

LifeSource Meal Plan Recipe Guide



Day 1.

Breakfast:

Primal Waffles

DRY:

1 1/2 C Almond Flour

1/4 tsp Salt

1/2 tsp Baking Soda

WET:

4 Large Eggs

3t Vanilla

3T Honey or Agave

A dollop of buttermilk if desired.

Mix dry and wet ingredients separately. Then combine. Use waffle iron. This recipe does not work for pancakes. The waffles are great plain or with some grass-fed butter and REAL Natural maple syrup.

Lunch:

Chicken Salad

Spinach Lettuce (or lettuce of choice) w/ Pulled Rotisserie Chicken or Healthy store bought packaged Chicken. Ie Applegate farms grilled chicken or similar. Use a dressing that has low sugar content, and does not have hydrogenated oils, or artificial sweeteners. Oil and vinegar is a great dressing and simple to make yourself.

Dinner:

Enchilada Bake

Serves: 4-5

Ingredients

coconut oil, for greasing baking dish

1 pound cooked, shredded chicken (I used a rotisserie chicken)

1 (14 ounce) can El Pato enchilada sauce

1 (6 ounce) can of diced green chiles

1 orange bell pepper, seeded and diced (or any color you like)

1/4 red onion, diced

2 garlic cloves, minced

1/4 teaspoon chili powder

1/4 teaspoon dried oregano

salt and pepper, to taste

3 eggs, whisked

cilantro, to garnish

goat cheese, to garnish (optional)



Instructions

Preheat oven to 350 degrees. Grease an 8x8 glass baking dish.

In a large bowl, add shredded chicken, enchilada sauce, green chiles, bell pepper, onion, garlic, chili powder, oregano, and salt and pepper. (feel free to be generous with the salt) and mix well.

Then add eggs and mix well to incorporate.

Pour mixture into baking dish.

Place in oven and bake for 1 hour and 15 minutes. Check at 1 hour to see if eggs have completely cooked through and cook extra 15 minutes, if needed.

Let rest for 5 minutes then garnish with goat cheese (optional) and cilantro.

Day 2.

Breakfast:

Paleo Egg Nest

Prep Time:5 minutes

Cook Time:25 minutes

Yield:4

Ingredients:

1 medium sweet potato, washed and peeled

4 large eggs

How To Make It

1. Preheat oven to 400 degrees and grease 4 cups in a regular-sized muffin tin with coconut oil.
2. Using a coarse cheese grater, grate the sweet potato into a medium sized bowl. Using your fingers, line the 4 greased muffin tins with the sweet potatoes, pressing the sweet potatoes up against the sides to make a "crust".
3. Bake the sweet potato crusts for 5-8 minutes, making sure not to burn the sweet potatoes.
4. Remove the muffin tin from the oven and carefully crack an egg in each mini-crust. Place the muffin tin back in the oven and bake for 10 minutes or until the egg whites are opaque (be careful not to overcook). Allow the egg nests to cool before removing from the muffin tin.



Lunch:

Left over Enchilada Bake

Dinner:

Meatza

Preheat Oven to 350

Ingredients:

1lb 100% Grass-fed Beef

1 Yellow Onion

1 Jar Organic Tomato sauce (check for NO added sugar)

Veggies & Meat Toppings

Organic Mozzarella Cheese (optional)

Chop onion and lightly brown on stove in 1T coconut oil

Add Beef and cook until no pink

Put cooked beef and 1/4 C of tomato sauce together in big bowl

Mix sauce and beef together well

Put beef mix on baking sheet, in the shape of a crust (about 1/2 inch to an inch thick)

Bake for 15 minutes at 350

Take out and add sauce, toppings and cheese!

