








Meals: Side dishes are in <i>ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1</p> <p>Spicy Sausage and Egg Scramble</p> <p><i>Oregano Roasted Zucchini</i></p> <div>  <table border="1"> <thead> <tr> <th>Prep</th><th>Cook</th><th>Total</th></tr> </thead> <tbody> <tr> <td>10m</td><td>20m</td><td>30m</td></tr> </tbody> </table> </div>	Prep	Cook	Total	10m	20m	30m	<p> ¼ lb ground pork sausage ½ small onion, minced 4 large eggs, lightly beaten ¼ teaspoon kosher salt, ¼ teaspoon pepper </p> <hr/> <p> <i>1 lb fresh zucchini, trimmed and thinly sliced</i> <i>1 tablespoon chopped fresh oregano</i> <i>1 tablespoon olive oil</i> <i>¼ teaspoon kosher salt, ¼ teaspoon pepper</i> </p>	<p>Heat a nonstick skillet over medium-high heat. Add sausage to pan; cook 6 minutes or until done. Drain on a paper towel-lined plate, reserving 1 tablespoon drippings in pan. Add onion to pan over medium heat. Cook 3 minutes or until lightly browned. Add eggs; cook 2 minutes, stirring constantly. Stir in sausage, salt and pepper; cook until eggs are thickened and set. Note: Remaining pork sausage can be frozen for up to 2 months.</p> <hr/> <p><i>Preheat oven to 425 degrees. Toss zucchini, oregano, oil, salt and pepper in a large roasting pan. Bake 20 minutes or until just tender.</i></p>
Prep	Cook	Total						
10m	20m	30m						
<p>Meal 2 Slow Cooker</p> <p>Tomato and Oregano Beef Tips</p> <p><i>Garlicky Cauliflower Rice</i></p> <div>  <table border="1"> <thead> <tr> <th>Prep</th><th>Cook</th><th>Total</th></tr> </thead> <tbody> <tr> <td>10m</td><td>4h</td><td>4h 10m</td></tr> </tbody> </table> </div>	Prep	Cook	Total	10m	4h	4h 10m	<p> 1½ lb beef stew meat ½ teaspoon kosher salt, ½ teaspoon pepper 14 oz can diced tomatoes 1 cup organic beef broth 1 teaspoon minced fresh oregano </p> <hr/> <p> <i>12 oz package fresh cauliflower florets</i> <i>2 large cloves garlic, minced</i> <i>1 tablespoon olive oil</i> <i>¼ teaspoon kosher salt, ¼ teaspoon pepper</i> </p>	<p>Sprinkle beef evenly with salt and pepper. Place in a 3- or 4-quart slow cooker. Pour tomatoes and broth over beef. Sprinkle with oregano. Cover and cook on Low 4 hours or until beef is tender.</p> <hr/> <p><i>Preheat oven to 400 degrees. Pulse cauliflower florets in a food processor until rice-like consistency. Toss cauliflower, garlic, oil, salt and pepper in a jellyroll pan. Bake 20 minutes, stirring once, or until tender and slightly browned.</i></p>
Prep	Cook	Total						
10m	4h	4h 10m						
<p>Meal 3</p> <p>Baked Almond-Crusted Tilapia</p> <p><i>Zucchini Casserole</i></p> <div>  <table border="1"> <thead> <tr> <th>Prep</th><th>Cook</th><th>Total</th></tr> </thead> <tbody> <tr> <td>15m</td><td>40m</td><td>55m</td></tr> </tbody> </table> </div>	Prep	Cook	Total	15m	40m	55m	<p> 2 (6-oz) tilapia fillets ¼ teaspoon kosher salt, ¼ teaspoon pepper 1 large egg, lightly beaten ¼ cup almond flour 1 teaspoon olive oil </p> <hr/> <p> <i>½ lb fresh zucchini, trimmed and thinly sliced</i> <i>2 tablespoons olive oil, divided</i> <i>¼ teaspoon kosher salt, ¼ teaspoon pepper</i> <i>2 large eggs, lightly beaten</i> <i>¼ cup organic mayonnaise</i> <i>1 teaspoon minced fresh basil</i> </p>	<p>Preheat oven to 425 degrees. Sprinkle fish evenly with salt and pepper. Beat eggs in a shallow dish. Place almond flour in a separate shallow dish. Dip fish in egg mixture; dredge in almond flour. Place on a baking sheet rubbed with olive oil. Bake 8 minutes or until fish flakes with a fork.</p> <hr/> <p><i>Preheat oven to 425 degrees. Toss zucchini, 1 tablespoon oil, salt and pepper on a large baking sheet; spread into a single layer. Bake 20 minutes or until browned, turning once. Set aside, and cool completely. Transfer cooled zucchini to a small baking dish rubbed with remaining 1 tablespoon oil. Stir in eggs, mayonnaise and basil. Bake 20 minutes or until center is set.</i></p>
