



Metabolic Code®

# DIET & NUTRITION

LOOK GOOD, FEEL BETTER

## Phase 1

STARCH, WHEAT, SOY, PEANUT, AND COW'S  
MILK ELIMINATION



1500 Calorie Meal Plans  
**WEEK THREE**

Healthy, delicious recipes created for  
the Metabolic Code® Diet Plan

## Shopping List

	1 container MCD-approved vegan vanilla protein powder
	7-14 packets or servings Generation UCAN SuperStarch
<i>Produce: To help avoid produce spoilage, you may want to purchase produce twice during the week. We made a few notes of items needed later in the week.</i>	
<b>Fruits:</b>	
	1 small organic apple
	1 kiwi fruit
	2 1/2 cups organic strawberries
	1 1/2 cups organic blueberries
	1 extra small banana
	1 tbsp. lime juice
	2 cups organic blackberries
	1 organic peach
	1 grapefruit
	17 small organic grapes
<i>Lettuce: You can purchase 1-2 types of dark, leafy greens and/or spinach twice a week for salads to limit spoilage. They are all healthy!</i>	
<b>Vegetables:</b>	
	2 large organic cucumbers
	3 cups organic baby carrots
	2 large organic red peppers
	1 large organic green pepper
	4 cups organic cherry tomatoes
	3 medium organic tomatoes
	1 ½ bunches asparagus
	4 ½ cups or ready-to-go bag of organic broccoli
	1 cup acorn squash
	2 avocados
	1 large sweet onion
	1 tbsp. fresh or dried cilantro
	1 clove garlic
	1 large red onion
	5 cups organic celery
	2 cups mushrooms
	3 cups bagged organic salad

2 cups organic green/red leaf lettuce	
4 cups organic romaine lettuce	
4 cups organic Boston bibb lettuce	
9 1/2 cups organic baby spinach	
Refrigerated:	
1 small container guacamole	
1 small container hummus	
1/3 cup salsa	
1 half gallon unsweetened plain almond milk	
1- half gallon unsweetened vanilla almond milk	
1 bag Daiya dairy-free cheddar shreds	
6 organic eggs	
Organic butter	
Refrigerated Meats:	
1 oz. Canadian bacon	
1 oz. nitrate-free turkey bacon	
1 link fire-roasted red pepper sausage by Applegate Farms	
3 oz. organic smoked turkey- Applegate Farms	
5 oz. wild caught salmon	
5 oz. shrimp, raw	
4 oz. wild caught shrimp, cooked and chilled	
5 oz. organic boneless New York strip steak	
4 oz. premium nitrate-free deli chicken	
10 oz. oven roasted premium deli turkey	
1 oz. premium deli ham	
10 oz. organic chicken breast, boneless, skinless	
4 oz. fully cooked organic chicken breast frozen strips	
5 oz. turkey burger	
5 oz. grass fed beef sirloin steak	
Frozen Foods:	
1 cup frozen or fresh raspberries	
½ cup frozen mango chunks (or ½ small mango)	
1 bag frozen organic (i.e. Cascadian Farm) Chinese style stir-fry vegetables	
1 bag California blend frozen vegetables	

<b>Nuts:</b> (Buy any quantity you want. You will need them each week.)	
1 bag walnuts, pistachios, cashews, pecans	
1 bag flaxseeds and/or chia seeds, sunflower seeds	
1 jar almond butter	
<b>General Grocery:</b>	
4 oz. wild-caught light or albacore tuna fish, canned in water	
Ground cumin	
Red pepper flakes	
Stevia, optional	
Unsweetened cocoa powder	
1 cup V-8 juice	
Balsamic vinegar	
Organic extra virgin olive oil	
Refined safflower oil	
Olive oil cooking spray	
Organic olive oil mayonnaise	
Newman's Own Organic Lite Balsamic Dressing	
Honey Annie's Naturals lemon and chive dressing	
Newman's Own mesquite with lime marinade	
Coconut Secret, Raw Coconut Aminos Teriyaki Soy Free Seasoning Sauce	
1/3 cup black bean dip	
1/2 cup seasoned black beans	
1/2 cup red beans	
½ cup butter beans	
½ cup kidney beans	
½ cup Great Northern beans	
1 can organic green beans	
½ Tbsp. dried cranberries	
1 cup low sodium chicken broth	
1/3 cup salsa verde	
½ oz. Rhythm Superfoods Bombay Curry or Zesty Nacho kale chips	
Spreadable apricot jam	
Dijon mustard	
Dill relish	
2 olives	

