

High Hopes
Healthy Living
Meal Plan and
Recipes
Favorites
February 2021

High Hopes Healthy Lifestyle Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Staples Crockpot chicken Quinoa Roasted veggies							
Morning Prep							
Breakfast	* Strawberry Milk Quinoa Breakfast						
Lunch	Easy Almond Flour Bread	*Salmon Lettuce Wraps					
Dinner	*Eggroll In A Bowl	*Hibachi Chicken	*One Pan Honey Garlic Sausage & Vegetables	*Maple Glazed Salmon	Chicken Pot Pie Casserole	Chicken Enchilada Slow- cooker Soup	
Prep Cook chicken Cook quinoa Make roasted veggies Make chia Prep veggies for week							

High Hopes Healthy Lifestyle Group

Shopping List

Items	2 lbs	Need to buy	Already have
Staples			
Spinach	5 cups		
Sweet potato	2		
Bell peppers	3		
Zucchini (need for 1 meal)	2+		
Quinoa (need for meals this week)			
Eggs	1+		
Chicken (crock pot) (need for 1 meal)	.		
Protein			
Eggs	5		
Sausage	5		
Ground Beef /Turkey	1 lb		
Chicken	8 breasts		
Salmon	4 filets		
Can Salmon	1		
Chicken Thighs	1.5 lb.		
Produce			
Strawberries	1+ cup		
Blueberries	¼ cup		
Green Apple	1		
Garlic			
Ginger			
Parsley			
Cilantro (optional)			

High Hopes Healthy Lifestyle Group

Shopping List

Items	How much	Need to buy	Already have
Celery	1 stalk		
Endive/romaine			
Onion	4		
Coleslaw mix			
Zucchini	1		
Mushrooms			
Broccoli			
Red Potatoes	8		
Asparagus	4		
Sweet peppers	2		
Carrots	3		
Green beans	2 cups		
Miscellaneous			
Hemp seed	¼ cup		
Collagen powder			
Quinoa			
Sliced almonds	2 tbsps		
Almond flour	3+ cups		
Ground Flax seed	¼ cup		
Capers			
Water chestnuts			
Coconut milk	1 can		
Chicken Broth			
Coconut milk/ almond milk			

High Hopes Healthy Lifestyle Group

Shopping List

Items	How much	Need to buy	Already have
Misc. Cont.			
Arrow powder			
Coconut flour			
Fire roasted tomatoes	1 can		
Spices/Condiments			
Maple syrup Honey Coconut aminos Avocado oil Olive oil Ghee Nutritional yeast Baking soda Salt Pepper Balsamic vinegar ACV Lemon juice Garlic Powder Rosemary Thyme Parsley Sage Smoked paprika Cumin Chili Powder Oregano			



High Hopes Healthy Living

***Strawberry Milk Quinoa Breakfast**

2 servings Milk

1/4 cup hemp seeds

3/4 cup water

1 cup strawberries (fresh or frozen)

1 tablespoon maple syrup

20g collagen powder

2 cups cooked quinoa any variety

4 strawberries

1/4 cup blueberries

2 tablespoons sliced almonds

Optional: coconut flakes, granola

Instructions

Add the 5 milk ingredients into a high-powered blender. Blend on high until smooth and creamy (will be the consistency of milk). Set aside.

Place quinoa in a bowl, pour milk over and sprinkle on toppings.

Enjoy immediately.



High Hopes Healthy Living

Easy Almond Flour Bread

Dry ingredients

2 1/4 cups blanched almond flour
1/4 cup ground flaxseed
1/2 teaspoon baking soda
1/2 teaspoon fine texture sea salt (such as Real Salt)
Wet ingredients

5 eggs (4 if they are jumbo)
1.5 tablespoons honey
1 tablespoon avocado oil
1 tablespoon apple cider vinegar

Fresh herbs (optional, omit for plain bread – see note below)

2 teaspoons fresh thyme leaves
2 teaspoons fresh rosemary, finely chopped

Preheat the oven to 350°F.

In a food processor, combine the dry ingredients and pulse them until well combined, about 10 pulses.

Add the wet ingredients and mix until well combined, about 20 seconds.

