








Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1</p> <p>Smoky Southwest Burgers</p> <p><i>Roasted Cumin Vegetables</i></p>  <table border="1" data-bbox="194 472 470 535"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>15m</td> <td>40m</td> <td>55m</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	40m	55m	<p>1 medium onion, finely chopped 4 cloves garlic, minced 1¾ lb grass-fed ground beef ½ cup minced chipotle pepper in adobo sauce 1 tsp salt, ½ tsp black pepper 1 Tbsp coconut oil, melted</p> <hr/> <p><i>2 lb carrots, peeled and thinly sliced 1 large red bell pepper, cut into 1-inch pieces 1 red onion, cut into wedges 2 Tbsp coconut oil, melted 1 tsp ground cumin 1 tsp ground coriander 1 tsp salt, 1 tsp pepper</i></p>	<p>Preheat oven to 425°F. Combine onion, garlic, ground beef, chipotle peppers, salt and black pepper in a large bowl. Shape into 6 equal patties. Place patties on a baking sheet rubbed with oil. Bake 18 minutes or until burgers are no longer pink.</p> <hr/> <p><i>Preheat oven to 425°F. Toss together carrots, bell pepper, onion, oil, cumin, coriander, salt and pepper on a large rimmed baking sheet. Bake 18 to 22 minutes or until carrots are tender, stirring once.</i></p>
Prep	Cook	Total						
15m	40m	55m						
<p>Meal 2</p> <p>Baked Maple Chicken Breasts</p> <p><i>Bacon-Wrapped Sweet Potato Wedges</i></p>  <table border="1" data-bbox="194 945 470 1008"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>15m</td> <td>1h 10m</td> <td>1h 25m</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	1h 10m	1h 25m	<p>¼ cup coconut oil, divided 3 cloves garlic, minced ¼ cup balsamic vinegar 1 Tbsp pure maple syrup 6 (6-oz) bone-in, skin-on chicken breasts 1 tsp lemon pepper seasoning 1 tsp salt</p> <hr/> <p><i>3 large sweet potatoes, peeled and cut into ½-inch-thick wedges 2 Tbsp coconut oil, melted 1 tsp garlic salt ½ tsp pepper 12 bacon slices, cut in half</i></p>	<p>Preheat oven to 400°F. Combine 3 Tbsp oil, garlic, vinegar and syrup in a large bowl. Add chicken, and toss to coat; reserve marinade. Place chicken on a rack of a roasting pan rubbed with remaining 1 Tbsp oil. Sprinkle with lemon pepper and salt. Bake 40 minutes. Meanwhile, bring reserved marinade to a boil in a small saucepan; boil 1 minute. Serve reduced sauce with chicken.</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.</i></p>
Prep	Cook	Total						
15m	1h 10m	1h 25m						
<p>Meal 3 Super Fast</p> <p>Broiled Lemon-Pepper Flank Steak</p> <p><i>Quick Steamed Cauliflower</i></p>  <table border="1" data-bbox="194 1428 470 1491"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>15m</td> <td>10m</td> <td>25m</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	10m	25m	<p>2 Tbsp coconut oil, melted 2 Tbsp lemon juice 1 Tbsp lemon pepper seasoning 2 tsp garlic salt 1¾ lb flank steak, trimmed</p> <hr/> <p><i>1 (16-oz) bag frozen cauliflower florets 2 Tbsp extra virgin olive oil 1 Tbsp grated lemon rind 1 tsp salt, ½ tsp pepper</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 broiler pan rubbed with oil. 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 ½ cup water in a large microwavable bowl. Cover with plastic wrap, and vent one corner. Microwave on HIGH 4 minutes or until tender. Drain. Stir together cauliflower, oil, lemon rind, salt and pepper.</i></p>
Prep	Cook	Total						
15m	10m	25m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 4 Paleo</p> <p style="text-align: center;">Ham with Dijon-Apple Sauce</p> <p style="text-align: center;"><i>Wilted Garlic Spinach</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	15m	15m	30m	<p>2 Tbsp coconut oil 2 thick nitrite-free ham slices (about 2 lb), cut into 6 pieces ½ tsp pepper 2 Gala apples, sliced 1 medium onion, sliced ½ cup organic beef broth 1 Tbsp Dijon mustard 2 tsp dried thyme</p> <hr/> <p><i>1 Tbsp coconut oil 2 cloves garlic, minced 1 (10-oz) pkg fresh spinach 2 Tbsp apple cider vinegar ½ tsp salt ½ 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 apples 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 slightly.</p> <hr/> <p><i>Heat oil in a large nonstick skillet over medium-high heat. Add garlic; sauté 1 minute or until fragrant. Add spinach, vinegar, salt and lemon pepper; cook 3 to 5 minutes or until spinach is wilted and liquid almost evaporates.</i></p>
Prep	Cook	Total						
15m	15m	30m						
<p>Meal 5 Super Fast</p> <p style="text-align: center;">Vietnamese Pork Wraps</p> <p style="text-align: center;"><i>Carrot Slaw</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">20m</td> <td style="padding: 2px;">10m</td> <td style="padding: 2px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	20m	10m	30m	<p>¼ cup lime juice 2 Tbsp raw honey 3 Tbsp rice vinegar 3 Tbsp dark sesame oil 2 tsp Sriracha sauce 1 lb pork tenderloin, trimmed and thinly sliced ½ tsp salt, ½ tsp pepper 1 cucumber, peeled and thinly sliced 2 heads Bibb or butter lettuce, leaves separated</p> <hr/> <p><i>6 large carrots, shredded 3 Tbsp extra virgin olive oil 3 Tbsp rice vinegar 1 tsp raw honey 2 Tbsp chopped fresh mint</i></p>	<p>Whisk together lime juice, honey, vinegar, oil, and Sriracha sauce. Brush half of mixture evenly over 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 6</p> <p style="text-align: center;">Vegetable-Ground Beef Ragu</p> <p style="text-align: center;"><i>Italian Spaghetti Squash "Noodles"</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">35m</td> <td style="padding: 2px;">50m</td> </tr> </table> </div>	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 1¾ lb grass-fed ground beef 1 cup organic beef broth 1 (14.5-oz) can fire-roasted diced tomatoes 1 tsp garlic salt 1 Tbsp Italian seasoning</p> <hr/> <p><i>2 spaghetti squash 2 Tbsp extra virgin olive oil 1 Tbsp Italian seasoning ½ tsp pepper</i></p>	<p>Heat oil in a large skillet over medium heat. Add onion, 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, garlic salt and Italian seasoning. Bring to a simmer over low heat. Cook 20 minutes or until liquid is almost evaporated.</p> <hr/> <p><i>Cut squash in half, and remove seeds. Place squash, cut sides down (in batches, if needed), 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, Italian seasoning and pepper.</i></p>
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15m	35m	50m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 7 Super Fast</p> <p>Baked Almond-Crusted Cajun Grouper</p> <p><i>Sautéed Napa Cabbage</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>1 (4-oz) pkg sliced almonds ½ cup almond flour 1 Tbsp Cajun seasoning 6 (6-oz) grouper fillets (or use catfish) ¾ tsp garlic salt 2 large egg whites 2 Tbsp coconut oil, melted</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>2 Tbsp coconut oil 1 head Napa cabbage, shredded 2 large carrots, cut into thin strips 2 cloves garlic, minced ½ tsp salt, ½ tsp pepper</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 whites until foamy. Dip fish in egg whites; dredge in almond mixture. Place on a baking sheet rubbed with oil. Bake 8 minutes or until fish flakes with a fork.</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>Heat oil in a large skillet over medium-high heat. Add cabbage, carrots and garlic. Sauté 3 to 4 minutes. Stir in salt and pepper; cook 1 minute longer.</i></p>
Prep	Cook	Total						
15m	10m	25m						