Prep	Cook	Total						
15m	40m	55m						
<p>Meal 4 On the Grill</p> <p>Simple Greek Grilled Chicken</p> <p><i>Antipasto Salad</i></p> <div>  <table border="1"> <thead> <tr> <th>Prep</th><th>Cook</th><th>Total</th></tr> </thead> <tbody> <tr> <td>10m</td><td>15m</td><td>25m</td></tr> </tbody> </table> </div>	Prep	Cook	Total	10m	15m	25m	<p> 2 boneless, skinless chicken breasts 1 tablespoon olive oil 1½ teaspoons Greek seasoning ½ teaspoon kosher salt, ¼ teaspoon pepper 2 cloves garlic, minced </p> <hr/> <p> <i>½ (5-oz) bag baby spinach</i> <i>½ cup drained and chopped roasted red bell peppers</i> <i>½ cup pitted kalamata olives, cut in half</i> <i>2 pepperoncini peppers, thinly sliced</i> <i>¼ cup organic balsamic vinaigrette</i> </p>	<p>Preheat grill. Combine chicken, oil, seasoning, salt, pepper and garlic in a large bowl; turn to coat. Let stand 10 minutes. Remove chicken, and discard oil mixture. Grill chicken 6 minutes per side or until done.</p> <hr/> <p><i>Combine spinach, roasted bell peppers, olives, pepperoncini peppers and vinaigrette in a large bowl; toss well to coat.</i></p>
Prep	Cook	Total						
10m	15m	25m						

Meals: Side dishes are in <i>ITALICS</i>		Ingredients:	Instructions:						
<div>Meal 5</div> <div>Sweet and Spicy Pork Chops</div> <div>Sweet Potato Salad</div> <div><table><tr><td>Prep</td><td>Cook</td><td>Total</td></tr><tr><td>15m</td><td>20m</td><td>35m</td></tr></table></div>		Prep	Cook	Total	15m	20m	35m	<div>2 (8-oz) bone-in pork chops</div> <div>3 tablespoons olive oil, divided</div> <div>¼ cup honey</div> <div>3 cloves garlic, minced</div> <div>1 teaspoon kosher salt</div> <div>1 teaspoon ground cumin</div> <div>½ teaspoon ground coriander</div> <div>½ teaspoon black pepper</div> <div>¼ teaspoon crushed red pepper</div> <div>1 lb sweet potatoes, peeled and cut into 1-inch chunks</div> <div>¼ cup organic mayonnaise</div> <div>2 tablespoons chopped fresh chives</div> <div>2 tablespoons yellow mustard</div> <div>½ teaspoon kosher salt, ¼ teaspoon pepper</div>	<div>Preheat oven to 400 degrees. Brown pork chops in 1 tablespoon hot oil in a large oven-proof skillet over medium-high heat. Combine honey, 2 tablespoons oil, garlic, salt, cumin, coriander, black pepper and red pepper in a bowl. Pour honey mixture over pork chops; turn to coat. Transfer skillet to oven. Bake 15 to 20 minutes or until pork chops are tender.</div> <div>Place sweet potatoes in a medium saucepan; add water to cover. Bring to a boil in water. Cook 15 to 18 minutes or until tender. Drain and transfer to a large bowl. Stir in mayonnaise, chives, mustard, salt and pepper; toss well to combine.</div>
Prep	Cook	Total							
15m	20m	35m							
