
lime  
lemons  
fresh parsley  
cantalope  
cabbage  
red potatoes  
fresh ginger  
bean sprouts  
Tuna  
Mayo  
Dijon mustard  
Low-sodium soy sauce  
Balsamic vinegar  
Dry mustard  
Cinnamon  
Natural vanilla extract  
Kashi Go Lean Cereal  
Almond or natural-style peanut butter  
Beef Stock  
Vegetable Soup  
Oatmeal  
Chicken broth  
Hummus  
Fresh salsa  
Black bean dip  
Rice wine vinegar  
Worchestershire sauce  
Viniagrette dressing  
Extra Virgin Olive Oil  
Chili powder  
Water Chestnuts  
Pesto Sauce  
Prepared Horseradish  
Kidney beans  
Xylitol  
PaleoMeal Protein Powder  
PaleoBar



# WEEK 3 MENU PLAN

## MONDAY

BREAKFAST	LUNCH	DINNER
<b>Yogurt Parfait</b> <i>Mix plain yogurt with vanilla, cinnamon &amp; Xylitol, layer with 1/4 cup berries and 1/4 cup Kashi Go Lean cereal and top with 1 tbsp chopped nuts.</i>	<b>Turkey &amp; Veggie Pita</b> <i>Whole wheat pita stuffed with sliced turkey breast, leftover roasted veggies &amp; Dijon mustard.</i>	<b>Balsamic Glazed Pork Tenderloin Wilted Greens</b> <i>See recipes.</i>
<b>Mid-Morning Snack</b> 1 pc fruit	<b>Afternoon Snack</b> 10 almonds	

## TUESDAY

BREAKFAST	LUNCH	DINNER
<b>Eggs Florentine</b> <i>2 poached eggs on top of sauteed spinach with 2 oz. crumbled feta cheese. Serve with melon chunks.</i>	<b>Chicken Salad w/Asparagus</b> <i>Mixed greens with sliced chicken breast, sliced red onion, 2 oz. walnuts, 4 stalks asparagus cooked &amp; sliced diagonally with Balsamic dressing</i>	<b>Halibut with Roasted Veggies</b> <i>See recipes. Serve with a mixed green salad with 1 oz. walnuts and balsamic vinaigrette.</i>
<b>Mid-Morning Snack</b> Apple slices with 1 tbsp almond or peanut butter	<b>Afternoon Snack</b> 3 Layer Dip	

## WEDNESDAY

BREAKFAST	LUNCH	DINNER
<b>Baked Apple</b> <i>Split open baked apple and top with 1 cup low-fat cottage cheese and 1/2 cup Low Sugar-Low Fat Muesli.</i>	<b>Veggie Burger</b> <i>Top 1/2 whole wheat English muffin with veggie patty, 1 slice tomato, 1 slice cheese and crudites (raw veggies)</i>	<b>Chicken "Cacciatore"</b> <i>See recipe. Serve with sauteed green beans with minced garlic and black pepper.</i>
<b>Mid-Morning Snack</b> 1-2 oz. string cheese	<b>Afternoon Snack</b> Orange slices	

## THURSDAY

BREAKFAST	LUNCH	DINNER
<b>Berry Oatmeal</b> <i>To 1 cup real oatmeal cooked add 1 tsp cinnamon, 1/4 cup berries, 1 tbsp chopped nuts &amp; 1 tbsp of vanilla whey protein powder.</i>	<b>Southwestern Cobb Salad</b> <i>See recipe</i>	<b>Spaghetti Squash "Pasta" w/Meat Sauce Steamed Broccoli</b> <i>See recipe. Toss your steamed broccoli with sliced garlic and your favorite herbs.</i>
<b>Mid-Morning Snack</b> Apple slices with 1tbsp almond or peanut butter	<b>Afternoon Snack</b> 1 pc.string cheese	

## FRIDAY

BREAKFAST	LUNCH	DINNER
<b>Joe's Scramble</b> <i>Scramble 2 oz. ground chicken breast with mushrooms, onions, garlic, chopped spinach, 2 eggs. Serve with sliced tomatoes.</i>	<b>Spinach Chicken Salad</b> <i>Top 2 cups of baby spinach with 4 oz. chicken breast, julienned red &amp; yellow peppers, julienned carrot, 1 oz. crumbled feta cheese, 1 oz. chopped walnuts and 2 oz.</i>	<b>Shrimp w/Peppers</b> <i>See recipe. Serve with a salad of mixed greens with vinaigrette.</i>
<b>Mid-Morning Snack</b> 5-10 nuts	<b>Afternoon Snack</b> 1 pc.string cheese	

# WEEK 3 MENU PLAN

## SATURDAY

BREAKFAST	LUNCH	DINNER
<b>Tortilla Roll-up</b> <i>Mix 1/4 cup ricotta cheese, cinnamon and blueberries and roll-up in low carb tortilla. Serve with Melon slices</i>	<b>Salad Nicoise</b> <i>See recipe</i>	<b>Turkey Tacos</b> <i>Saute chopped red onion, garlic, red &amp; green peppers, pepper, dash of tobasco sauce. Set aside, Saute 1 lb. ground turkey until cooked through, drain well, add veggies and heat together. Serves 4. Serve in whole grain tortilla, top with 1 oz cheese, chopped tomato, sliced avocado, shredded lettuce and salsa.</i>
<b>Mid-Morning Snack</b> Apple slices with 1 tbsp peanut butter	<b>Afternoon Snack</b> 6 small whole grain crackers and hummus	