Meal	✓	Grocery Items to Purchase
		Produce
1,4,6		3 white onions and 1 red onion
1,6		2 bell peppers
2		3 large sweet potatoes
3		1 large lemon, need rind and juice
4		2 Gala apples
4		1 (10-oz) pkg fresh spinach
5		1 cucumber
5		2 heads Bibb or butter lettuce
5		1 (1-oz) pkg fresh mint, need 2 Tbsp chopped
5		2 limes, need ¼ cup juice
1,5,6,7		4 lb carrots
6		2 spaghetti squash
7		1 head Napa cabbage
		Meat & Seafood
1,6		3½ lb grass-fed ground beef
2		6 (6-oz) bone-in, skin-on chicken breasts
3		1¾ lb flank steak
5		1 lb pork tenderloin
7		6 (6-oz) grouper fillets (or use catfish)
		Refrigerated
2		1 (16-oz) pkg bacon, need 12 slices
		Frozen
3		1 (16-oz) bag frozen cauliflower florets
		Canned & Packaged
1		1 (7-oz) can chipotle peppers in adobo sauce, need 1 cup minced
1,2,3,4,6,7		1 (14-oz) jar coconut oil, need 1¼ cups
4,6		1 (32-oz) carton organic beef broth, need 1½ cups
5		1 small bottle dark sesame oil, need 3 Tbsp
5		1 (8-oz) bottle raw honey, need about 2½ Tbsp
5		1 small bottle Sriracha sauce, need 2 tsp
6		1 (14.5-oz) can fire-roasted diced tomatoes
7		1 (16-oz) pkg almond flour, need ½ cup
7		1 (4-oz) pkg sliced almonds
		Bakery & Deli
4		2 lb thick slices nitrite-free ham

Necessary Staples
Meal 1
1 tsp ground cumin 1 tsp ground coriander 4 cloves garlic
Meal 2
¼ cup balsamic vinegar 1 tsp lemon pepper seasoning 1 tsp garlic salt 3 cloves garlic 1 Tbsp pure maple syrup
Meal 3
1 Tbsp lemon pepper seasoning 2 tsp garlic salt 2 Tbsp extra virgin olive oil
Meal 4
2 tsp dried thyme 2 Tbsp apple cider vinegar ½ tsp lemon pepper seasoning 1 Tbsp Dijon mustard 2 cloves garlic
Meal 5
3 Tbsp extra virgin olive oil 6 Tbsp rice vinegar
Meal 6
1 tsp garlic salt 2 Tbsp extra virgin olive oil 2 Tbsp Italian seasoning
Meal 7
¾ tsp garlic salt 1 Tbsp Cajun seasoning 2 large egg whites 2 cloves garlic