	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
<b>Monday</b>	Egg Scramble with Canadian Bacon, and Grapefruit	Blackberries and Pistachios	Chef Salad with Turkey, Ham, Hard-Boiled Egg, and Dairy-Free Cheddar Cheese	Asparagus and Hummus	Avocado Cilantro Shrimp Salad with Sunflower Seeds, and Steamed and Buttered Carrots and Broccoli
<b>Tuesday</b>	Chocolate, Banana, Almond Butter, and Flax Protein Shake	Peach Slices and Walnuts	Tuna Salad over a Bed of Lettuce with Tomatoes, and Celery Strips	Cherry Tomatoes and Cucumber with Balsamic Dressing	Mesquite-Lime Marinated Strip Steak, Seasoned Black Beans, and Buttered California Vegetable Medley
<b>Wednesday</b>	Hard Boiled Egg with Fire-Roasted Red Pepper Sausage, and Blackberries	Cashews and Kiwi	Deli Chicken Breast with Dijon Mustard, Two-Bean Salad, and Celery and Red Pepper	Kale Chips and Pistachios	Turkey Burger with Avocado, with Spinach Salad with Veggies and Balsamic Vinaigrette
<b>Thursday</b>	Mango and Flax Protein Shake	Apple Slices with Almond Butter	Spinach Salad with Deli Turkey, Cranberries, Pecans, and Balsamic Vinaigrette	Carrots with Black Bean Dip	Spicy Apricot Glazed Chicken, with Sautéed Asparagus, Broccoli, and Mushrooms
<b>Friday</b>	Scrambled Eggs with Dairy Free Cheddar Cheese and Salsa, Turkey Bacon, and Strawberries	Grapes and Pistachios	Chicken Salad with Veggies, Olives, and Balsamic Vinaigrette	Celery with Almond Butter	Salmon Florentine and Butter Beans with Butter
<b>Saturday</b>	Chocolate Raspberry Flax Protein Shake	Blueberries and Cashews	Deli Turkey Breast with Dijon Mustard, and Garden Salad with Sunflower Seeds and Balsamic Vinaigrette	Cucumber Slices Dipped in Guacamole	Szechuan Beef Stir Fry with Red Beans
<b>Sunday</b>	Smoked Turkey Breakfast Sauté with Green Pepper, Onions, and Mushrooms, and Dairy-Free Cheddar Cheese, and Blueberries	Strawberries and Walnuts	Shrimp Tossed Salad with Avocado and Lemon and Chive Dressing	V-8 Juice with Sunflower Seeds	Quick White Chicken Chili with Acorn Squash

MONDAY



## Breakfast:

Egg Scramble with Canadian Bacon, and Grapefruit

### Ingredients:

1 oz. Canadian bacon  
2 sprays olive oil cooking spray  
2 large organic eggs  
1/4 cup unsweetened plain almond milk, optional

### Directions:

Heat Canadian bacon on both sides in a skillet over medium heat with a little water for a few minutes, or until hot. Remove bacon from pan and cover with a paper towel to keep warm. In a mixing bowl, add eggs, milk, and desired seasonings, and scramble. Spray pan with cooking spray and pour egg mixture into skillet and cook, stirring frequently, until just before eggs are set. Add cheese and mix in, allowing it to melt. Enjoy eggs with bacon.

### TIME-SAVING TIP:

Heat Canadian bacon in the microwave for about 20 seconds, or until hot. Spray a medium size microwave safe bowl. Add egg, milk, and desired seasonings, and scramble. Add cheese and stir into mixture. Place a paper towel over bowl, and microwave eggs for 1 minute. Then check to see if it needs a little more time to cook through. Serve with bacon.

