



Metabolic Code®

DIET & NUTRITION

LOOK GOOD, FEEL BETTER

Phase 1

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



1800 Calorie Meal Plans
WEEK SEVEN

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

Shopping List

1 container MCD-approved vegan vanilla protein powder
Fruits:
3/4 cup pineapple
2 (3") oranges
1 small organic apple
4 extra small bananas
2 cups organic blackberries
1 medium organic peach
1 large organic pear
<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>
Vegetables:
3 large organic cucumbers
3 cups organic baby carrots
8 1/2 cups organic carrots
1 parsnip (1 cup)
2 large organic red peppers
1 large organic green pepper
2 cups organic cherry tomatoes
1 medium organic tomato
20 spears asparagus
1 1/2 cups broccoli slaw
2 medium onions
Bulb of fresh garlic
2 cups organic celery
3 cups mushrooms
2 cups cauliflower
1 cup cabbage
2 cups organic broccoli
2 cups zucchini
Fresh thyme, a few sprigs
3 cups organic arugula

2 cups, plus 3 outer leaves, organic romaine
2 cups, plus 10 outer leaves, organic green leaf lettuce
2 cups organic spring mix
13 cups organic baby spinach
Refrigerated:
1 small container guacamole
1 small container hummus
1 half gallon unsweetened plain coconut almond milk
1 half gallon unsweetened vanilla almond milk
1 bag Daiya dairy-free cheddar shreds
1 bag Daiya dairy-free mozzarella shreds
6 organic eggs
Organic butter
Refrigerated Meats:
1 oz. nitrate-free turkey bacon
8 oz. smoked deli turkey breast by Applegate Farms
7 oz. Prairie center cut boneless pork chops
3 oz. Boar's Head smoked Virginia ham
13 oz. grass fed ground beef
6 oz. sea scallops
5 oz. premium deli ham
19 oz. organic chicken breast, boneless, skinless
1/2 link uncured turkey sausage
7 oz. wild caught cod
Nuts: (Buy any quantity you want. You will need them each week.)
1 bag almonds, pistachios, cashews, pecans, Brazil nuts
1 bag flaxseeds, chia seeds, sunflower seeds
1 jar almond butter

General Grocery:
Paprika, cumin, lemon pepper
Simply Organic garlic and herb seasoning
Taco seasoning (no MSG)
Ginger, cinnamon, pumpkin spice, stevia (opt'l)
1/3 cup pumpkin puree (canned)
Unsweetened cocoa powder
1 small bag cacao nibs
2 tbsp. organic canned coconut milk
Unsweetened applesauce
Honey
Balsamic vinegar
Apple cider vinegar
Organic extra virgin olive oil, refined safflower oil
Mustard, Dijon mustard
Organic olive oil mayonnaise
Newman's Own Organic Lite Balsamic Dressing
1 pickle, 2 olives
Roasted red peppers (in a jar), 8 pieces
1 cup green beans
2/3 cup salsa verde
1 1/2 cup salsa
1/2 cup marinara sauce
1/3 cup black bean dip
1 cup seasoned black beans
1/2 cup kidney beans
1 1/2 cup Great Northern beans (white/cannellini beans)
1/2 cup butter beanshe
5 oz. wild caught salmon
2 cups low sodium chicken broth
Frozen Foods:
2 cups green beans
11 oz. fully cooked organic chicken breast (or 13 oz. raw)