## SUNDAY

BREAKFAST	LUNCH	DINNER
<b>Chicken Breakfast Sausages</b> <i>Ground chicken breast, spinach, herbs and grated cheese mixed together and sauteed. Serve with Melon slices</i>	<b>Chili &amp; Garden Salad</b> <i>Make your own - or use a healthy variety of canned. Top with grated cheese.</i>	<b>Pesto Meatloaf</b> <b>Squash Medley</b> <i>See recipes.</i>
<b>Mid Morning Snack</b> Mini Yogurt Parfait	<b>Afternoon Snack</b> Apple slices with 1 tbsp almond or peanut butter	

## WEEK 3 RECIPES

### Basic Balsamic Vinagrette

1 tsp Dijon mustard  
 2 tbsp + 1 tsp balsamic vinegar  
 1/2 cup extra virgin olive oil

*Whisk all ingredients together.  
 Options: Add whatever herbs you have on hand to taste.  
 Add a clove of minced garlic and some fresh basil.*

### Balsamic Glazed Pork Tenderloin

1/2 cup balsamic vinegar  
 2 tbsp olive oil  
 1 clove garlic, minced

*Marinate pork tenderloin in balsamic vinegar, olive oil and garlic for several hours or overnight (turn them once). Sear in non-stick pan with a little olive oil until browned on all sides. Roast at 400 degrees for 20 minutes, or until internal temperature is 170 degrees. Deglaze the roasting pan with a little balsamic vinegar and pour over sliced pork loin.*

### Wilted Greens

Use any of the following, or combine several different kinds;  
 beet greens  
 swiss chard  
 spinach  
 other greens  
 garlic  
 onion, sliced

*Saute all in large non-stick pan with a little olive oil. Pepper to taste.*

### Roasted Halibut

6 oz halibut fillets  
 lemon  
 dried herbs

*Sear the halibut fillets in non-stick pan with a little olive oil. Transfer to baking pan, sprinkle with your choice of herbs (Italian Herb Blend, oregano, basil, etc) and squeeze lemon juice over the top. Bake at 400 degrees for approximately 8 minutes. Check for doneness by flaking with a fork.*

# WEEK 3 RECIPES

## Roasted Veggies

squash (any in season)  
asparagus  
bell peppers  
green beans

*Cut squash into 1 inch chunks, leave asparagus whole, slice bell peppers into strips, leave green beans whole. Spray veggies with olive oil mist. Preheat oven to 400 degrees. Roast squash on olive oil misted pan for 10 minutes. Add the rest of the veggies and roast another 10 minutes or until done to your liking. Season with black pepper and herbs to your taste. (Note: Roasted Halibut can share the last 8-10 minutes of cooking with the veggies)*

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## Chicken “Cacciatore”

4-skinless chicken thighs  
1 tsp olive oil  
1 cup diced onion  
1 bay leaf  
1-1/2 t chopped fresh basil (dried ok)  
1 tsp fresh sage (dried ok)  
8 oz. sliced mushrooms  
2 cloves garlic, minced  
1/2 cup balsamic vinegar  
3/4 cup chicken broth  
1/4 cup tomato paste

*Season chicken thighs with black pepper, saute in a little olive oil in non-stick pan until golden brown. Remove chicken and set aside. Reduce the heat and add to pan the olive oil, onion, bay leaf, basil, sage and mushrooms. Saute 5-7 minutes, add garlic, balsamic vinegar, chicken broth and tomato paste (you may add more if you desire) and simmer 5-7 minutes. Put chicken back in and finish cooking (5 minutes). Serve over 1/2 cup of steamed brown rice or 1/2 cup whole wheat pasta. Serves 4.*

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## Southwest Cobb Salad

4 oz turkey breast (or leftover chicken)  
chopped tomato  
1/4 chopped avocado (squeeze on lemon juice)  
1 tbsp chopped olives  
2 oz. cubed cheese  
chopped romaine  
2 oz dressing

*Chop all ingredients. Top chopped romaine with turkey, tomato, avocado, olives & cheese. Serve with **Southwest Dressing**: 1/4 cup prepared salsa, 1/8 cup low-fat sour cream and drizzle of olive oil. Blend together.*

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## Spaghetti Squash “Pasta” w/Meat Sauce

1 spaghetti squash  
1 clove garlic, minced  
basil (fresh preferred, dry will work)  
  
1 lb. ground lean beef  
1 onion, chopped  
1 clove garlic, minced  
1 lrg can (23oz) crushed tomatoes  
1 sml can (4-6oz) tomato paste  
2 tsp Italian herbs  
(blend or oregano and basil)  
balsamic vinegar to taste

*Spaghetti Squash “Pasta”:* Steam whole squash for 45 minutes. Cut open, drain “pasta”, getting the extra moisture out. Saute with a little chicken broth, minced garlic, pepper and fresh basil.

