

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 1 Crowd-Pleaser</p> <p style="text-align: center;">Bacon-Wrapped Pork Loin</p> <p style="text-align: center;"><i>Roasted Broccoli and Red Onions</i></p> <table border="0" style="width: 100%; margin-top: 10px;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">30m</td> <td style="text-align: center;">1h</td> <td style="text-align: center;">1h 30m</td> </tr> </table>		Prep	Cook	Total		30m	1h	1h 30m	<p>2 tsp salt 2 tsp onion powder 2 tsp garlic powder 2 tsp chili powder ¼ tsp ground cinnamon ⅛ tsp ground nutmeg ⅛ tsp cayenne pepper 1 Tbsp pure maple syrup 1½ to 2 lb pork loin, trimmed (or pork tenderloin) ½ lb bacon</p> <hr/> <p><i>1 medium red onion 3 Tbsp coconut oil, divided (or avocado oil) 1 lb broccoli, cut into florets ½ tsp salt, ¼ tsp pepper</i></p>	<p>Stir together first 7 ingredients in a small bowl. Rub pork with syrup, and sprinkle evenly with spice mixture. Wrap roast in bacon, 1 strip at a time, completely covering roast; let stand at room temperature 30 minutes. Preheat oven to 350°F. Place roast on a rack in a broiler pan rubbed with coconut oil. Bake 45 minutes to 1 hour or until a meat thermometer reads 145°F. Let stand 10 minutes before slicing.</p> <p>Note: If you cook pork tenderloin, start checking for doneness after 30 minutes.</p> <hr/> <p><i>Preheat oven to 350°F. Cut onions into 2-inch chunks. Toss with 1 Tbsp oil on a baking sheet. Bake 15 minutes. Cut broccoli into florets; toss with 2 Tbsp oil, salt and pepper. Add to pan, and bake 12 to 15 minutes.</i></p>
	Prep	Cook	Total							
	30m	1h	1h 30m							
<p>Meal 2 Quick and Easy</p> <p style="text-align: center;">Thai Chicken Curry Soup</p> <p style="text-align: center;"><i>Carrot Cauli-Rice</i></p> <table border="0" style="width: 100%; margin-top: 10px;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">15m</td> <td style="text-align: center;">40m</td> <td style="text-align: center;">55m</td> </tr> </table>		Prep	Cook	Total		15m	40m	55m	<p>2 Tbsp coconut oil (or avocado) 1 medium onion, chopped 1 bell pepper (any color), chopped 2 tsp curry powder 3 cups organic chicken broth ½ (15-oz) can coconut milk 2 Tbsp fresh lime juice 1 lb boneless, skinless chicken breasts, cut into chunks 2 Tbsp chopped fresh cilantro (or use flat-leaf parsley)</p> <hr/> <p><i>1 (16-oz) bag frozen cauliflower florets 2 Tbsp coconut oil (or avocado oil) 2 carrots, thinly sliced 1 medium onion, chopped 2 cloves garlic, minced ½ tsp salt, ½ tsp pepper ½ (15-oz) can coconut milk (or organic chicken broth)</i></p>	<p>Heat oil in a Dutch oven over medium heat; add onion, pepper, and curry powder. Sauté 5 minutes or until tender; add broth, coconut milk, and lime juice. Bring to a boil; add chicken, and reduce heat. Simmer 10 minutes or until chicken is done; stir in cilantro before serving.</p> <hr/> <p><i>Pulse florets in a food processor until it resembles rice. Heat oil in a saucepan over medium-high heat; add carrots, onion, garlic, salt and pepper. Cook 4 minutes or until onion is tender. Stir in coconut milk and cauliflower; cover and cook 15 minutes or until cauliflower is tender.</i></p>
	Prep	Cook	Total							
	15m	40m	55m							
<p>Meal 3 One Dish Dinner</p> <p style="text-align: center;">Bistro Steak Salad</p> <table border="0" style="width: 100%; margin-top: 10px;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">20m</td> <td style="text-align: center;">15m</td> <td style="text-align: center;">35m</td> </tr> </table>		Prep	Cook	Total		20m	15m	35m	<p>1 lb top sirloin steak 1 medium onion, sliced 1 carrot, thinly sliced 1 avocado, pitted and diced ½ (12-oz) jar roasted red peppers, drained and sliced 1 (5-oz) container mixed baby greens 1 Tbsp balsamic vinegar 1 clove garlic, minced 1 tsp honey 1 tsp Dijon mustard 2 Tbsp extra virgin olive oil</p>	<p>Preheat grill to medium-high heat. Sprinkle steak and onion with salt and pepper. Grill steak and onion 10 to 12 minutes, turning occasionally, until steak is to desired doneness and onion is tender; let steak stand 10 minutes. Slice steak against the grain into thin slices; cut onion slices in half. Combine steak, onion, carrots, avocado, roasted peppers and baby greens in a serving bowl. Whisk together vinegar, garlic, honey, mustard, ¼ tsp each salt and pepper; slowly add oil, whisking until combined. Pour dressing over salad; toss well.</p> <p>Note: Cook steak indoors on a grill pan, in a cast-iron skillet instead of the grill or under broiler, if desired.</p>
	Prep	Cook	Total							
	20m	15m	35m							