Put back in oven until cheese is bubbly

Day 3

Breakfast:

1 Banana 2 Egg Pancakes

Mix one banana and 2 eggs in a blender or food processor, pour onto a griddle with a little coconut oil. Flip after 2-3 mins (when it starts to bubble on top) and cook another 2-3 minute. Top with almond butter or some berries (if you have frozen berries, thaw them out until soft, and the juice from the berries makes a great 'sauce' for the pancakes that doesn't have any added sugars)

Snack:

Energy Bar:

- 1/2 Cup Almonds
- 1/2 Cup Raisins (no sugar added)
- 1/2 cup dates (no sugar added) remove pits
- 1 tbsp of coconut flakes (optional)

Chop almonds in a food processor, then add the rest of the ingredients and blend continuously until all ingredients have broken down. (scrap the sides if they begin to clump together too much) Using a spatula scrap down the bowl, scoop the mixture onto a piece of wax paper or parchment paper. Press into an even shape and chill, wrapped, for at least an hour. Cut into desired size of bars at this point. (Make these ahead of time to have ready for the week)

Lunch:

Loaded Nachos

Use either homemade or Healthy store bought sweet potato chips. (Jackson's Honest brand or similar that you can buy on Amazon, Natural Grocers, Whole Foods, Evolve Paleo) On top of the chips add the hamburger from the night before (you may season the hamburger with a taco seasoning pack that has no sugar added), you may add toppings you would like, ie, olives, cheese, tomatoes, bacon, onions, etc..

Homemade Sweet Potato chips Recipe

- 2 large sweet potatoes
- 2 tbsp melted coconut oil
- 2 tsp dried rosemary
- 1 tsp sea salt

Preheat oven to 375 degrees F. Peel sweet potatoes and slice thinly, using either a mandolin or sharp knife. In a large bowl, toss sweet potatoes with coconut oil, rosemary, and salt. Place sweet potato chips in a single layer on a rimmed baking sheet covered with parchment paper. Bake in the oven for 10 minutes, then flip the chips over and bake for another 10 minutes. For the last ten minutes, watch the chips closely and pull off any chips that start to brown, until all of the chips are cooked.

Dinner:

Steak and Asparagus w/ Cauliflower

Cook the steak any way you would like, either grilled, broiled, slow cooked etc...Add seasoning that has no sugar. Steam Asparagus. Steam Cauliflower then mash it. Add in Raw butter or Coconut oil and garlic salt or Himalayan Pink salt and pepper for flavor. Pretty simple!

Day 4:

Breakfast:

Paleo Egg Nest:

Refer to Day 2 recipe.

Lunch:

Lettuce Wrap:

Use Ice Berg lettuce leaf w/ leftover steak from the night before or healthy lunch meat (no nitrites, nitrates, preservatives) Add cheese and other fillers as desired. Ideal to use Vegemise (purple grapeseed oil container) or Avocado Oil Mayo (from Primal Kitchen). Any condiment will work as long as it is low in sugar and natural sweeteners and void of any hydrogenated oils.

Dinner:

Slow Cooker Pot Roast:

Put Roast in slow cooker add ½ cup water. Add in any vegetable of choice: Onions/Carrots/sweet potatoes/celery etc....Cook on low for 6-8 hours or on high for 4-5 hours.

Day 5:

Breakfast:

Primal Waffles

Refer to Day 1 breakfast recipe.

Lunch:

Left over Roast Beef.

Dinner:

Slow Cooker Bruchetta Chicken

INGREDIENTS

2 pounds chicken breast, fat removed
2 14.5 ounce cans petite diced tomatoes in garlic and olive oil
½ cup chopped fresh basil
1 tablespoon olive oil
balsamic vinegar
salt and pepper to taste

INSTRUCTIONS

Cut the chicken breast into equal pieces, about ½ pound each. Place the chicken between plastic wrap and pound them down so that they are equal sizes. Place the chicken in the bottom of the slow cooker.

In a small bowl, combine the tomatoes, basil, and olive oil. Pour the tomato mixture over the chicken breasts.