Scrape down the edges and add herbs.

Pulse another 5 or 6 times to mix the herbs into the dough without puréeing them. The dough will be like a very thick batter but should be thin enough that it wouldn't roll into a ball.

Pour dough into a greased 9×5 bread pan; there will be enough to fill the pan about halfway up.

Bake for 30-35 minutes, or until a toothpick comes out clean from the center.

Let cool in the pan for 30 minutes before serving.

Note: I tried to double this recipe to fill the pan all the way up but couldn't get it to cook through. So, we're filling the pan halfway on purpose.



High Hopes Healthy Living

***Salmon Lettuce Wraps**

2 servings

1 can of sustainably caught salmon, drained

1 stalk celery, diced

1/2 green apple, diced

1 teaspoon capers

2 tablespoons parsley, chopped

1 tablespoon extra virgin olive oil

salt and pepper to taste

4 -6 Endive or romaine leaves

Mix all the ingredients, except endive or romaine together. Serve in endive or romaine leaves.



High Hopes Healthy Living

***Eggroll in a Bowl**

Skillet

4 servings

***Stove-top**

2 tbsp. Avocado Oil or Coconut Oil

1 Yellow Onion (medium, diced)

5 stalks Green Onion (diced)

4 Garlic (cloves, minced)

1 tbsp. Ginger (peeled and grated)

1 lb. Ground Beef or Ground Turkey

6 cups Coleslaw Mix

1/4 cup Coconut Aminos

Heat the avocado oil or coconut oil in a pan over medium-high heat.

Add the diced yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.

Add the beef and break it up as it cooks. Cook for about 7 to 10 minutes, or until beef cooked through.

Stir in the coleslaw mix and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!



High Hopes Healthy Living

***Hibachi Chicken**

skillet

4 servings

Ingredients

4 skinless boneless thin sliced chicken breasts

1 yellow onion medium

1 zucchini large

1 8 oz package sliced mushrooms

1 head of broccoli small

1 can chopped water chestnuts

2 tablespoons avocado oil

4 tablespoons coconut aminos

2 tablespoons Ghee

Sea salt to taste

Fresh ground black pepper to taste

1/2 teaspoon lemon juice

Skillet

Instructions

Slice the meat and vegetables into bite size pieces.

In a large skillet over medium high heat add 1 Tbsp avocado oil.

Melt 1 Tbsp Ghee and add 1 Tbsp coconut aminos to the skillet and the chicken and salt and pepper to taste and sauté stirring often. When cooked through, set aside and cover.

In the same skillet add 1 Tbsp. Ghee, 2 Tbsp. coconut aminos, onions, zucchini, broccoli and salt and pepper to taste. Cook until fork tender, about 7 to 8 minutes.

Add in the mushrooms and chicken back into the skillet with the vegetables. Add an additional Tbsp Ghee and 1 Tbsp coconut aminos and cook until the mushrooms are tender and chicken is heated through.

Add salt and pepper to taste and toss with lemon juice before serving. Serve with quinoa



High Hopes Healthy Living

***One Pan Honey Garlic Sausage and Vegetables oven**

4 servings

2 cups Red Potato, Or Sweet Potatoes (diced)
8 oz. Fresh Asparagus (cut into 2 inch pieces)
1 Sweet Bell Pepper (cut into halves)
5 Nitrate Free Sausage
Sea Salt And Pepper (to your taste)
1 tsp Dried Oregano
1 tsp Smoked Paprika
2 tbsp. Avocado Oil (or olive oil)
4 Fresh Garlic Cloves (minced or pressed)
2 tbsp. Raw Honey
1 Small Bunch Of Chopped Fresh Parsley (to garnish)

Preheat the oven to 400 degrees f.

Line a large sheet pan with aluminum foil or parchment paper.

Place all the veggies and sausage in a large bowl.

Pour in the oil, honey, add in garlic and seasonings.

Toss to evenly coat everything.

Arrange the veggies and sausage in a single layer on the sheet pan.

Bake for about 20 minutes, or until vegetables are crisp tender and sausage is browned.

Garnish with fresh chopped parsley and enjoy!