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<p>Meal 4 Skillet Meal</p> <p style="text-align: center;">Chicken with Arugula-Mint Pesto</p> <p style="text-align: center;"><i>Tomato-Cucumber Salad</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">25m</td> <td style="padding: 2px 5px;">45m</td> </tr> </table> </div>	Prep	Cook	Total	20m	25m	45m	<p>1 lb boneless, skinless chicken breasts, cut in half lengthwise</p> <p>1 Tbsp coconut oil (or avocado oil)</p> <p>½ (5-oz) pkg baby arugula</p> <p>¼ cup fresh mint leaves</p> <p>1 Tbsp pine nuts, toasted (if desired)</p> <p>2 cloves garlic</p> <p>1 Tbsp lemon juice</p> <p>2 Tbsp extra virgin olive oil</p> <hr style="border: 0.5px dashed #000;"/> <p><i>4 Roma tomatoes, cut into wedges</i></p> <p><i>2 cucumbers, peeled and cut into 1-inch chunks</i></p> <p><i>1 clove garlic, minced</i></p> <p><i>2 Tbsp extra virgin olive oil</i></p> <p><i>1½ Tbsp balsamic vinegar</i></p> <p><i>½ tsp salt, ¼ tsp pepper</i></p>	<p>Sprinkle chicken with ½ tsp each salt and pepper. Heat 1 Tbsp coconut oil in a large nonstick skillet. Cook half of chicken 3 minutes on each side or until done; repeat with 1 Tbsp oil and remaining chicken. Combine arugula, remaining ingredients and ¼ tsp each salt and pepper in a blender or food processor. Pulse until smooth. Serve over chicken.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Place tomatoes and cucumbers in a large serving bowl; whisk together garlic, olive oil, vinegar, salt and pepper. Pour dressing over tomato mixture, tossing to coat.</i></p>
Prep	Cook	Total						
20m	25m	45m						
<p>Meal 5 Super Fast</p> <p style="text-align: center;">Tomato, Artichoke and Catfish Packets</p> <p style="text-align: center;"><i>Roasted Asparagus</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	15m	15m	30m	<p>2 catfish fillets (or grouper)</p> <p>2 Roma tomatoes, seeded and sliced</p> <p>1 medium red onion, slices</p> <p>1 (6-oz) jar marinated quartered artichoke hearts</p> <hr style="border: 0.5px dashed #000;"/> <p><i>1 lb asparagus, trimmed</i></p> <p><i>2 Tbsp coconut oil (avocado oil)</i></p> <p><i>½ tsp salt, ¼ tsp pepper</i></p> <p><i>½ tsp garlic powder</i></p>	<p>Preheat oven to 450°F. Place each fillet on a 15-inch piece of parchment paper, keeping fish to one side; sprinkle with salt and pepper. Combine tomatoes, onion, and artichokes; spoon over fillets. Fold parchment over fish; seal by making overlapping folds around parchment edge. Place packets on a baking sheet; bake 12 to 15 minutes. Carefully cut or tear open parchment packets to serve.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Preheat oven to 450°F. Toss together asparagus, oil, salt, pepper and garlic powder in a large, lightly greased rimmed baking sheet. Bake 8 minutes, turning occasionally, until asparagus is tender.</i></p>
Prep	Cook	Total						
15m	15m	30m						
<p>Meal 6 Skillet Meal</p> <p style="text-align: center;">Pork Schnitzel</p> <p style="text-align: center;"><i>Fennel-Pear-Avocado Salad</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">30m</td> <td style="padding: 2px 5px;">45m</td> </tr> </table> </div>	Prep	Cook	Total	15m	30m	45m	<p>1 lb boneless pork loin chops, cut in half lengthwise</p> <p>1 large egg, lightly beaten</p> <p>¾ cup almond flour</p> <p>2 Tbsp coconut oil (or avocado oil)</p> <p>1 lemon, cut into wedges</p> <p>¼ cup chopped fresh parsley</p> <hr style="border: 0.5px dashed #000;"/> <p><i>½ (5-oz) pkg baby arugula</i></p> <p><i>1 fennel bulb, trimmed and thinly sliced</i></p> <p><i>1 Bartlett pear, thinly sliced</i></p> <p><i>1 avocado, pitted and sliced</i></p> <p><i>1 Tbsp apple cider vinegar</i></p> <p><i>1 tsp Dijon mustard</i></p> <p><i>¼ tsp salt</i></p> <p><i>¼ tsp lemon pepper seasoning</i></p> <p><i>2 Tbsp extra virgin olive oil</i></p>	<p>Pound pork to a thickness of ¼-inch; dip pork in egg and dredge in flour. Heat oil in a large nonstick skillet over medium heat; cook pork 2 to 3 minutes on each side or until golden brown and done. Sprinkle with salt and pepper while warm; squeeze lemon juice over pork and sprinkle with parsley.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Combine arugula, fennel, pears and avocado in a large bowl. Whisk together vinegar, mustard, salt and lemon pepper; gradually whisk in oil. Pour dressing over arugula salad, tossing to coat.</i></p>
Prep	Cook	Total						
15m	30m	45m						