L.O. = Left-Over	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
Monday	Chocolate "Chip" Banana Almond Butter Protein Shake	Peach Slices and Pecans	Deviled Eggs, Smoked Turkey, and a Pickle, with Carrots and Sweet Red Pepper Strips with Hummus	Cucumber Slices with Guacamole	Honey-Dijon Pork Chops, Sautéed Green Beans, and Spring Mix Salad with Fresh Vegetables and Balsamic Dressing
Tuesday	Sautéed Asparagus and Ham with Dairy Free Cheddar Cheese, and Pear Slices	Blackberries and Pistachios	Lean Hamburger on Lettuce Leaf with Tomato, Carrots with Black Bean Dip, and Broccoli Slaw	Celery with Almond Butter	Pan Seared Sea Scallops with Turkey Bacon and Spinach, and Butter Beans with Butter
Wednesday	Spiced Apple and Chia Seed Protein Shake	Pear and Almonds	Ham and Dijon Mustard Lettuce Roll-Ups with Tomato Slices, and Two-Bean Salad	Cashews and Carrots	Chicken Breast with Marinara and Dairy-Free Mozzarella with Sautéed Spinach with Garlic with Cannellini Beans
Thursday	Egg and Spinach Scramble, Turkey Sausage, and Blackberries	Apple Slices and Cashews	Arugula Salad with Smoked Turkey, Roasted Red Peppers, and Balsamic Vinaigrette	Zucchini Spears and Cauliflower Dipped in Balsamic Dressing with Sunflower Seeds	Fish Lettuce Tacos with Guacamole and Seasoned Black Beans
Friday	Pumpkin Spice Flax Protein Shake	Orange Slices and Brazil Nuts	Chicken Salad with Veggies, Olives, White Beans, and Balsamic Vinaigrette	Baby Carrots and Pistachios	Quick White Chicken Chili with Sautéed Carrots and Asparagus
Saturday	Salsa Avocado Eggs over Black Beans with Dairy Free Cheddar Cheese with Orange Slices	Banana Slices and Almond Butter	Salmon Salad with Spinach, Cherry Tomatoes, and Sunflower Seeds, and Cucumber Slices Dipped in Hummus	Broccoli and Cauliflower with Balsamic Dressing	Spicy Beef Lettuce Wraps with Sautéed Bell Peppers and Onion
Sunday	Chocolate Banana Protein Shake with Coconut Milk, Almond Butter, and Spinach	Pineapple with Cashews	Quick White Chicken Chili (L.O.) and Salad with Balsamic Vinaigrette	Sweet Red Pepper Strips with Hummus	Baked Herb Chicken with Roasted Vegetables

MONDAY



Breakfast:

Chocolate “Chip” Banana Almond Butter Protein Shake

This recipe includes cacao nibs, which are crushed cacao beans. They are nature’s unsweetened “chocolate chip” and a great source of antioxidants. You can add them as they are and enjoy chewing on them, or if you want a smoother shake, you can grind them into a powder in a coffee grinder.

Ingredients:

- 1 cup unsweetened vanilla almond milk
- 1 serving MCD-approved vanilla vegan protein powder
- 1 tbsp. unsweetened cocoa powder
- 1 extra small banana (frozen)
- 1 cup organic baby spinach
- 1 tbsp. almond butter
- 1 tbsp. ground chia seeds
- 1 tbsp. cacao nibs

Directions:

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



A.M. Snack:

Peach Slices and Pecans

- 1 medium organic peach, sliced
- 1/2 oz. (1/8 cup) pecans



Lunch:

Deviled Eggs, Smoked Turkey, and a Pickle, with Carrots and Sweet Red Pepper Strips with Hummus

Deviled Eggs, Smoked Turkey, and a Pickle

Ingredients:

- 2 organic hard-boiled eggs
- 1 tbsp. olive oil mayonnaise
- 1 tsp. mustard
- 1 tsp. organic apple cider vinegar
- Sea salt
- Dash of stevia, optional
- Paprika, if desired
- 3 oz. premium deli smoked turkey
- 1 pickle

Directions:

Cut eggs in half, remove yolks, place in a small bowl, and mash with a fork. Mix in mayo, mustard, vinegar, salt, and stevia, if desired, until well blended. Spoon the mixture into the halved eggs, sprinkle with paprika, and enjoy with smoked turkey and pickle.

Carrots and Sweet Red Pepper Strips with Hummus (1800)

At this point, if you desire, you may enjoy your two servings of beans per day at one meal or snack, as provided below.