Cover the slow cooker, and insert the thermometer probe into the chicken breast. Set the slow cooker to reach 180 degrees F. (low for approximately 3 hours)

When serving, put a chicken breast on a plate, cover it in the cooked tomatoes and sprinkle balsamic vinegar over the tomatoes. Salt and pepper as desired.



Or You can prepare without slow cooker if desired.

Chicken Bruschetta Recipe

SERVES: 4
PREP: 15 min.
COOK: 20 min.

Ingredients

1 lb. Chicken breast, thinly sliced (lengthwise);
2 cup of Italian tomatoes cut into fine cubes;
1 onion, cut into fine cubes;
1/3 cup fresh basil leaves, thinly sliced;
2 tsp. garlic, minced;
3 tbsp. extra-virgin olive oil;
1 tbsp. balsamic vinegar;
Sea salt and freshly ground black pepper to taste;

Preparation

Preheat your oven to 350 F.
In a medium sized bowl, combine the tomatoes, onions, basil, garlic, olive oil and balsamic vinegar. Season with sea salt and freshly ground black pepper to taste.
Combine everything well together and set aside for at least 15 minutes (more if you want the flavors to really set in).
While waiting for the bruschetta to set in, season the chicken with your favorite spices.
Grill the slices of chicken until well done (about 6 minutes) and let them cool down.
Once the chicken is cool, cut the slices in equal bite-size pieces and top each piece with a generous portion of the bruschetta mixture. Place the loaded chicken slices on an oven pan.
Place the oven pan in the oven or back on the BBQ, for 8 to 10 minutes.
Serve warm with a veggie of your choice (green beans are great with this)

Day 6:

Breakfast:

Eggs and Hash Brown Nest

See day 2 recipe

Lunch:

Stuffed Sweet Potatoes

Cook a Sweet Potato and use either leftover Bruchetta Chicken or healthy lunch meat cut into small pieces. You can stuff it with whatever you'd like, chicken, bacon, cheese, broccoli, spinach, etc. . It is a great way to use up leftover veggies and gives you an entire meal in one tasty package. Feel free to sub in whatever vegetables you have in your fridge! You can also use a low sugar Greek yogurt instead of Sour Cream to top it off. Make sure the bacon doesn't have added sugar or nitrates.

Dinner:

Meatloaf w/ Mushrooms

Meatloaf with mushrooms recipe

Serves 5

Ingredients

2 lb ground beef (you may substitute with ground pork);
1 ½ tsp sea salt;
1 tsp ground black pepper;
1 egg;
1 medium onion, finely chopped;
2 cups white button mushrooms, finely chopped;
1 tsp chili pepper flakes;
3 tsp fresh thyme, minced;



1 tsp fresh oregano, minced;
3 cloves garlic, minced;
1 tbsp coconut oil or raw butter

Optional: You may choose not to use the sauce on top of the meatloaf. It is delicious without it.

½ cup low sugar ketchup; or homemade ketchup. (see optional recipe below)

1 tbsp honey, optional;

½ tbsp Worcestershire sauce, optional;

Preparation

Preheat your oven to 350 F.

In a medium sized skillet placed over a medium heat, melt the cooking fat, add the mushrooms and sauté for 2 to 3 minutes, or until soft.

In a large bowl, combine the meat, salt, pepper, egg, onion, mushrooms, chili pepper, thyme, oregano and garlic. Mix well, making sure to break-up the meat. Add the cooked mushrooms as well. It's very important that the mushrooms are evenly distributed to ensure the loaf bonds well.

Lightly grease loaf pan with additional cooking fat and fill it with the meat mixture. Place in the oven and cook for approximately 15 minutes.

Meanwhile, in a small bowl, combine ketchup, honey and Worcestershire sauce to make the sauce for the top of the meatloaf.

After cooking for 15 minutes, gently spread the sauce on the top of the loaf.

Continue cooking for another 40 minutes.