*Serve with:* ½ large grapefruit



## A.M. Snack:

Blackberries and Pistachios

### Ingredients:

1 cup organic blackberries  
½ oz. (1/8 cup) pistachios



## Lunch:

Chef Salad with Turkey, Ham, Hard-Boiled Egg, and Dairy-Free Cheddar Cheese

### Ingredients:

3 cups organic salad mix  
½ cup organic tomato, chopped  
¼ cup organic carrot, grated  
1/3 cup cucumber, sliced  
2 oz. premium deli turkey  
1 oz. premium deli ham  
1 hard-boiled egg  
1 oz. (1/4 cup) Daiya dairy-free cheddar shreds  
1 tbsp. extra virgin olive oil  
1 tbsp. balsamic vinegar

### Directions:

Place lettuce and vegetables in a serving dish. Arrange meat, eggs, and cheese on top of lettuce. Drizzle with oil and vinegar.

MONDAY



## P.M. Snack:

### Asparagus and Hummus

#### Ingredients:

8 medium spears asparagus  
1/3 cup hummus



#### Directions:

Wash asparagus spears and cut off any yellow blunt ends. Dip in hummus, and enjoy. It's surprisingly delicious!



### Steamed and Buttered Carrots and Broccoli

#### Ingredients:

1 cup organic baby carrots  
2 cups organic broccoli, chopped  
2 tsp. organic butter

#### Directions:

Heat pan over medium heat. When hot, add a little water and veggies. Steam until veggies are bright colors and tender. Serve with butter and seasonings.

#### TIME-SAVING TIP:

Add veggies to a microwave safe dish, with a little water. Microwave for about five minutes, or until the broccoli is bright green and the veggies are tender. Serve with butter and seasonings to taste.



## Dinner:

### Avocado Cilantro Shrimp Salad with Sunflower Seeds, and Steamed and Buttered Carrots and Broccoli

#### Ingredients:

1 tsp. extra virgin olive oil  
5 oz. shrimp, raw  
1 tbsp. fresh or dried cilantro  
¼ cup avocado, sliced  
¼ cup organic tomato, diced  
2 tbsp. sweet onion, diced  
1 tbsp. fresh lime juice  
Dash salt and pepper  
3 cups organic baby spinach  
½ oz. (1/8 cup) sunflower seeds

#### Directions:

Heat skillet over medium heat until hot. Add oil, spread around skillet, add shrimp, and sauté with cilantro (dried is fine too) until shrimp turns pink. Turn off heat and set aside. In a bowl, gently stir together avocado slices, tomato, onion, and shrimp. Season with lime juice, salt, and pepper, and stir again. Add spinach to plate, top with shrimp and vegetable mixture, and either sprinkle with sunflower seeds or enjoy on the side.

TUESDAY

**Breakfast:**

Chocolate, Banana, Almond Butter, and Flax Protein Shake

**Ingredients:**

1 cup unsweetened vanilla almond milk  
 1 serving MCD-approved vanilla vegan protein powder  
 1 tbsp. unsweetened cocoa powder  
 1 extra small banana  
 1 tbsp. almond butter  
 1 tbsp. ground flaxseeds

**Directions:**

Add ingredients and ice, if desired, to blender and blend to desired consistency. Enjoy!

**A.M. Snack:**

Peach Slices and Walnuts

**Ingredients:**

1 medium organic peach, sliced  
 ½ oz. (1/8 cup) walnuts

**Lunch:**

Tuna Salad over a Bed of Lettuce with Tomatoes, and Celery Strips

**Ingredients:**

4 oz. wild caught light or albacore tuna fish canned in water, drained  
 1 tbsp. olive oil mayonnaise  
 1 tsp. dill relish  
 2 cups chopped organic leaf lettuce or bagged salad of your choice  
 1 medium sliced organic tomato

**Directions:**

Mix tuna, mayo, and relish in a bowl. In a serving bowl, add lettuce and tomato, and top with tuna salad.

