

Week 2 Meal Plan			
Days	Breakfast	Lunch	Dinner
Monday	Frittata and Coffee	Deli sliced turkey, roast beef, and pepper jack cheese, brie, strawberries, raspberries and blueberries mixed nuts	Chicken quesadillas, greek salad, carrot and mushroom soup
Tuesday	Frittata coffee	Leftovers from dinner. Cucumber and tomato salad, blackberries and cashews for snacks	Shrimp with beef sausage, green salad strawberries & blueberries
Wednesday	Frittata and coffee	Leftovers, Cesar salad no croutons, black berries, mixed nuts	Chicken artichoke, broccoli with Parmesan cheese, saute yellow squash
Thursday	Frittata and coffee	Left overs, raspberries, nuts	Meatball soup, greek salad or green salad. strawberries & blueberries
Friday	Frittata and coffee	Left over soup, cucumber tomato salad, nuts, strawberries, blackberries	Pizza (veggie/brick oven fired) and beer. Guacamole fresh margaritas
Saturday	Frittata and coffee	Left over pizza and Cesar salad	Salmon, crab salad, asparagus, coleslaw,
Sunday	Coffee	Brunch: frittata, strawberries and blueberries	Mother's Day, Eat out

Ingredients and Cooking Instructions

Frittata: cook ½ lb of turkey sausage, ¼ cup red bell pepper, ¼ cup red onion, 1 tsp Italian seasoning, ½ tsp garlic powder, cook till veggies are tender. Whisk 6-8 large eggs add salt, pepper, ¼ tsp nutmeg. Pour cooled turkey sausage in egg mix add ½ cup cheese. Mix everything together. Pour everything on a parchment sheet in a baking dish or cast iron skillet and bake 350 for 35-40 minutes. Cut into squares and wrap in parchment paper. It makes it easy to microwave in the AM before work.

Chicken quesadilla: saute 1 chicken breast cut into strips, ½ cup red bell pepper, ½ cup onion. Remove from pan. Place 1 burrito tortilla in pan, spread chicken and pepper mix over the burrito and top with cheese and 1 more burrito wrap. When the bottom is firm, use a spatula and turn it over to toast the top. Use a pizza cutter to cut into wedges.

-
Shrimp & Beef Sausage: saute shrimp in olive oil and remove from pan when done. Add slices of beef sausage, ½ cup sliced red bell pepper, ½ cup sliced red onion 1 tbs italian seasons. Before the veggies get tender add ½ yellow squash, ½ zucchini, toss and cook for 3-4 minutes then add the shrimp and 1tbs old bay seasoning. Toss, cover till squash is tender

-
Chicken artichoke: Cut 2 chicken breasts to make 4 and saute in oo. Add one can of artichoke hearts and half of the brine, 3 tbs capers 1 can rotel. If the pan starts to dry, add ¼ cup chicken broth

-
Meatball Soup: 1 pound ground beef, 1 tsp basil, parsley and italian seasons, ¼ cup onion, salt pepper 2 garlic cloves mix then roll into balls and place on a parchment sheet bake 350 35-40 min. chop 4-5 baby carrots, ¼ stalk celery, ¼ cup onion saute in a pot. Add ½ tbs oregano, ½ tsp thyme, 1 bay leaf. Stir, add 2 cloves of garlic, 3 tbs tomato paste, one can (16oz) of rotel, 16 oz beef broth and let simmer. When meatballs are done, add them to the liquid and cook about 10 minutes to allow the flavors to blend and cook any uncooked meat.

-
Mushroom soup: 4 mushrooms (button or portebello) handful baby carrots, handful celery, handful onion, 4 cups chicken broth salt and pepper

Crab salad: 1 package of imitation crab, 1 scoop mayo, 1 tsp old bay seasoning, ½ squeezed lemon, 1 green onion

Spicy corn: 1 can non-GMO corn, ¼ cup red bell pepper, diced jalapeno.

Guacamole: 1 ripe avocado smashed, 1 lime squeezed, 1 minced garlic clove, about 4 stems of cilantro chopped, salt to taste

Cucumber tomato salad: 1 sliced cucumber, 4-5 grape tomatoes cut in half

Coleslaw: Shredded cabbage (as mush as you need) add a scoop of mayo, 2 dill pickle spears diced, 1 tbs pickle juice, salt & pepper to taste.