Day 7:

Breakfast:

2 Protein Muffins

Chocolate Protein Muffins

1 Cup Oat Flour

4 Egg Whites & 1 Egg

2 Scoops of Protein (Vanilla or Chocolate)

¼ Cup of Stevia (can use less and add honey if desired)

1 tsp Baking Soda

½ tsp salt

¼ cup applesauce

3 tbsp unsweetened baking cocoa

6 oz unsweetened almond/coconut milk

1/3 cup natural peanut or almond butter

4 tbsp greek yogurt (with NO added sugar. prefer the coconut milk one)

Add all ingredients to a large bowl and mix.

Place batter in muffin tins and bake at 350 for 25-30 mins (until toothpick comes out clean)

-Make ahead of time (a Sunday would be great or in the evening for the next morning)-

Lunch:

Leftover Meatloaf w/ raw veggies and hummus or guacamole dip

Dinner:

Salmon

For those of you who are up for a little raw-on-the-inside, simply cook the salmon for about 3 minutes on each side. For you'uns who like your fish cooked through, you're looking at 4 to 6 minutes per side depending on the thickness of the fish. And use real butter, folks

Lemon Pan-Seared Salmon and Asparagus

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Yield: Serves 2

Lemon Salmon:

1-1/2 tablespoons salted butter

1 tablespoon Coconut oil

1 1-pound salmon fillet

(2 cloves garlic (OPTIONAL))

½ lemon, juiced (about 2 tablespoons)

Sea salt to taste

Heat a medium-sized non-stick skillet to medium-high and add the butter and coconut oil. Sprinkle the salmon fillet with sea salt and place on the hot skillet, skin-side up. Cook for 4 to 6 minutes (depending on thickness of fish), and carefully flip to the other side. Cook 3 minutes, (add the garlic if desired) and lemon juice and cook another 2 to 3 minutes, until salmon is cooked through but still moist.

Day 8:

Breakfast:

3 Egg Muffins

EGG MUFFINS (MAKE ON SUNDAY FOR THE WEEK)

10 large eggs

1/3 cup milk (almond or coconut milk UNSWEETENED)

Veggies of your choices (frozen or fresh – cauliflower & broccoli or spinach/bell peppers)

salt and freshly ground black pepper, to taste

salsa, for serving (optional)

DIRECTIONS:

1. Preheat the oven to 350 degrees F. Spray muffin cups with nonstick spray or use coconut oil to grease the tins so the eggs don't stick
2. In bowl, whisk together eggs and milk. Put your veggies (handful or so) in each muffin cup, Scoop into the prepared eggs into the muffin tins (I find it easiest to use a 1/3-1/2 cup measuring cup)
4. Bake 20 to 25 minutes, or until egg is cooked through. Easy way to check the egg: touch the middle of the muffins... if they are still wet and gooey, they'll need a little more time in the oven. They should feel cooked through when you touch them
5. Serve egg muffins with salsa, if desired. Put in zip lock baggies in the fridge for the rest of the week. Throw in the microwave for 30 seconds to eat

Lunch:

Turkey Burger w/ Avocado

On Sunday make a couple turkey burgers (ground turkey, add any seasoning you like, I prefer chili powder). Place on a griddle or pan for a 4-5 mins per side. Have two ready for the week. Top with a few slices of avocado and tomato or add some salsa too. I like mine with avocado and salsa mixed together and I eat with two pieces of lettuce for the “bun”. For the Sweet potato, you can make ahead of time too, and then just warm it up in the microwave with some coconut oil and cinnamon if you’d like.