*Serve with:* 7 4" strips of organic celery



TUESDAY

**P.M. Snack:**

## Cherry Tomatoes and Cucumber with Balsamic Dressing

**Ingredients:**

- 1 cup organic cherry tomatoes
- 1 cup sliced organic cucumber
- 2 tbsp. Newman's Own organic lite balsamic dressing

**Directions:**

Dip veggies in dressing, and enjoy.

**Dinner:**

## Mesquite-Lime Marinated Strip Steak, Seasoned Black Beans, and Buttered California Vegetable Medley

**Mesquite-Lime Marinated Strip Steak****Ingredients:**

- 2 tbsp. Newman's Own mesquite with lime marinade
- 1 tsp. extra virgin olive oil
- 5 oz. organic boneless New York strip steak

**Directions:**

Mix marinade and oil, and marinate steak for 20 to 30 minutes  
Grill or roast until desired doneness.

**Seasoned Black Beans**

½ cup organic seasoned black beans

Heat drained and rinsed beans.

**Buttered California Vegetable Medley****Ingredients:**

- 2 cups organic California blend frozen vegetables
- 2 tsp. organic butter

**Directions:**

Steam vegetables in a pan with a little water to desired tenderness; drain and place in serving dish. Serve with butter and season to taste.

WEDNESDAY

**Breakfast:**

Hard Boiled Egg with Fire-Roasted Red Pepper Sausage, and Blackberries

**Ingredients:**

1 hard boiled organic egg  
1 link fire-roasted red pepper sausage by Applegate Farms

**Directions:**

Heat sausage in a skillet until heated through, and enjoy with hard-boiled egg.

**Serve with:** 1 cup organic blackberries

**A.M. Snack:**

Cashews and Kiwi

½ oz. (1/8 cup) cashews  
1 kiwi fruit

**Lunch:**

Deli Chicken Breast with Dijon Mustard, Two-Bean Salad, and Celery and Red Pepper

**Deli Chicken Breast with Dijon Mustard****Ingredients:**

4 oz. premium nitrate-free deli chicken  
1 tbsp. Dijon mustard

**Directions:**

Roll up chicken and dip in mustard.

**Two-Bean Salad****Ingredients:**

2 tsp. organic extra virgin olive oil  
1 tbsp. organic cider vinegar  
¼ packet stevia (natural sweetener)  
1 dash sea salt  
1 dash coarse black pepper  
1 cup organic green beans  
½ cup kidney beans  
¼ cup organic chopped green pepper  
¼ cup organic chopped onion

**Directions:**

Mix oil, vinegar, stevia, salt, and pepper in a mixing bowl. Drain and rinse beans, then add them and the vegetables to the dressing bowl, and stir together. Chill if desired, and serve.

**Serve with:**

2 cups organic celery  
2 cups organic red pepper strips



WEDNESDAY

**P.M. Snack:****Kale Chips and Pistachios**

½ oz. Rhythm Superfoods Bombay Curry or Zesty Nacho

kale chips

½ oz. (1/8 cup) pistachios

**Dinner:****Turkey Burger with Avocado, with Spinach Salad with Veggies and Balsamic Vinaigrette****Turkey Burger with Avocado****Ingredients:**

5 oz. turkey burger

1 organic lettuce leaf

2 tbsp. avocado, sliced

**Directions:**

Cook turkey burger in a skillet, flipping as needed, until cooked through. Season to taste. Serve on lettuce leaf topped with tomato and avocado.

**Spinach Salad with Veggies and Balsamic Vinaigrette****Ingredients:**

2 cups organic baby spinach

1 cup halved organic cherry tomatoes

1/2 cup chopped organic broccoli

6 pieces chopped organic baby carrots

½ cup sliced organic cucumber

1 tbsp. organic extra virgin olive oil

1 tbsp. organic balsamic vinegar

**Directions:**

Wash veggies, arrange in serving bowl, and drizzle with oil and vinegar.