- 1 cup organic baby carrots
- 2 cups sliced sweet red pepper
- 2/3 cup hummus

Dip veggies in hummus and enjoy.

MONDAY

**P.M. Snack:****Cucumber Slices with Guacamole**

2 cups organic cucumber

2 tbsp. guacamole

Dip cucumber slices in guacamole and enjoy.

**Dinner:****Honey-Dijon Pork Chops, Sautéed Green Beans, and Spring Mix Salad with Fresh Vegetables and Balsamic Dressing****Honey-Dijon Pork Chops****Ingredients:**

7 oz. organic prairie center cut boneless pork chops

1 tsp. Dijon mustard

1/2 tsp. honey

1 tsp. organic extra virgin olive oil

Directions:

Heat a skillet over medium heat. When hot, add oil, then pork chop, and cook for about 3 minutes per side. Meanwhile, mix mustard and honey together in a little bowl. When cooked through and meat is no longer pink inside, remove from heat, top with honey mustard, and serve.

**Spring Mix Salad with Fresh Vegetables and Balsamic Dressing****Ingredients:**

2 cups organic spring mix

1/2 cup organic cherry tomato halves

1/2 cup grated organic carrots

1/3 cup peeled and chopped cucumbers

2 tbsp. Newman's Own Lite Balsamic Dressing

Directions:

Wash and arrange vegetables into serving bowl and drizzle with dressing.

Sautéed Green Beans**Ingredients:**

1-2 sprays of cooking oil

2 cups frozen green beans

Directions:

Heat a skillet over medium heat, then spray with cooking spray. Add green beans and sauté, stirring often. Add a little water to avoid sticking. Season to taste.

TUESDAY

**Breakfast:**

Sautéed Asparagus and Ham with Dairy Free Cheddar Cheese, and Pear Slices

Ingredients:

1-2 sprays olive oil cooking spray
 10 spears of asparagus, chopped
 3 oz. diced Boar's Head smoked Virginia ham
 1 oz. (1/4 cup) Daiya dairy and casein-free cheddar shreds

Directions:

Heat skillet over medium heat. When pan is hot, spray with oil spray. Add chopped asparagus and sauté until almost bright green and tender. Add diced ham and seasonings to taste. In a minute or so, add cheese, allow to melt, and stir into asparagus and ham. Serve and enjoy.

Serve with: 1/2 large sliced organic pear

**A.M. Snack:**

Blackberries and Pistachios

1 cup organic blackberries
 1/2 oz. (1/8 cup) pistachios

Enjoy together.

**Lunch:**

Lean Hamburger on Lettuce Leaf with Tomato, Carrots with Black Bean Dip, and Broccoli Slaw

Lean Hamburger on Lettuce Leaf with Tomato**Ingredients:**

6 oz. grass fed ground beef
 3 organic romaine lettuce leaves
 2 tsp. organic olive oil mayonnaise
 1/2 medium sliced organic tomato

Directions:

Cook burger to desired doneness. Place two lettuce leaves on serving plate. Top with burger, remaining lettuce leaf, mayonnaise, and tomato.

Carrots with Black Bean Dip

1 cup organic carrot sticks
 1/3 black bean dip by Guiltless Gourmet
 Dip carrots in bean dip and enjoy.

Broccoli Slaw**Ingredients:**

1 tsp. organic extra virgin olive oil
 2 tsp. organic apple cider vinegar
 1 1/2 cups organic broccoli slaw
 Black pepper, optional
 Stevia, optional (for a little sweetness)

Directions:

Mix oil and vinegar in a serving bowl, then add broccoli slaw and toss. Add pepper and/or stevia to taste, as desired.



TUESDAY

**P.M. Snack:****Celery with Almond Butter**

20 - 4" organic celery sticks

1 tbsp. organic almond butter

Spread almond butter on washed and chopped celery, and enjoy.

