

#ARBONNE30



WEEK 3 MEAL PLAN HEARTY

MON

LUNCH

Zoodles with Turkey Meatballs

DINNER

Chicken Tenders with Zucchini Sticks

TUE

LUNCH

Zoodles with Turkey Meatballs

DINNER

Lemon Garlic Herb Crusted Salmon

WED

LUNCH

Chicken Tenders with Zucchini Sticks

DINNER

Turkey Fajita Stuffed Zucchini

THU

LUNCH

Lemon Garlic Herb Crusted Salmon

DINNER

Beef Cauliflower Fried Rice

FRI

LUNCH

Turkey Fajita Stuffed Zucchini

DINNER

Buffalo Chicken Stuffed Sweet Potatoes

SAT

LUNCH

Beef Cauliflower Fried Rice

DINNER

Buffalo Chicken Stuffed Sweet Potatoes

SUN

LUNCH

Leftovers Your Choice

DINNER

Your Choice

GROCERY LIST WEEK 3

(2 servings) *= Use for multiple recipes

Note: Choose Organic Meats, Produce, Canned Goods & Spices when possible. Look for free Range Eggs, Grass Fed & Hormone Free Beef and Wild Caught Salmon.

Protein:

- 2 Chicken Breast 2 lbs. Ground Turkey 1-pound top sirloin
- 2 lbs. Chicken Tenderloin 2 Wild Salmon Filets

Pantry/Dairy:

- Almond Milk Almond Flour Flax Meal Hot Pepper Sauce
- Coconut Oil Coconut Aminos Avocado/Olive Oil Salsa
- Coconut Aminos Baking Soda Coconut Milk Sesame Oil
- Avocado Oil Raw Cashews $\frac{3}{4}$ cup Coconut Flour Almond Meal
- Organic Salsa Shredded Daiya Cheese 12 Eggs Almond butter

Vegetables:

- 8 Zucchini Spinach Lime Riced Cauliflower Frozen Peas
- Ginger Root 1 Red Pepper 1 Green Pepper
- 1 Yellow Onion 2 lemon 2 Sweet Potatoes

Spices:

- Garlic Powder Cayenne Salt Pepper 3 Cloves Garlic
- Oregano Thyme Rosemary Paprika Dried Parsley Cumin
- Chili Powder Red Pepper Flakes Fresh Parsley Fresh Dill White Pepper

RECIPES WEEK 3

Zoodles with Turkey Meatballs in Roasted Red Pepper Sauce

Ingredients for the Zoodles:

- 4 zucchinis (use spiralizer)
- 1 tbsp. avocado oil or olive oil
- Salt and Pepper to taste

Ingredients for the Roasted Red Pepper Sauce:

- 2 red bell peppers, cut into 4 pieces (seeds removed)
- 4 tbsps. avocado oil or olive oil divided
- ½ medium onion, diced (1/4 cup)
- 1 clove garlic
- 4 tbsps. almond milk
- 1 tsp oregano
- 1 tsp thyme
- 1 tsp rosemary
- 1 tsp salt
- ½ tsp pepper

Ingredients for the Meatballs:

- 1 lb ground turkey (organic when possible)
- ½ cup packed spinach
- 2 tbsp. coconut flour
- ½ tsp salt
- ½ tsp thyme
- ½ tsp oregano
- 1 cloves garlic, minced
- 1 tbsp. olive oil or avocado oil
- ½ tsp ground black pepper

Directions:

1. Preheat oven to 400F. On a baking sheet, toss red bell peppers and 1 tablespoon of oil together and lay in a single layer. Roast for 25-30 minutes, until the bell peppers are tender and there are some black char marks.
2. In the meantime, start making your turkey meatballs. In a large bowl combine ground turkey, spinach, coconut flour, salt, thyme, oregano, garlic, 1 tablespoon of oil and black pepper.
3. Mix until combined well. Roll into small meatballs - you'll get about 15 out of a batch.
4. Line a baking sheet with foil and place meatballs on the sheet. Bake for 12-15 minutes
5. While the meatballs are cooking, in a small skillet, combine ¼ cup diced onion and 1 clove of garlic in 1 tbsp. of oil.
6. Sauté for 5 minutes until soft and fragrant.
7. Add to a food processor with the bell pepper when it's ready.
8. Then also add almond milk, oregano, thyme, rosemary, salt, black pepper, 2 tbsps. olive oil.
9. Process until combined and smooth.
10. Use a vegetable spiralizer to turn the zucchini into noodles.
11. In a skillet (can be the same one we used before), add the zucchini with the oil and sauté for 2-3 minutes. Sprinkle with salt and pepper.
12. To assemble, top the zucchini with the roasted red pepper sauce and 3-4 meatball