THURSDAY

**Breakfast:****Mango and Flax Protein Shake****Ingredients:**

- 1 cup unsweetened vanilla almond milk
- 1 serving MCD-approved vanilla vegan protein powder
- ½ cup frozen mango chunks (or ½ small mango, fresh)
- 1 tbsp. ground flaxseeds

**Directions:**

Place all ingredients into blender, with ice, if desired, and blend until desired consistency.

**A.M. Snack:****Apple Slices with Almond Butter**

- 1 small organic apple
- 1 tbsp. almond butter

Dip sliced apple slices in almond butter and enjoy.

**Lunch:****Spinach Salad with Deli Turkey, Cranberries, Pecans, and Balsamic Vinaigrette****Ingredients:**

- 3 cups organic baby spinach
- 1 cup organic cherry tomatoes, halved
- 2 slices red onion
- 5 oz. oven roasted premium deli turkey
- ½ tbsp. dried cranberries
- ½ oz. (1/8 cup) chopped pecans
- 1 tbsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar

**Directions:**

Place spinach in serving bowl. Top with veggies, chopped turkey, cranberries, and pecans. Drizzle oil and vinegar over salad.

THURSDAY



## P.M. Snack:

### Carrots with Black Bean Dip

#### Ingredients:

1 cup organic baby carrots

1/3 cup black bean dip

#### Directions:

Dip carrots in bean dip and enjoy.



### Sautéed Asparagus, Broccoli, and Mushrooms

#### Ingredients:

1 tbsp. organic extra virgin olive oil

2 cups organic asparagus

2 cups chopped organic broccoli

1 cup sliced mushrooms

#### Directions:

Wash veggies. Break off light colored ends of asparagus. Heat large pan over medium heat, and add oil. When heated, add veggies and stir frequently until asparagus and broccoli are tender and bright green. Remove from heat and serve with salmon.

#### TIME-SAVING TIP:

You can substitute a frozen vegetable blend for the fresh veggies and either follow the same directions for cooking on the stove top, or microwave with a little water in a microwave-safe dish until tender and the colors are bright. Then drizzle with olive oil and season to taste.



## Dinner:

### Spicy Apricot Glazed Chicken, with Sautéed Asparagus, Broccoli, and Mushrooms

#### Spicy Apricot Glazed Chicken

#### Ingredients:

1 tbsp. spreadable apricot jam

¼ tsp. red pepper flakes

5 oz. organic chicken breast, boneless, skinless

Salt and pepper

Cooking spray

#### Directions:

Heat broiler, with rack set 4 inches from heat. In a small bowl stir together jam and red pepper flakes. Set glaze aside. Slice chicken breasts to ½ inch, and place on a non-stick baking sheet coated with a cooking spray. Season both sides of chicken with sea salt and pepper. Broil chicken for 5 to 6 minutes. Brush glaze over chicken. Broil until glaze is browned about 5 minutes more. Serve chicken when an instant read thermometer reads 165 degrees F.

#### TIME-SAVING TIP:

Bake an extra 5 oz. of plain chicken breast in a separate dish for tomorrow's lunch salad, [Chicken Salad with Veggies, Olives, and Balsamic Vinaigrette](#). Just spray with a little cooking spray, season to taste, and bake until cooked through.

FRIDAY

**Breakfast:**

Scrambled Eggs with Dairy Free Cheddar Cheese and Salsa, Turkey Bacon, and Strawberries

**Ingredients:**

2 organic eggs  
 ¼ cup unsweetened plain almond milk  
 1 tsp. butter  
 1 slice turkey bacon  
 1 oz. (1/4 cup) Daiya dairy free cheddar shreds  
 1/3 cup salsa

**Directions:**

Heat skillet over medium heat. In a bowl, scramble eggs with milk (if desired), and add seasonings to taste. When skillet is hot, add eggs and cook, stirring continuously until nearly set. Add cheese and mix in, allowing it to melt. Meanwhile, cook turkey bacon in a pan or in microwave oven until done. Serve eggs with salsa and turkey bacon.