Butter Beans with Butter**Ingredients:**

1/2 cup organic butter beans

1 tsp. organic butter

Sea salt

Pepper

Directions:

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

**Dinner:****Pan Seared Sea Scallops with Turkey Bacon and Spinach, and Butter Beans with Butter****Pan Seared Sea Scallops with Turkey Bacon and Spinach****Ingredients:**

6 oz. sea scallops

2 tsp. organic extra virgin olive oil

1 slice uncured turkey bacon

4 cups organic fresh spinach

1/2 tsp. Simply Organic garlic & herb seasoning

1 tsp. organic balsamic vinegar

1 dash sea salt

1/4 tsp. lemon pepper

Directions:

Thaw scallops, if frozen. Rinse scallops; pat dry. Coat scallops in seasoning. In a large skillet cook scallops in hot oil over medium heat about 6 minutes or until browned and opaque, turning once. Remove scallops. Fry bacon until crispy.

Add spinach to skillet; sprinkle with water. Cook, covered, and over medium-high heat about 2 minutes or until spinach is wilted. Add vinegar; toss to coat evenly. Return scallops to skillet; heat through. Sprinkle with turkey bacon.



WEDNESDAY

**Breakfast:****Spiced Apple and Chia Seed Protein Shake****Ingredients:**

1/2 cup unsweetened organic applesauce
 1/4 tsp. ground cinnamon
 1/8 tsp. ground ginger
 Stevia, to taste
 1 cup unsweetened coconut milk
 1 serving MCD-approved vanilla vegan protein powder
 1 tbsp. (milled or whole) chia seeds

Directions:

Place all ingredients in blender, add ice, if desired, and blend to desired consistency.

**A.M. Snack:****Pear and Almonds**

1/2 large organic pear
 1/2 oz. (1/8 cup) almonds

**Lunch:****Ham and Dijon Mustard Lettuce Roll-Ups with Tomato Slices, and Two-Bean Salad****Ham and Dijon Mustard Lettuce Roll-Ups with Tomato Slices****Ingredients:**

3 large outer organic green leaf lettuce leaves
 1 tbsp. Dijon mustard
 5 oz. premium deli ham
 4 slices organic tomato

Directions:

Place lettuce leaves on a plate, spread with mustard, add ham and a tomato slice to each leaf, roll up, and enjoy.

Two-Bean Salad**Ingredients:**

2 tsp. organic extra virgin olive oil
 1 tbsp. organic cider vinegar
 1/4 packet stevia (natural sweetener), or 3-4 drops of liquid stevia
 1 dash sea salt
 1 dash coarse black pepper
 1 cup organic green beans
 1/2 cup kidney beans
 1/4 cup organic chopped green pepper
 1/4 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.

WEDNESDAY



P.M. Snack:

Cashews and Carrots

1/2 oz. (1/8 cup) cashews

2 cups organic carrots

Enjoy cashews with carrots.

Sautéed Spinach with Garlic and Cannellini Beans

Ingredients:

1 tsp. refined safflower oil

4 cups organic baby spinach

1-2 cloves garlic, minced

½ cup cannellini beans, drained and rinsed

Salt, black pepper, and crushed red pepper flakes (a dash or so), to taste, if desired

Directions:

Heat skillet over medium heat. When hot, add oil, then garlic. Saute about a minute, then add spinach and continue to saute for just a couple minutes, tossing spinach continuously. Add desired seasonings and beans. Stir until beans are heated and spinach is bright green. Remove from skillet and serve.



Dinner:

Chicken Breast with Marinara and Dairy-Free Mozzarella, and Sautéed Spinach with Garlic and Cannellini Beans

Chicken Breast with Marinara and Dairy-Free Mozzarella

Ingredients:

2 tsp. organic extra virgin olive oil

7 oz. organic skinless, boneless chicken breast*

1/2 cup organic marinara sauce

1 oz. (1/4 cup) Daiya dairy-free mozzarella shreds

Directions:

Heat pan over medium heat. When hot, add oil and then the chicken. Cook for about 4-5 minutes on each side. Add marinara sauce and simmer for 5-10 min. until sauce is hot and chicken is cooked through. (Chicken is done when meat is white all the way through and not pink).

