

## Week 5 Meal Plan (Memorial Monday)

Days	Breakfast	Lunch	Dinner
<b>Monday (Tai-Chi)</b>	cooked apples in cinnamon over oatmeal and Coffee	1/2 lb Sauteed shrimp with cocktail sauce and asparagus tortilla chips and homemade salsa	Home made burgers, sliced cucumbers and homemade potato salad
<b>Tuesday (Gym Day)</b>	Frittata coffee	Leftover shepard's pie, cucumber tomato salad, black berries and 1/2 cup cashews and almonds	Greek crock pot chicken, 1/2 lb shrimp scampi, spicy corn, squash zucchini and mushrooms
<b>Wednesday (Tai-Chi)</b>	Frittata and coffee	Chicken salad (from Greek chicken) strawberry and hibiscus tea smoothie, cahsews for snack	Mini meat loaves, mixed veggies, couscous, salad
<b>Thursday (Gym Day)</b>	Frittata and coffee	mini meat loaves, cooked carrots strawberries and blueberries	Chicken scallopini with mushrooms and artichokes, veggie mix
<b>Friday (Tai-Chi)</b>	Frittata and coffee	crab salad, cucumber tomato salad nuts, squash zucchini mix, strawberries, blackberries	Pizza (veggie/brick oven fired) from Guiseppies's in Ambler. Homemade salsa and chips, fresh margaritas, no salt but stevia (Very good, more like a lemonade)
<b>Saturday (Gym Day)</b>	cooked apples in cinnamon over oatmeal and Coffee	Left over pizza and Greek Salad, chips and salsa	Dungeness crablegs (1 cluster per person), cole slaw, asparagus and veggie mix
<b>Sunday (Tai-Chi)</b>	Coffee	Brunch: cooked apples in cinnamon over oatmeal with milk, fruit	Baked chicken, corn, cabbage mushroom veggie soup Mixed berries for dessert

## 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.

- **Greek Crock pot Chicken :** Place 3-4 frozen chicken breasts in crock pot add 1 tsp oregano, 1 tbs basil 1 small red onion diced 1 red bell pepper diced 1/2 cup kalamata olives, 1/4 cup red cooking wine, 1/4 cup kalamata olive juice 1 cup chicken broth salt and pepper to taste

- **Shrimp :** season 1 lb shrimp to your preference. I used old bay seasoning and sauteed the shrimp in olive oil and 1 tbs butter.

- **chicken salad:** the amount of mayo depends on the amount of chicken. If you have 2 chicken breasts start with 3 tbs mayo add more if it is too dry. 2 pickle spears, 2-3 tbs celery 2-3 tbs green onion

- **Chicken scallopini :** cut 2 chicken breasts lengthwise to make 4 chicken breasts saute in olive oil when one side is cooked, add brine from artichokes and simmer. In another pan, saute 1 lb sliced mushrooms in olive oil, when the color begins to change add 1 can artichoke hearts and 3 tbs capers squeeze 1/2 lemon, 3 tbs white wine, when it begins to simmer add 1 cup chicken broth, and whisk in 1/4 cup heavy cream add chicken breasts and let simmer.

**Mini meatloaves:** 1/2 lb ground beef 1/2 lb beef chorizo use a gloved hand to mesh together (chorizo is red and may stain) 1/2 cup sauteed onion & red bell Pepper, 1 raw egg, 1 tbs garlic powder 1 tbs onion powder, 2 tbs dijon mustard 1 tbs parsley, 2 tbs tomato paste, 2 tsp worcheshire sauce. Make into ovals and cook in a pan, top with tomato sauce when done, and place the lid on pan so the sauce cooks into the meat.

**Mushroom Veggie 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.

**Veggie mix:** This mix is any mix of at least 3 vegetables. It's your choice. I like non-gmo corn, broccoli and mushrooms. Feel free to add greenbeans too, the more veggies, the healthier this is.

**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 much as you need) add a scoop of mayo, 2 dill pickle spears diced, 1 tbs pickle juice, salt & pepper to taste.