High Hopes Healthy Living

***Maple Glazed Salmon**

Oven

4 servings

1/4 cup Maple Syrup

2 tbsp. Coconut Aminos

1 tbsp. Balsamic Vinegar

1 Garlic Clove

1 tsp Fresh Ginger

1 Sea Salt & Black Pepper (to taste)

4 Wild Salmon (3-4 oz salmon)

Preheat the oven to 400 degrees. Lightly coat a shallow baking pan with cooking spray. (coconut or avocado)

In a small bowl mix the maple syrup, coconut aminos, balsamic vinegar, garlic, ginger, salt, and pepper.

Place the salmon in the baking pan and coat with the maple syrup glaze. Marinate in the refrigerator for 30 minutes, turning once.

Bake the salmon for about 20 minutes or until can be easily flaked with a fork

Enjoy with your favorite veggies or salad.



High Hopes Healthy Living

Chicken Pot Pie Casserole -

Oven

6 servings

For the Casserole

- 1.5 pounds cooked chicken breasts, diced or shredded
- 1 cup yellow onion, diced
- 2 sliced carrots
- 3 red potatoes diced
- 1 cup cut green beans

For the Gravy

- 1 can coconut milk
- 1 cup chicken broth
- 1/2 cup almond or coconut milk
- 2 tbsp ghee
- 1/2 tbsp nutritional yeast
- 1/2tsp sage
- 1/4tsp thyme
- 1 tsp garlic powder
- 1 tsp salt
- 1/2 tsp pepper
- 1.5 tbsp arrowroot flour dissolved in 2 tbsp water

For the Topping:

- 1 cup almond flour
- 1/2 cup coconut flour
- 1/2 cup ghee
- 3 tbsp water
- 1/2 tsp sage
- 1/4tsp thyme

Instructions

Grease a 3 or 4 quart casserole dish and preheat the oven to 350 degrees F.

Add the chicken and vegetables into the dish.

Preheat a deep skillet over medium-high heat and add all of the sauce ingredients except for the arrowroot dissolved in water. Bring it to a simmer, stirring frequently.

Mix the arrowroot into 1 tbsp of water in a small dish and dissolve. Once the sauce has reduced a bit after simmering about 10 minutes, pour the arrowroot water into the sauce and begin stirring to incorporate it into the sauce. It will begin thickening.

Once the sauce has thickened, pour it into the casserole dish over the chicken and vegetables. Use a spoon to combine the sauce in with the other ingredients, gently as to not smash the vegetables.

Next, in a large bowl, add all of the topping ingredients. Use your hands to mix it all together. Continue mixing until the ghee is completely incorporated and the topping becomes a dough like consistency.

Using your hands, pick up quarter size dollops of the topping and flatten a bit before placing each dollop over the top of the casserole. Slightly press each dollop into the top of the casserole but don't smash down. Repeat this process until the topping is gone and the casserole is covered.

Place in the oven and bake for 30-40 minutes, checking after 30 minutes. Remove the casserole from the oven once the topping is golden brown, don't allow it to burn.



High Hopes Healthy Living

Chicken Enchiladas Slow-cooker Soup

Slow-cooker

6 servings

1.5 lbs boneless skinless chicken thighs
1 can fire roasted crushed tomatoes (14.5 oz can)
1 bell pepper, thinly sliced
1 onion, thinly sliced
3 cloves garlic, minced
2 cups bone broth
1/2 cup water
1 tbsp cumin
1 tbsp chili powder
1 tsp oregano
1/2 tsp smoked paprika
1/2 tsp sea salt
1/2 tsp ground pepper

FOR GARNISH:

1 avocado
fresh cilantro

INSTRUCTIONS

Prepare all of the ingredients as noted above, and add all of the ingredients, except for the garnish ingredients, into your crockpot or Instant Pot in the order listed above.

Cook on low for 6-8 hours in the crockpot or on high for 3 hours. For the Instant Pot, cook for 20 minutes on the manual setting at high pressure with a quick release. Once done, use two forks to shred chicken in the crockpot. Ladle into bowls and serve with avocado and fresh cilantro.