*TIME-SAVING TIP:

To provide quick cooked chicken for Friday's lunch salad, cook an extra 5 oz. plain chicken.

THURSDAY



Breakfast:

Egg and Spinach Scramble, Turkey Sausage, and Blackberries

Ingredients:

½ link uncured turkey sausage
1 tsp. organic butter
2 organic eggs
1 cup organic baby spinach
Seasonings of choice (salt, black pepper, season salt, etc.)

Directions:

Cook turkey sausage according to package directions, and place on a serving plate when done. Meanwhile, heat another skillet over medium heat, add butter, and allow to melt. Then add eggs, spinach, and seasonings to taste, and scramble until egg is cooked through. Enjoy with sausage.

Serve with:

1 cup organic blackberries



A.M. Snack:

Apple Slices and Cashews

1 small sliced organic apple
1/2 oz. (1/8 cup) cashews
Enjoy your delicious and healthy snack!



Lunch:

Arugula Salad with Smoked Turkey, Roasted Red Peppers, and Balsamic Vinaigrette

Ingredients:

3 cups chopped organic baby arugula
1 cup organic cucumber, sliced
5 oz. organic smoked turkey by Applegate Farms
8 pieces thinly sliced organic roasted red peppers
1 tbsp. extra virgin olive oil
1 tbsp. balsamic vinegar

Directions:

Place arugula and cucumber in serving bowl. Top with turkey, roasted red peppers, oil, and vinegar.



THURSDAY

**P.M. Snack:**

Zucchini Spears and Cauliflower Dipped in Balsamic Dressing with Sunflower Seeds

2 cups zucchini spears (raw or lightly steamed)

1 cup cauliflower

2 tbsp. Newman's Own Lite Organic Balsamic Dressing

2 tbsp. (1/2 oz.) sunflower seeds

Dip veggies in dressing, and enjoy with sunflower seeds.

**Dinner:**

Fish Lettuce Tacos with Guacamole and Seasoned Black Beans

Fish Lettuce Tacos with Guacamole**Ingredients:**

7 oz. cod

1-2 dashes each: sea salt and black pepper

1 tsp. organic extra virgin olive oil

3 outer leaves, organic red or green leaf lettuce

1/2 cup salsa

2 tbsp. guacamole

1 cup shredded cabbage

Directions:

Rub cod with sea salt and pepper. Heat oil in pan over medium heat. Cook cod on both sides and remove from pan when the fish flakes easily with a fork. Heat beans. Wash red leaf lettuce leaves and pat dry. Place 1/3 cod in each leaf. Add salsa, guacamole, and cabbage to each leaf, roll up into a taco, and enjoy.

Seasoned Black Beans (1800)

At this point, if you desire, you may enjoy your two servings of beans per day at one meal or snack, as provided below.

1 cup canned seasoned black beans

Heat and serve.

FRIDAY

**Breakfast:****Pumpkin Spice Flax Protein Shake****Ingredients:**

1 cup unsweetened vanilla almond milk
 1 serving MCD-approved vanilla vegan protein powder
 1 extra small or ½ medium banana
 1/3 cup canned pumpkin, plain
 1 tsp. pumpkin spice
 1 tbsp. ground flaxseed
 1-2 cups ice
 Stevia, if desired

Directions:

Place all ingredients in a blender and blend until desired consistency. (Tip: For a thicker shake, peel and freeze banana ahead of time.)

**A.M. Snack:****Orange Slices and Brazil Nuts**

1 sliced orange (about 3" diameter)
 1/2 oz. (1/8 cup) Brazil nuts

Enjoy your snack.