<div>Meal 6</div> <div>Super Fast</div> <div>Baked Cod Provencal</div> <div>Roasted Asparagus with Sun-Dried Tomatoes</div> <div><table><tr><td>Prep</td><td>Cook</td><td>Total</td></tr><tr><td>15m</td><td>10m</td><td>25m</td></tr></table></div>		Prep	Cook	Total	15m	10m	25m	<div>2 (6-oz) cod fillets</div> <div>2 cloves garlic, minced</div> <div>½ tablespoon olive oil</div> <div>1 teaspoon dried herbes de Provence</div> <div>¼ teaspoon kosher salt, ¼ teaspoon pepper</div> <div>1 lb asparagus, trimmed</div> <div>2 tablespoons julienne-cut sun-dried tomatoes, drained</div> <div>1 tablespoon sun-dried tomato oil</div> <div>1 clove garlic, minced</div> <div>¼ teaspoon kosher salt, ¼ teaspoon pepper</div>	<div>Preheat broiler. Place fish on a baking sheet; rub with garlic, oil, herbs, salt and pepper. Broil 6 minutes or until fish flakes with a fork. Note: If you can't find herbes de Provence, substitute ½ teaspoon dried thyme, ¼ teaspoon dried rosemary and ¼ teaspoon dried basil.</div> <div>Preheat broiler. Combine asparagus, tomatoes, oil, garlic, salt and pepper in a roasting pan. Broil 4 minutes or until just tender.</div>
Prep	Cook	Total							
15m	10m	25m							
<div>Meal 7</div> <div>Marinate Ahead</div> <div>Peppery Grilled Ribeye Steaks</div> <div>Heirloom Tomato and Spinach Salad</div> <div><table><tr><td>Prep</td><td>Cook</td><td>Total</td></tr><tr><td>10m</td><td>15m</td><td>25m</td></tr></table></div>		Prep	Cook	Total	10m	15m	25m	<div>2 (8-oz) boneless ribeye steaks</div> <div>2 tablespoons olive oil</div> <div>3 cloves garlic, minced</div> <div>½ teaspoon coarsely ground black pepper</div> <div>¼ teaspoon crushed red pepper</div> <div>½ teaspoon salt</div> <div>2 heirloom tomatoes, chopped</div> <div>¼ cup thinly sliced fresh basil</div> <div>¼ cup organic balsamic vinaigrette</div> <div>½ (5-oz) bag baby spinach</div>	<div>Place steaks in a baking dish; rub evenly with oil, garlic, black pepper and red pepper. Cover and refrigerate 4 hours or overnight. Preheat grill. Sprinkle steaks with salt. Grill 6 minutes per side or to desired degree of doneness.</div> <div>Combine tomatoes, basil and vinaigrette; toss. Let stand 30 minutes before serving, tossing occasionally. Serve tomato mixture over baby spinach.</div>
Prep	Cook	Total							
10m	15m	25m							

Meals	✓	Grocery Items to Purchase
Produce		
1		1 small onion, need ½
1,2		1 bunch fresh oregano
1,3		1½ lb fresh zucchini
2		12 oz package fresh cauliflower florets
2,4,5,6,7		1 head garlic, need 13 cloves
3,7		1 bunch fresh basil
4,7		5 oz bag fresh baby spinach
5		1 lb sweet potatoes
5		1 bunch fresh chives, need 2 tablespoons chopped
6		1 lb asparagus
7		2 heirloom tomatoes (or sub vine-ripened tomatoes)
Meat & Seafood		
1		1 lb ground pork sausage, need ¼ lb
2		1½ lb beef stew meat
3		2 (6-oz) tilapia fillets
4		2 boneless, skinless chicken breasts
5		2 (8-oz) bone-in pork chops
6		2 (6-oz) cod fillets
7		2 (8-oz) boneless ribeye steaks
Refrigerated		
1,3		1 dozen large eggs, need 7 eggs
Canned & Packaged		
2		14 oz can organic beef broth, need 1 cup
2		14 oz can diced tomatoes
3,5		12 oz jar organic mayonnaise, need ½ cup
4		8 oz jar roasted red bell peppers, need ½ cup chopped
4		12 oz jar pepperoncini peppers, need 2 peppers
4		8 oz jar pitted kalamata olives, need ½ cup
4,7		8 oz bottle organic balsamic vinaigrette, need ½ cup
6		7 oz jar julienne-cut sun-dried tomatoes in oil

Necessary Staples
Meal 1
1 tablespoon olive oil
Meal 2
1 tablespoon olive oil
Meal 3
¼ cup almond flour 2 tablespoons plus 1 teaspoon olive oil
Meal 4
1½ teaspoons Greek seasoning 1 tablespoon olive oil
Meal 5
2 tablespoons yellow mustard ¼ teaspoon crushed red pepper ½ teaspoon ground coriander 1 teaspoon ground cumin ¼ cup honey 3 tablespoons olive oil
Meal 6
1 teaspoon dried herbes de Provence (or sub dried thyme, rosemary and basil) ½ tablespoon olive oil
Meal 7
2 tablespoons olive oil ½ teaspoon coarsely ground black pepper ¼ teaspoon crushed red pepper