

Week 4 Meal Plan

Days	Breakfast	Lunch	Dinner
Monday (Tai-Chi)	Frittata and Coffee	Deli sliced turkey, cubed pepper jack cheese, carrot sticks and celery, strawberries, raspberries and blueberries mixed nuts	Shrimp, crab salad, asparagus, soup, cocktail sauce
Tuesday (Gym Day)	Frittata coffee	crab salad, Cucumber, tomato salad with red onion, blackberries and cashews for snacks	chicken taquitos (corn tortillas) with homemade salsa and sour cream. Blackberries
Wednesday (Tai-Chi)	Frittata and coffee	3 taquitos, spicy corn, black berries and strawberries, mixed nuts	Lentil soup with feta, Greek salad with deli turkey, strawberries and blueberries
Thursday (Gym Day)	Frittata and coffee	lentil soup, strawberry, blueberry, blackberry smoothie, 1/2 cup cashews,	salmon & crab meat tacos with mango chutney, cole slaw, squash zucchini & mushrooms
Friday (Tai-Chi)	Frittata and coffee	crab salad, cucumber tomato salad nuts, squash zucchini mix, strawberries, blackberries	Pizza (veggie/brick oven fired) and beer. Homemade salsa, fresh margaritas, no salt but stevia this time (Very good!!)
Saturday (Gym Day)	Frittata and coffee	Left over pizza and Greek Salad	Chicken Piccata, carrots with rosemary, quartered mushrooms with garlic and thyme
Sunday (Tai-Chi)	Coffee	Brunch: frittata, strawberries and blueberries	Shepard's Pie.

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.

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Chicken taquitos: saute 2 chicken breast with 1/2 tsp chili powder, 1/4 tsp cumin, remove from pan and shred, Saute ½ cup red bell pepper, ½ cup onion. when tender add chicken. Warm tortillas in microwave and fill with chicken peppers onion and shredded cheese and roll up, place seam side down in a pan with olive oil. The cheese will be the glue.

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Shrimp : season as your preference. I used old bay seasoning and sauteed the shrimp in olive oil.

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Salmon and crab tacos: cook fish or seafood and season per your preference I use 1 lime squeezed and 1 tbs old bay seasoning. To bulk this recipe up add imitation crab to the pan after the salmon is almost done. shred all.

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Lentil Soup : saute 1/4 cup carrots, 1/4 cup celery, 1/4 cup red onion in olive oil add 1 can Amy's Organic Lentil Soup 1 can chicken broth, 1 can rotel

Chicken Piccata: Cut 2 chicken breasts length wise so you end with 4 chicken breasts. cook in 2 tbs olive oil. add 1.5 oz capers with brine. When you turn the breasts over, add 1 cup chicken broth salt and pepper to taste cook until the chicken is no longer pink. Do not over cook.

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Shepards Pie: saute 1 cup carrots, 1cup celery, 1 cup red onion, add to 1 lb cooked ground beef (grease removed) and 1 cup corn (can also add peas) stir in 2 tbs tomato paste 1/4 cup beef broth, 2 tbs worcestershire sauce 2 cloves minced garlic. When the liquid is cooked away, put meat mixture in cast iron skillet or oven proof pan. Boil 3 lg red potatoes peeled mashed, add 1/4 cup heavy cream, 1 cup cheese your choice. Place potato topping over ground beef and bake 350 for 30 minutes.

Soup: 4 mushrooms sliced (button or portebello) sm handful baby carrots sliced, sm handful celery, sm handful onion, 1 cup broccoli floweretts, 4 cups chicken broth salt and pepper to taste

Crab salad: 1 package of imitation crab, 1 sm 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.

Mango chutney: 1-2 mangos or prepackaged mango from fruit dept. Dice mangos, add jalapeno, 1/4 cup red onion, 1/4 cup red bell pepper, 1/4 cup chopped cilantro, squeeze 2 limes pinch of salt

Cucumber tomato salad: 1 sliced cucumber, 4-5 grape tomatoes cut in half 2 tbs green onion, 1 tbs greek or italian salad dressing

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.