**Lunch:****Chicken Salad with Olives, White Beans, and Balsamic Vinaigrette****Ingredients:**

2 cups organic romaine or other dark-leaf lettuce
 5 oz. organic boneless, skinless, chicken breast, cooked (left-over from dinner on Wednesday)
 1/2 organic sliced green pepper
 1/2 cup halved organic cherry tomatoes
 1/2 cup cannellini (white) beans, rinsed and drained
 2 sliced olives
 1 tbsp. extra virgin olive oil
 1 tbsp. balsamic vinegar

Directions:

Use cooked chicken, OR season 5 oz. raw chicken to taste, grill or roast until thoroughly cooked. Arrange lettuce in serving bowl. Slice veggies, layer chicken, peppers, tomatoes, beans, and olives. Drizzle with oil and vinegar.

**P.M. Snack:****Baby Carrots and Pistachios**

2 cups organic baby carrots
 1/2 oz. (1/8 cup) pistachio nuts

Enjoy your carrots and nuts together.



Dinner:

Quick White Chicken Chili with Sautéed Carrots and Asparagus

Quick White Chicken Chili

Ingredients:

6 oz. fully cooked organic chicken breast (like 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, cubed

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!

TIME- SAVING TIP:

To provide a quick, delicious lunch on Sunday, double this recipe and store left-overs in the refrigerator.

Sautéed Carrots and Asparagus

Ingredients:

1 tsp. extra virgin olive oil
 1 cup sliced organic carrots
 10 medium organic asparagus spears

Directions:

Heat oil over medium heat in a pan. Add washed and chopped carrots and asparagus. Cook until colors are bright and veggies are tender. Season to taste and serve.



SATURDAY



Breakfast:

Salsa Avocado Eggs over Black Beans with Dairy Free Cheddar Cheese with Orange Slices

Ingredients:

2 organic eggs	2 tbsp. avocado, sliced
Cooking spray	1 oz. (1/4 cup) Daiya DF cheddar shreds
1/4 cup salsa	Fresh black pepper
1/2 cup canned seasoned black beans	

Directions:

Heat a skillet over medium heat. Spray with non-stick cooking spray. Add eggs, break yolks, and cook until they are set on the bottom. Then flip over and cook until eggs are almost set, add cheddar shreds, and allow to melt. Season to taste. When egg is cooked through, place on a plate and keep warm.

Add black beans and salsa to the skillet (mix them or keep separate) and heat. When warm, place the black beans on a serving plate, top with the eggs, salsa, and avocado. Sprinkle with black pepper, if desired, and enjoy.

Serve with: 1 small orange, sliced



A.M. Snack:

Banana Slices and Almond Butter

1/2 medium or 1 extra small banana
1 tbsp. almond butter

Peel banana, cut into slices, and dip into almond butter.



Lunch:

Salmon Salad with Spinach, Cherry Tomatoes, and Sunflower Seeds, and Cucumber Slices Dipped in Hummus

Salmon Salad with Spinach, Cherry Tomatoes, and Sunflower Seeds

Ingredients:

2 cups organic baby spinach
1 cup halved organic cherry tomatoes
5 oz. canned wild-caught salmon
2 tbsp. (1/2 oz.) sunflower seeds
2 tsp. organic extra virgin olive oil
1 tbsp. organic balsamic vinegar

Directions:

Place spinach and tomatoes in a serving bowl. Top with salmon and sunflower seeds, and drizzle with oil and vinegar.

Cucumber Slices Dipped in Hummus

1 large organic cucumber, sliced
1/3 cup hummus

Dip cucumber slices in hummus and enjoy.



SATURDAY



P.M. Snack:

Broccoli and Cauliflower with Balsamic Dressing

- 1 cup organic broccoli florets
- 1 cup organic cauliflower
- 2 tbsp. Newman's Own organic lite balsamic dressing

Enjoy your veggies dipped in dressing.