**Serve with:** 1 ¼ cup organic strawberries

**A.M. Snack:**

Grapes and Pistachios

17 small organic grapes  
 ½ oz. (1/8 cup)

**Lunch:**

Chicken Salad with Veggies, Olives, and Balsamic Vinaigrette

**Ingredients:**

2 cups organic romaine or other dark-leaf lettuce  
 4 oz. organic boneless, skinless, chicken breast, cooked  
 ½ organic green pepper  
 ½ cup organic cherry tomatoes  
 2 olives  
 1 tbsp. extra virgin olive oil  
 1 tbsp. balsamic vinegar

**Directions:**

Use cooked chicken, OR season 5 oz. raw chicken to taste, cook in a skillet until thoroughly cooked. Arrange lettuce in serving bowl. Slice veggies, layer chicken, peppers, tomatoes, and olives. Top with oil and vinegar, and season to taste.

**P.M. Snack:**

Celery with Almond Butter

**Ingredients:**

2 cups organic celery  
 1 tbsp. almond butter

**Directions:**

Dip celery in almond butter and enjoy.



## Dinner:

### Salmon Florentine and Butter Beans with Butter

#### Salmon Florentine

**Ingredients:**

5 oz. wild caught salmon  
1-2 sprays cooking oil  
1 tsp. extra virgin olive oil  
½ tsp. garlic, minced  
½ cup mushrooms, sliced  
1 ½ cup organic spinach

**Directions:**

Season salmon to taste. Spray salmon with cooking spray and grill or bake until fish flakes easily with a fork--about 10 to 20 minutes. Meanwhile, heat oil in skillet over medium heat and sauté garlic, mushrooms, and spinach. Serve vegetables on top of salmon.

#### Butter Beans with Butter

**Ingredients:**

½ cup butter beans  
1 tsp. organic butter

**Directions:**

Heat drained and rinsed beans, add butter, and season to taste.



SATURDAY



## Breakfast:

### Chocolate Raspberry Flax Protein Shake

#### Ingredients:

- 1 cup unsweetened vanilla almond milk
- 1 serving MCD-approved vanilla vegan protein powder
- 1 tbsp. unsweetened cocoa powder
- 1 cup frozen or fresh raspberries
- 1 tbsp. ground flaxseeds

#### Directions:

Place all ingredients into blender, with ice, if desired, and blend until desired consistency.



## A.M. Snack:

### Blueberries and Cashews

- $\frac{3}{4}$  cup organic blueberries
- $\frac{1}{2}$  oz. (1/8 cup) cashews

Enjoy!



## Lunch:

### Deli Turkey Breast with Dijon Mustard, and Garden Salad with Sunflower Seeds and Balsamic Vinaigrette

#### Deli Turkey Breast with Dijon Mustard

#### Ingredients:

- 4 oz. premium nitrate-free deli turkey
- 1 tbsp. Dijon mustard

Roll up turkey and dip in mustard.

#### Garden Salad with Sunflower Seeds and Balsamic Vinaigrette

#### Ingredients:

- 2 cups organic bagged romaine lettuce
- $\frac{1}{2}$  cup organic sliced red pepper
- $\frac{1}{4}$  cup chopped organic red onion
- $\frac{1}{2}$  cup halved organic cherry tomatoes
- $\frac{1}{2}$  oz. (1/8 cup) sunflower seeds
- 2 tsp. organic extra virgin olive oil
- 1 tbsp. organic balsamic vinegar

#### Directions:

Toss washed veggies in a serving bowl, top with sunflower seeds, and drizzle with oil and vinegar.



SATURDAY

**P.M. Snack:****Cucumber Slices Dipped in Guacamole**

2 cups organic cucumber

4 tbsp. guacamole

Dip cucumber slices in guacamole and enjoy.