Dinner:

Taco Salad Recipe

Ingredients

For the meat:

- 1 tbsp coconut oil
- 1 lb ground beef
- 1 medium onion, diced
- 4 garlic cloves, minced
- 1.5 tbsp chili powder
- 1 tbsp cumin
- ½ tsp paprika
- ¼ tsp garlic powder
- ⅛ tsp cayenne pepper (omit if you don’t like spice)
- 1 tsp salt
- 1 tsp black pepper

For the dressing:

- ⅔ cup avocado oil
- 1 egg
- ½ tsp mustard powder
- 1 tsp lemon juice
- 1.5 tbsp lime juice
- ½ tsp fresh garlic, minced
- ¾ tsp salt
- 2.5 tsp cilantro, minced

(can also just use salsa/taco sauce as a simple dressing, if you don’t want to make a dressing)

Head of romaine lettuce and toppings of your choice (avocado, onions, tomatoes, black olives etc)

Instructions

1. In a small bowl mix together the chili powder, cumin, garlic powder, paprika, cayenne pepper, salt and pepper. Set aside.
2. Melt the coconut oil in a medium skillet over medium heat. Once the coconut oil has melted, add the onion and sauté until soft. Add the garlic and sauté until fragrant, about 30 seconds. Add the meat and cook until no longer pink. Add the taco seasoning to the meat and mix well.

3. While the meat is cooking, make the simple dressing. Place the oil, egg, mustard powder, lemon juice, lime juice, garlic and salt in a blender. (I use a small hand held blender). Stir in the cilantro.
4. Chop up the lettuce and top your salad with the meat and dressing! Enjoy!

Day 9:

Breakfast:

Breakfast Burritos

Scramble 2 Eggs (add in sausage or bacon and veggies of your choice, optional)

Lay out a Paleo Wrap (Amazon) and fill the wrap with egg mixture. Top with Salsa if you would like or hot sauce for a kick)

-if you are feeling adventurous, you can make homemade “paleo” tortillas.

2 Eggs

2 Egg Whites

½ Cup Water

4 tsp ground flax seed

Pinch of salt

Wisk together all ingredients. Preheat oven to broil. Heat a 10-inch skillet over medium heat. Coat with coconut oil. Pour half the mixture into the pan and swirl to evenly distribute. Using a metal spatula, loosen the edges of the tortilla from the pan. Cook a couple of minutes until golden brown on the bottom, and then carefully slide the spatula under the tortilla to loosen it from the bottom. Place the pan under the broiler for 3-4 minutes until the tortilla gets a little bubbly. Remove the tortilla from the pan, setting on a piece of aluminum foil. Repeat with other half of mixture. Cook up some veggies and add the veggies (peppers, onion, spinach, broccoli, cauliflower) and add to the wrap and top with avocado and salsa

Lunch:

Left over Taco Salad (can use lettuce wraps and make taco lettuce boats, or put in a zucchini boat instead)



Dinner:

Crockpot Turkey & Vegetable Soup

INGREDIENTS

- 1 pound ground turkey, browned and drained
- 32 oz jar of your favorite pasta sauce (prefer organic)
- 1 14.5 oz can diced tomatoes
- 1 15.5 oz can black beans, drained and rinsed
- 2-3 cups veggies (see notes)
- 1 teaspoon dried Italian herbs
- 2 cups vegetable broth
- salt and pepper to taste

INSTRUCTIONS

1. Brown and drain your ground turkey and add to crock
2. Chop your veggies as needed into bite size pieces
3. Add all remaining ingredients to Crockpot
4. Cook on high for 4 hours or low for 6

NOTES

For my veggies I used frozen corn, frozen peas, zucchini, and Brussel sprouts (my fav, by the way!!) Also great served over Mashed Cauliflower or Zucchini or Spaghetti Squash

Day 10:

Breakfast:

3 Egg Muffins & Fruit (berries or apple)

See day 8 for recipe

Lunch:

Turkey Burger w/ Avocado & Salad – See Day 8 for recipe

-Can have a regular 'salad' or change it up a bit and try a cucumber/tomato/avocado salad. 2 roma tomatoes, ½ cucumber, ¼ cup of red onion, sliced, 1 avocado diced, 1 tbsp of EVOO, juice of ½ a lemon, handful of cilantro and salt and pepper to taste.