Chicken Tenders and Zucchini Sticks (serves 6-8)

Ingredients for Chicken Tenders:

- 2 pounds chicken tenderloins (organic when possible)
- 1 cup almond flour
- 1 tablespoon flax meal
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon dried parsley
- ground black pepper to taste
- 2 eggs
- olive oil

Ingredients for Zucchini Sticks:

- 1 large zucchini, cut into 2-inch long strips
- 4 large egg whites, whisked with 1 tablespoon almond milk or water
- 1 1/2 cups coarsely-ground almond meal
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper



Directions for Chicken Tenders:

1. Preheat oven to 425 degrees (F) and line 2 large baking sheets with parchment paper.
2. In a shallow wide bowl, mix together the almond flour, flax meal, paprika, garlic powder, sea salt, parsley, and ground black pepper.
3. In another small mixing bowl, lightly beat the eggs.
4. Blot the chicken with paper towels and dip in the egg.
5. Make sure the tenderloins are thoroughly coated in the egg mixture
6. Dredge in almond flour breading, pressing to adhere.
7. Divide the breaded chicken tenders onto 2 baking sheets and lightly spray with olive oil.
8. Place in the oven and bake for 8-9 minutes.
9. Flip the tenders over & lightly spray again with olive oil and bake for another 8-9 minutes, or until the internal temperature reaches 180 degrees (F).

Directions for Zucchini Sticks

1. Preheat your oven to 450 degrees F.
2. Line a large baking sheet with foil and spray with a non-stick olive oil spray. Set aside.
3. In one shallow bowl, whisk together the egg whites and almond milk/water. Set aside.
4. In a second shallow bowl, whisk together, almond meal, salt, pepper, garlic powder, cayenne. Set aside.
5. Taking each zucchini stick, soak it in the egg mixture.
6. Then roll in the almond meal mixture and flip, pressing to adhere where necessary.
7. Place on the prepared baking sheet.
8. Once all the zucchini sticks have been dredged, spray olive oil.
9. Bake for 35-40 minutes or until crispy and brown. If after 40 minutes, the zucchini still hasn't browned. Turn the broiler on high and broil until brown.
10. Keep a close eye, as they can burn quickly. Remove from heat and let cool for just a second.



Lemon Garlic Herb Crusted Salmon w. Brown Rice & Broccoli

(serves 2)

Ingredients:

- 3 oz. Coconut Oil
- 1 tsp Salt - Zest of 1 Lemon
- 1 Tbsp. Fresh Parsley chopped
- 1 tsp Fresh Dill chopped
- 1 Clove Garlic minced
- Dash of Pepper
- 2 Wild Caught Salmon Fillets



Directions:

1. Place all ingredients except for salmon in a small bowl and melt in the microwave for 30-45 seconds. Stir until combined.
2. Place the salmon fillets on a parchment lined baking sheet.
3. Using a pastry brush, coat the salmon with the lemon herb mix evenly spreading it over the tops of each fillet.
4. Bake in an oven preheated to 400 degrees on the top or second to top rack for 10-12 minutes, or until salmon is cooked through and flakes easily with a fork.

*Alternately the fish can be broiled on medium/high on the second to top rack for 8-10 minutes, or until cooked through. This method will give you a bit more crunchy, caramelized crust.