**Dinner:****Szechuan Beef Stir Fry with Red Beans****Ingredients:**

5 oz. grass fed beef sirloin steak

2 tbsp. Coconut Secret, Raw Coconut Aminos Teriyaki Soy Free Seasoning Sauce

1/4 tsp. red pepper flakes, or to taste

2 tsp. refined safflower oil

3 cups Cascadian Farm frozen organic Chinese style stir-fry vegetables

1/2 cup canned red (kidney) beans, heated

**Directions:**

Cut meat against the grain into thin strips. Place meat, coconut aminos, and hot pepper flakes in seal-able storage bag and marinate for 20 minutes. Heat wok or pan over medium-high heat; add safflower oil. Remove beef from marinade, reserving marinade, and stir-fry beef to desired doneness. Remove from pan and set aside. Add vegetables and stir-fry until tender. Add beef and marinade back into pan and heat through. Season to taste with salt and pepper. Serve over heated red beans. Also delicious wrapped in a lettuce leaf.

**TIME-SAVING TIP:**

If you don't have time to marinate the meat, just cook the meat and add the sauce to the veggies and meat for the last few minutes of cooking to flavor it.

SUNDAY



### Breakfast:

Smoked Turkey Breakfast Sauté with Green Pepper, Onions, and Mushrooms, and Dairy-Free Cheddar Cheese, and Blueberries

#### Ingredients:

2 sprays cooking spray  
1 cup organic green bell pepper, sliced  
¼ cup onion, diced  
½ cup mushrooms, sliced  
3 oz. organic smoked turkey by Applegate Farms, diced  
¼ cup Daiya dairy and casein-free cheddar cheese shreds

#### Directions:

Heat skillet over medium heat. When hot, spray with cooking spray. Add veggies and sausage to pan and sauté until tender. Add cheese and allow to melt. Remove from pan and serve.

**Serve with:** ¾ cup organic blueberries



### A.M. Snack:

Strawberries and Walnuts

1 ¼ cup organic strawberries  
½ oz. (1/8 cup) walnuts



### Lunch:

Shrimp Tossed Salad with Avocado and Lemon and Chive Dressing

#### Ingredients:

1/4 cup avocado  
1 medium organic tomato  
1/4 cup red onion  
4 cups organic Boston bibb lettuce  
4 oz. wild caught shrimp, cooked and chilled  
2 tbsp. Annie's Naturals lemon and chive dressing

#### Directions:

Cut avocado in cubes, tomatoes in thin wedges and onion in thin slices. Tear lettuce in bite size pieces. Arrange lettuce in a bowl and toss gently with avocado, tomato, and red onion. Add cooked shelled shrimp and top dressing.



### P.M. Snack:

V-8 Juice with Sunflower Seeds

1 cup V-8 juice  
½ oz. (1/8 cup) sunflower seeds

Enjoy your vegetable juice with sunflower seeds.

SUNDAY



## Dinner:

### Quick White Chicken Chili with Acorn Squash

#### Quick White Chicken Chili

##### **Ingredients:**

4 oz. fully cooked organic chicken breast frozen strips  
 1 tsp. extra virgin olive oil  
 1 cup low sodium chicken broth  
 1/3 cup salsa verde  
 1/2 cup Great Northern beans, drained  
 1/2 tsp. ground cumin  
 2 tbsp. avocado

##### **Directions:**

Heat skillet over medium heat. Place chicken on skillet and heat until thawed. Then pull chicken into shreds or chop. Meanwhile, heat sauce pan over medium heat, and add oil. Add chicken to pan, along with the rest of ingredients, except for avocado, a little water, if desired, and stir. Increase heat to medium high, and heat to boiling. Then cover, reduce heat to medium-low, and simmer for about 10 minutes. Top with cubed avocado, and enjoy!

#### Acorn Squash

##### **Ingredients:**

1 cup acorn squash  
 1 tsp. organic butter  
 Salt and pepper

##### **Directions:**

Cut squash in half long-wise, scoop out seeds, and place cut side up on a cooking sheet with a rim. Add butter, salt, and pepper, and bake in the oven at 400 degrees F for about 1 hour, or until tender. When done, scoop out squash and place your serving size on a serving plate. Top with butter, salt, and pepper.

##### **TIME-SAVING TIP:**

For quicker cooking time, place squash, cut side down on a microwave safe plate. Microwave on high for 5 minutes, then check to see if squash is softened and cooked through. Heat a few more minutes, if necessary. When done, scoop out squash and place your serving size on a serving plate. Top with butter, salt, and pepper.





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