Dinner:

Crockpot Beef and Broccoli Recipe

Total Time: 6-8 hours

Serves: 2

INGREDIENTS:

- 1 lb thin beef rib eye, sliced into strips
- 1/4 cup coconut aminos (Health food store or Amazon)
- 2 tbsp white wine
- 2 tbsp apple cider vinegar
- 2 tsp coconut oil
- 2 cloves smashed and chopped garlic
- 1/2 tsp red pepper flakes
- 1 head of broccoli, broken into pieces
- 1 tbsp sesame seeds

DIRECTIONS:

1. Add the liquid to the crockpot
2. Add Garlic, stir in spices
3. Toss meat in crockpot to coat
4. Cook on low for 6-8 hours
5. Add broccoli about an hour before serving

6. Sprinkle Sesame seeds over top and serve
7. Serve on top of cauliflower rice

Day 11:

Breakfast:

Bacon/Sausage & Protein Smoothie

Cook up some turkey bacon or chicken sausage (no nitrates, Applegate is a great brand) Make a smoothie (handful or two of frozen greens (I like spinach best), ½ cup of frozen berries, 1 scoop of vanilla protein (optional), 1 cup of dairy free milk (almond or coconut unsweetened), little extra water if you like it thinner – blend together – enjoy!)

Lunch:

Leftovers from stir fry

Dinner:

Burrito Bowl

Ingredients

- 1 small head Romaine lettuce, shredded
- Vinaigrette dressing (or dressing of choice)
- 2 Tbsp olive oil
- 1 green bell pepper, seeded and sliced
- 1 orange bell pepper, seeded and sliced
- 1 small white onion, sliced
- 2 large boneless skinless chicken breasts, sliced
- 1 Tbsp homemade taco seasoning
- 2 ripe avocados, seeded and mashed
- 2 tsp lime or lemon juice
- 4 stems cilantro, finely chopped
- 1/2 tsp salt

Directions

- Set up your ‘bowls’ by adding shredded lettuce and a few drizzles of vinaigrette dressing.

- Heat the olive oil in a skillet and add the bell pepper slices and onion slices to the skillet and sauté over high heat for 4 to 6 minutes, stirring often. Once the onions have turned opaque and bell peppers have browned and softened, remove from the heat.
- To the same skillet, add the sliced chicken and add the taco seasoning and sauté the chicken for 5 to 7 minutes, or until cooked through. Once the chicken has cooked, add the peppers and onions back in with the chicken and keep warm over low heat until ready to serve.
- In a small bowl, mash the avocados with the lemon or lime juice, cilantro and salt. (Add the red onion and jalapenos, if desired.)
- Add the chicken and bell peppers and onions over the shredded lettuce and top with spoonful of homemade guacamole. (can add beans or any other veggies of choice to this “bowl”)

Day 12:

Breakfast:

3 Egg Muffins & Berries or Apple

See day 8 for recipe

Lunch:

Leftover Burrito Bowl

Dinner:

Crock Pot Buffalo Chicken Lettuce Wraps

Ingredients:

For the chicken:

- 24 oz boneless skinless chicken breast
- 1 celery stalk
- 1/2 onion, diced
- 1 clove garlic
- 16 oz fat free low sodium chicken broth
- 1/2 cup hot cayenne pepper sauce (I use Frank's)

For the wraps:

- 6 large lettuce leaves, Bibb or Iceberg or Romaine
- 1 1/2 cups shredded carrots (optional)
- 2 large celery stalks, cut into 2 inch matchsticks

Directions:

In a crock pot, **combine** chicken, onions, celery stalk, garlic and broth (enough to cover your chicken, use water if the can of broth isn't enough). **Cover** and cook on high 4 hours.

Remove the chicken from pot, **reserve** 1/2 cup broth and discard the rest. **Shred** the chicken with two forks, **return** to the slow cooker with the 1/2 cup broth and the hot sauce and **set** to on high for an additional 30 minutes. Makes 3 cups chicken.