Turkey Fajita Stuffed Zucchini

Ingredients:

- 1 lb. package Ground Turkey (organic if possible)
- ½ cup each Red & Green Bell Peppers, chopped
- ½ Yellow Onion, chopped
- 1 tsp. Ground Cumin
- 2 tsp Chili Powder
- 1 cup Organic Medium Salsa (Plus more for serving)
- ¾ cup of Shredded Daiya Cheese (vegan cheese)
- 2 Large Zucchini - Salt/Pepper to taste



Directions:

1. Preheat oven to 425-degree F
2. Meanwhile, cut zucchini in half, lengthwise. Using a spoon, scoop out flesh, leaving a shell of about ¼" on all sides. Chop flesh and set aside.
3. Heat a large non-stick skillet over medium-heat.
4. Spray with cooking spray (or use coconut oil) and add turkey, using a large spoon to break it up.
5. Season to taste with salt and pepper.
6. Cook until browned, stirring occasionally, about 5 minutes.
7. Add chopped zucchini and pepper and onion mix to pan and stir to mix.
8. Cook, stirring occasionally, until vegetables are tender, about 3 minutes.
9. Transfer mixture to a large bowl, add salsa and cheese, stir to combine
10. Lightly spray zucchini shells with cooking spray and then stuff with turkey mixture, dividing evenly between them.
11. Working quickly, brush grilled topper with oil (coconut oil) and arrange stuffed zucchini on baking tray.
12. Cook until tender, about 15 minutes.
13. Transfer to a warm platter, tent with foil and let rest 5 minutes.
14. Serve hot, topped with more salsa if desired.

Beef Cauliflower Fried Rice

Ingredients:

- 1-pound Top Sirloin, cut into 1/2 – inch cubes
- 6 tablespoons coconut aminos (divided)
- 2 tablespoons toasted sesame oil
- 1/3 cup avocado oil
- ½ small onion, minced
- 3 cloves garlic, minced
- 2 teaspoons minced fresh ginger
- 1 medium carrot, diced
- 3 cups riced cauliflower
- 2 large eggs, lightly beaten
- 1¼ teaspoon sea salt
- ¼ cup frozen peas
- 2 scallions, green tops only and chopped



Directions:

1. Mix the Sirloin in a bowl with 1 tbs. coconut aminos and 1 tsp. Sesame oil.
2. Heat half of the avocado oil in a wok over medium-high heat.
3. Add the onion, garlic, and ginger and cook, stirring continuously, for 2 minutes, until fragrant.
4. Add the carrots and cook, stirring continuously 2 minutes more.
5. Add the remaining oil and the riced cauliflower and continue cooking and stirring for 4 minutes longer.
6. Transfer the cauliflower mixture to a plate and return the pan to the burner.
7. Add the Sirloin to the pan and sear it for 30 seconds, then stir continuously until browned, about 2 minutes.
8. Transfer the Sirloin to the plate with the cauliflower. Return the pan to the burner.
9. Pour the eggs into the pan and stir to scramble them until they're mostly cooked through.
10. Pour the cauliflower mixture and Sirloin back into the pan and add the remaining sesame oil, coconut aminos, and salt.
11. Stir in the peas, then turn off the heat.
12. Top with chopped scallions and serve hot.

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Slow Cooker Buffalo Chicken Stuffed Sweet Potato

Ingredients:

- 1 lb. of boneless skinless chicken (organic)
- ⅓ cup hot pepper sauce
- 2 Tbsp. coconut oil
- 1 Tbsp. coconut aminos
- ½ tsp. garlic powder
- ¼ tsp. cayenne (optional adds more heat)
- 2 small baked sweet potatoes (about 7 oz. each uncooked)

Directions:

1. Place chicken in a slow cooker set on low.
2. In a small saucepan on medium-high heat, combine the hot sauce, coconut oil, coconut aminos, garlic powder and optional cayenne. Stir together and heat until coconut oil is melted.
3. Pour sauce into slow cooker.
4. Cook for 4-6 hour on low or until chicken is tender.
5. Remove chicken from slow cooker and shred with two forks. Return shredded chicken to slow cooker and toss with sauce.
6. Turn slow cooker to warm (or remain on low) until ready to serve.
7. Serve chicken in baked sweet potato.

