

Week 7 Meal Plan

Days	Breakfast	Lunch	Dinner
Monday (Tai-Chi)	cooked apples in cinnamon over oatmeal and Coffee	left over meatball soup, small salad, strawberries cashews	Chicken Scallopini with squash & zucchini
Tuesday (Gym Day)	Frittata coffee	chicken salad and veggies, blueberry, strawberry smoothie, cashews for snack	beef tacos spicy corn
Wednesday (Tai-Chi)	Frittata and coffee	deli turkey, pepperjack cheese, carrot sticks, celery sticks, strawberries, cashews	chicken stirfry with lots of veggies
Thursday (Gym Day)	Frittata and coffee	left over chicken and noodles	sausage and shrimp and veggies
Friday (Tai-Chi)	Frittata and coffee	left overs, cucumber and tomato salad, cashews and strawberries	pizza
Saturday (Gym Day)	cooked apples in cinnamon over oatmeal and Coffee	deli turkey, pepperjack cheese, carrot sticks, celery sticks, strawberries, cashews	chicken low carb wraps with fiesta lime rice
Sunday (Tai-Chi)	Coffee	Brunch: cooked apples in cinnamon over oatmeal with milk, fruit on the side	meatball soup, greek salad

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.

Wraps: cut chicken into thin slices lengthwise then cut the breast down the center. This will make 4 strips from each breast and you will place 2 strips in each wrap. Cook in a couple of tbsp of olive oil and add 1/4 cup red bell peppers, 1/4 cup green bell peppers, 1/4 cup red onion and salt and pepper to taste. Add yellow peppers (banana peppers and jalapenos if you want it spicy. Add slices of provolone or your favorite cheese to the wrap place the cooked chicken and veggies on the wrap and top with blue cheese, sour cream, or ranch maybe lettuce too.

Sausage Shrimp & Veggies : Cook 1/2 lb shrimp and set to the side. Cut beef sausage in 1 inch pieces (I like Hillshire Farms) cook sausage and add 1/4 cup sliced red bell pepper, 1/4 cup green bell pepper 1/4 cup red onion add 1/2 of a yellow squash, and 1/2 of a zucchini 1 tbs old bay seasoning 1 tbsp parsley 1 clove garlic

Beef tacos: Cook 1 lb beef drain grease. Add 1 tbsp chili powder, 1 tsp cumin, 1 tsp oregano, 1/2 tsp garlic powder and 1/2 tsp onion powder 8oz can tomatoe sauce. Taste before you make your tacos in case you need to add something a little more.

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's too dry. 2 pickle spears, 2-3 tbs celery & green onion

Chicken scallopini : cut 2 chicken breasts lengthwise to make 4 chicken breasts saute in olive oil add 1/4 cup red onion, 2 cloves garlic. When one side is cooked, and olive oil is cooked away, add brine from artichokes and let simmer. In another pan, saute 1 lb sliced mushrooms in olive oil, when they begin to darken, 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 cover with veggies and let simmer.

Chicken Stirfry: Cook 2 chicken breasts and dice and put to the side. cook 1 1/2 cups broccoli till it isn't frozen and set to the side, saute 1/4 cup shredded carrots put to the side, slice 6 large mushrooms and cook in a little olive oil (don't crowd the mushrooms in the pan, this way they will brown) add chicken, carrots, 1 cup cabbage, 1/4 cup red bell peppers, 1/4 cup green bell peppers, 1/4 cup onion and the almost cooked broccoli, to the mushrooms and allow to cook while you make stirfry sauce. **Stirfry Sauce:** 1/4 cup low sodium soy sauce, 2 tbsp white wine vinegar, 2 tbsp oyster sauce, 1/2 tsp ground ginger, 2 tsp sesame oil whisk together and pour over chicken and veggies allow to cook until veggies are as tender as you like.

Meatball Soup: 1/2 lb ground beef, 1/2 lb beef chrizo, 1 tsp each basil, parsley and italian seasons, ¼ cup onion, salt & pepper to taste 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, 1/2 cup beef broth, add 1 bay leaf. Stir, add 2 cloves of garlic, 3 tbs tomato paste, one can (16oz) of rotel, 1 8oz can tomato sauce, 26 (or more) 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. Add sprinkle of shredded parmesan cheese

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