To prepare lettuce cups, **place** 1/2 cup buffalo chicken in each leaf, **top** with 1/4 cup shredded carrots, celery and dressing of your choice. Wrap up and start eating!

Day 13:

Breakfast:

3 Egg Muffins & Berries or apple

See Day 8 for recipe

Lunch:

Left over Buffalo Chicken

Serve over a salad or in lettuce wraps

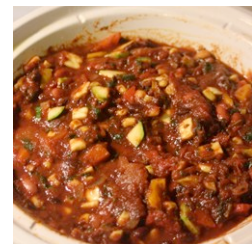
Dinner:

Hearty Vegan Slow-Cooker Chili

Ingredients

- 1 tablespoon olive oil
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 onions, chopped
- 4 cloves garlic, minced
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1 cup frozen corn kernels, thawed
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 6 tablespoons chili powder
- 1 tablespoon ground cumin

- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 (14.5 ounce) cans diced tomatoes with juice



- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can kidney beans, rinsed and drained
- 2 (6 ounce) cans tomato paste
- 1 (8 ounce) can tomato sauce, or more if needed
- 1 cup vegetable broth, or more if needed

Directions

1. Heat olive oil in a large skillet over medium heat, and cook the green, red, and yellow bell peppers, onions, and garlic until the onions start to brown, 8 to 10 minutes. Place the mixture into a slow cooker. Stir in spinach, corn, zucchini, yellow squash, chili powder, cumin, oregano, parsley, salt, black pepper, tomatoes, black beans, garbanzo beans, kidney beans, and tomato paste until thoroughly mixed. Pour the tomato sauce and vegetable broth over the ingredients.
2. Set the cooker on Low, and cook until all vegetables are tender, 4 to 5 hours. Check seasoning; if chili is too thick, add more tomato sauce and vegetable broth to desired thickness. Cook an additional 1 to 2 hours to blend the flavors.

Day 14:

Breakfast:

1 Banana & 2 Egg Pancake

See day 3 for recipe

Lunch:

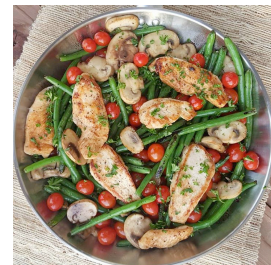
Left over chili (top with some avocado)

Dinner:

Balsamic Chicken Tenders w/ Veggies

Ingredients

- 2 Tbsp plus 1 tsp olive or avocado oil, divided
- 8oz fresh mushrooms, sliced
- 16 oz fresh green beans
- 1.5 lb. chicken tenders
- 2 Tbsp raw honey
- 3-4 Tbsp balsamic vinegar (find a lower sugar variety)
- 1 cup grape/cherry tomatoes



1/2 cup homemade Greek Dressing: (recipe makes 1/2 cup fresh dressing)

- 2 Tbsp extra virgin olive oil
- Juice of 1 fresh squeezed lemon
- 2 cloves garlic, minced
- 2 tsp dried oregano
- 1/2 tsp sea salt

- 1/2 tsp black pepper

Whisk all dressing ingredients

Instructions

1. Sauté mushrooms in large sauté pan with 1 tsp of the oil, until just browning. Remove from pan, set aside.
2. Heat 1 Tbsp oil over medium-high, add green beans. Continue to sauté until green beans are cooked, but crunchy. Remove from the pan, set aside.
3. Heat remaining 1 Tbsp oil over medium-high, add chicken and season with salt and pepper. Cook 3-4 minutes on both sides and remove once browned & cooked through. Remove from pan, set aside.
4. In the same skillet, lowering heat to medium, add your homemade Greek dressing, honey, balsamic vinegar. Heat & stir until bubbling.
5. Add back in the mushrooms, and green beans, toss.
6. Add back in the cooked chicken and fresh tomatoes. Stir for a minute or two to combine flavors & enjoy!