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<p>Meal 7 Slow Cooker</p> <p>Mushroom-and-Onion-Smothered Steaks</p> <p><i>Crispy Sweet Potatoes</i></p> <div style="display: flex; align-items: center; margin-top: 10px;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">8h 10m</td> <td style="padding: 2px 5px;">8h 25m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	15m	8h 10m	8h 25m	<p>1 lb beef round steaks, cut into 4-inch steaks 1 Tbsp coconut oil (or avocado oil) 1 medium onion, thinly sliced 1 (8-oz) pkg sliced fresh mushrooms 1 tsp dried thyme 1 cup organic chicken broth 1 Tbsp coconut aminos soy-free sauce 2 Tbsp almond flour</p> <hr style="border: 0.5px dashed #000;"/> <p><i>2 large sweet potatoes, peeled and cut into 1-inch chunks</i> <i>1 Tbsp coconut oil, melted (substitute avocado oil)</i> <i>½ tsp salt, ½ tsp pepper</i></p>	<p>Sprinkle steaks with salt and pepper. Brown steaks in hot oil in a large skillet over medium heat; transfer to a 5- to 7-quart slow cooker. Top with onion, mushrooms and thyme. Whisk together broth, coconut aminos and flour until smooth; pour over vegetables. Cover and cook on LOW 8 to 9 hours or until steaks are tender and gravy is thickened.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Preheat oven to 400°F. Combine sweet potatoes, oil, salt, and pepper on a lightly greased, rimmed baking sheet. Bake 20 to 25 minutes or until sweet potatoes are browned and crisp, turning once.</i></p>
Prep	Cook	Total						
15m	8h 10m	8h 25m						

Meal	✓	Grocery Items to Purchase
		Produce
1		1 lb broccoli
2		1 bell pepper (any color)
2		1 lime, need 2 Tbsp juice
2		1 (2-oz) pkg cilantro, need 2 Tbsp chopped (or use flat-leaf parsley)
2,3		3 carrots
2,3,4		1 head garlic, need 6 cloves
2,3,7		4 medium onions
3		1 (5-oz) container mixed baby greens
3,6		2 avocados
4		2 cucumbers
4		1 (2-oz) pkg mint, need ¼ cup leaves
4,5		6 Roma tomatoes
4,6		1 (5-oz) pkg baby arugula
4,6		2 lemons, need 1 lemon plus 1 Tbsp juice
5		1 lb asparagus
1,5		2 medium red onions
6		1 fennel bulb
6		1 Bartlett pear
6		1 bunch parsley, need ¼ cup chopped
7		2 large sweet potatoes
7		1 (8-oz) pkg sliced mushrooms
		Meat & Seafood
1		1½ to 2 lb pork loin, trimmed (or pork tenderloin)
2,4		2 lb boneless, skinless chicken breasts
3		1 lb top sirloin steak
5		2 catfish fillets (or grouper)
6		1 lb boneless pork loin chops
7		1 lb beef round steaks
		Refrigerated
1		1 (16-oz) pkg bacon, need ½ pkg
6		½ dozen large eggs, need 1 egg
		Frozen
2		1 (16-oz) bag frozen cauliflower florets
		Canned & Packaged
1		1 (8.5) bottle pure maple syrup, need 1 Tbsp
1,2,4,5,6,7		1 (14-oz) jar coconut oil, need about 1 cup
2		1 (15-oz) can coconut milk
2,7		1 (32-oz) carton organic chicken broth
3		1 (12-oz) jar roasted red peppers, need half jar
4		1 (2-oz) pkg pine nuts, need 1 Tbsp toasted (if desired)
5		1 (6-oz) jar marinated quartered artichoke hearts
7		1 (8-oz) bottle coconut aminos soy-free sauce, need 1 Tbsp
6,7		1 (16-oz) pkg almond flour, need about 1 cup

Necessary Staples
Meal 1
2 tsp onion powder 2 tsp garlic powder 2 tsp chili powder ¼ tsp ground cinnamon ⅛ tsp ground nutmeg ⅛ tsp cayenne pepper
Meal 2
2 tsp curry powder
Meal 3
1 tsp raw honey 1 tsp Dijon mustard 1 Tbsp balsamic vinegar 2 Tbsp extra virgin olive oil
Meal 4
2 Tbsp extra virgin olive oil 1½ Tbsp balsamic vinegar 2 Tbsp extra virgin olive oil
Meal 5
½ tsp garlic powder Coconut oil cooking spray
Meal 6
1 tsp Dijon mustard 4 Tbsp extra virgin olive oil ¼ tsp lemon pepper seasoning 1 Tbsp apple cider vinegar
Meal 7
Coconut oil cooking spray 1 tsp dried thyme