

## Week 8 Meal Plan

Days	Breakfast	Lunch	Dinner
<b>Monday (Tai-Chi)</b>	cooked apples in cinnamon over oatmeal and Coffee	deli turkey, pepperjack cheese, carrot sticks, celery sticks, strawberries, cashews	Chicken Scallopini with squash & zucchini with peppers and onions
<b>Tuesday (Gym Day)</b>	Frittata coffee	chicken salad (from left over scallopini) and veggies, blueberry & strawberry smoothie, cashews for snack	Salmon & capers in lemon butter cream sauce, rosemary carrots and garlic quartered sauted mushrooms
<b>Wednesday (Tai-Chi)</b>	Frittata and coffee	turkey & cheese on a low carb wrap. Carrot sticks, celery sticks, blackberries & cashews	chicken veggie stirfry
<b>Thursday (Gym Day)</b>	Frittata and coffee	left overs, spicy corn, blackberries and sugarfree wafers	sausage, shrimp and veggies
<b>Friday (Tai-Chi)</b>	Frittata and coffee	left overs, cucumber and tomato salad, cashews and strawberries	pizza
<b>Saturday (Gym Day)</b>	cooked apples in cinnamon over oatmeal and Coffee	chicken and veggie soup with greek salad (topped with diced deli turkey)	broccoli cheddar soup, deli turkey and cheese on low carb wrap
<b>Sunday (Tai-Chi)</b>	Coffee	Brunch: cooked apples in cinnamon over oatmeal with milk, fruit on the side	Dungeness crab legs, sauted shrimp, cole slaw

## 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.

**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

**Squash & Zucchini:** saute red peppers and red onions add sliced squash and zucchini season with minced garlic and salt and pepper to taste. Cook until tender and remove from the heat (squash and zucchini will continue to get tender)

**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

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

**Salmon & capers in lemon butter cream sauce:** Cook salmon in olive oil and 1 tbsp butter when one side is done, turn salmon add 3 tbs capers squeeze 1/2 lemon over salmon gently whisk in 1/2 cup heavy cream let simmer until done.

**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.

**Dungeness Crablegs:** Thaw, steam for 10 minutes

**Chicken Veggie Stirfry:** Cook 2 chicken breasts diced 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 sliced mushrooms in a little olive oil (don't crowd the mushrooms in the pan, this way they will brown) add chicken, carrots, 1 cup thinly sliced coleslaw 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.

**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.

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