Sautéed Bell Peppers and Onion

Ingredients:

- 2 tsp. extra virgin olive oil
- 1 cup organic red bell pepper, cut into strips
- 1 cup organic green or yellow bell pepper, cut into strips
- 1 cup onion, sliced
- Taco seasoning, and/or any other desired seasonings

Directions:

Heat oil over medium heat in a pan. Add washed and sliced veggies. Cook until peppers are bright in color, onion is translucent, and all veggies are tender. Add a little water if veggies are sticking to the pan. Season to taste and serve.



Dinner:

Spicy Beef Lettuce Wraps with Sautéed Bell Peppers and Onion

Spicy Beef Lettuce Wraps

Ingredients:

- 7 oz. grass fed ground beef, raw
- 1/2 cup salsa, divided
- 1 tsp. taco seasoning (no MSG)
- 4 large organic lettuce leaves

Directions:

Heat a skillet over medium heat, brown ground beef until cooked through. Add salsa and taco seasoning, mix, and heat. Divide ground beef by four, place in the lettuce leaves, top with tomato, roll up, and enjoy.



SUNDAY



Breakfast:

Chocolate Banana Protein Shake with Coconut Milk, Almond Butter, and Spinach

Ingredients:

1 cup unsweetened vanilla almond milk
 1 serving MCD-approved vanilla vegan protein powder
 1 tbsp. unsweetened cocoa powder
 1 extra small banana (frozen)
 1 cup organic baby spinach
 2 tbsp. organic canned coconut milk (counts as 1 fat)
 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:

Pineapple with Cashews

$\frac{3}{4}$ cup fresh pineapple
 $\frac{1}{2}$ oz. (1/8 cup) cashews



Lunch:

Quick White Chicken Chili (LO) and Salad with Balsamic Vinaigrette

Quick White Chicken Chili (LO)

Warm up and enjoy a quick left over serving of chili from dinner Friday night.

Salad with Balsamic Vinaigrette

Ingredients:

2 cups organic lettuce leaves
 1 cup chopped organic carrots
 1 cup organic broccoli florets
 1 tbsp. organic extra virgin olive oil
 1 tbsp. organic balsamic vinegar

Directions:

Toss veggies in a bowl and drizzle with oil and vinegar. Season to taste.

SUNDAY



P.M. Snack:

Sweet Red Pepper Strips with Hummus

1 cup organic red pepper, sliced

1/3 cup hummus

Dip red pepper strips in hummus and enjoy.

Roasted Vegetables

Ingredients:

2 cups organic carrots, peeled and cut in 1 inch pieces

1 cup parsnips, peeled and cut in 1 inch pieces

1 medium onion, cut in wedges

5 cloves garlic, peeled

2 tsp. extra virgin olive oil

A few sprigs of fresh thyme

Salt and pepper

1-2 sprays cooking oil

Directions:

Preheat oven to 365 degrees F. In a mixing bowl, toss veggies with oil, thyme, salt, and pepper. Spray a rimmed baking sheet with cooking spray, add veggies (spread out, so not touching each other), and place in the oven for about 30 minutes, or until veggies are tender and a little browned, or desired texture.



Dinner:

Baked Herb Chicken with Roasted Vegetables

For a one "pot" dinner, you can add the vegetables into the same baking dish with the chicken. This will make a delicious "comfort food" meal. Just add some water or broth to cover the bottom of the baking dish, drizzle with oil, and add seasonings.

Baked Herb Chicken

Ingredients:

7 oz. boneless, skinless, organic chicken breast*

1 tsp. extra virgin olive oil

Salt and pepper

Fresh thyme, a few sprigs

Directions:

Preheat oven to 365 degrees F. Brush chicken breast with oil, and add salt and pepper on all sides, and place in an oven-safe dish. Place a few sprigs of thyme on top of chicken, and put in the oven and bake for about 20 min. Chicken is done when there are no signs of pink or translucent flesh when you cut through the middle, or when the internal temperature is at least 165 degrees F.





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