*Meat Sauce:* Saute onion, garlic, set aside. Brown meat and drain well. Add sauteed onions & garlic, tomato paste, crushed tomatoes and italian herbs. Simmer for 1/2 hour. Add balsamic vinegar to taste. Serve “pasta” topped with 4 oz. of meat sauce. Sprinkle serving with 1 oz. of grated Parmesan cheese.

**Time Saving Option:** Use your favorite bottled/canned pasta sauce.

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## Salad Nicoise

1 cup butter lettuce  
1 cup romaine  
4 oz. fresh grilled or canned tuna  
2 oz. green beans (blanched or use left overs)  
tarragon  
basil  
1 hard boiled egg, chopped  
1 tomato, chopped  
5 olives, chopped  
2 oz. balsamic dressing

*Toss the two lettuces and top with other ingredients. Canned tuna works in a pinch, drain well.*

# WEEK 3 RECIPES

## Pesto Meatloaf

2 lb. ground lean beef  
2 onions, chopped fine  
8 oz. mushrooms, chopped  
1/2 cup prepared pesto  
1/4 cup chives  
2 tbsp fresh oregano (dried ok)  
1/4 cup skim milk  
2 eggs  
1/2 cup oatmeal  
pepper

*Saute onion and mushrooms together and cool. Set aside. In large bowl mix all ingredients together by hand - do not overmix. Bake at 400 degrees for 20 minutes, top with red sauce (use your favorite pasta sauce) and bake at 350 for an additional 30 minutes. Serves 4.*

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## Squash Medley

3 kinds of squash;  
butternut  
winter squash  
zucchini  
(or whatever is in season)

*Dice all squash and saute in a little olive oil in a non-stick pan with 2 cloves slivered (finely sliced) garlic and 1 tsp dried basil or Italian Herb Blend, until squash is tender.*

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## 3 Layer Mexican Dip

1/4 cup pureed black beans  
and green chiles  
1/4 cup low-fat sour cream  
Fresh salsa  
Jicama slices, radishes and peppers

*Spread the pureed bean/chile mixture on a plate, top with the sour cream. Top with the salsa and serve with jicama slices, radishes and peppers.*

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## Shrimp & Peppers over Pasta

1 lb. raw shrimp (cleaned & de-veined)  
1 small onion, chopped  
1 green pepper, sliced  
Marinara sauce (26-32 oz jar or can)  
1 pkg whole wheat pasta  
grated parmesan cheese

*Saute cleaned de-veined shrimp with chopped onion and sliced green peppers in a little olive oil in a non-stick skillet. When shrimp are cooked through add your favorite no-sugar added marinara sauce and heat through. Serve over 1 cup whole wheat pasta per serving. Top with 1 tbsp grated parmesan cheese per serving. Serves 4.*

**Time Saving Option:** Use pre-cooked frozen shrimp. Thaw shrimp, add with the marinara sauce to heat through.

# WEEK 3 GROCERY SHOPPING LIST

Low-fat sour cream  
Monterey Jack cheese (or Pepper Jack)  
String cheese  
Plain yogurt  
Grated Parmesan cheese  
Sliced cheese  
Mozzarella cheese  
Low fat cream cheese  
Crumbled feta cheese  
2% milk

Eggs

Chicken breasts  
Halibut fillet  
Sliced turkey  
Lean Ground beef  
Ground Turkey  
Pork tenderloin  
Chicken thighs  
Veggie Burgers (frozen)  
Shrimp

Whole wheat crackers  
Whole wheat English muffins  
Lo-carb tortillas or  
Whole wheat tortillas  
Whole wheat pita  
Whole grain bread  
Whole wheat pasta

Salad greens  
Romaine  
Butter lettuce  
Greens  
Onions, red & yellow  
Garlic  
Spinach  
Tomatoes  
Squash - spaghetti squash & others  
Berries  
Melon  
Veggies for crudite  
Veggies for steaming & roasting  
Apples  
Oranges  
Avocado

Jicama  
Radishes  
Chile peppers  
Red, green & yellow bell peppers  
Green beans  
Sliced mushrooms  
Fresh basil  
Lime & lemon  
Broccoli  
Almonds  
Walnuts  
Asparagus

Tuna  
Mayo  
Dijon mustard  
Balsamic vinegar  
Cinnamon  
Oregano, Basil  
Natural vanilla extract  
Kashi Go Lean cereal  
Peanut butter - all natural type  
Almond butter  
Tabasco sauce  
Vegetable soup  
Oatmeal  
PaleoMeal Vanilla Whey Protein Powder  
Chicken broth  
Chili  
Hummus  
Fresh salsa  
Crushed tomatoes  
Tomato paste  
Olives  
Black beans  
Rice wine vinegar  
Xylitol  
Viniagrette dressing  
Prepared pesto sauce  
Marinara sauce (no sugar added)  
PaleoBar