

#ARBONNE30



WEEK 1 MEAL PLAN HEARTY

MON

LUNCH

Lemon Rosemary Chicken with Asparagus

DINNER

Southwest Stuffed Peppers

TUE

LUNCH

Southwest Ground Turkey Stuffed Peppers

DINNER

Zoodles with Avocado Cream Sauce

WED

LUNCH

Zoodles with Avocado Cream Sauce

DINNER

Taco Stuffed Sweet Potatoes

THU

LUNCH

Taco Stuffed Sweet Potatoes

DINNER

Grilled Salmon with Avocado Sauce

FRI

LUNCH

Grilled Salmon with Avocado Sauce

DINNER

Chicken Stir Fry

SAT

LUNCH

Chicken Stir fry

DINNER

Creamy Chicken and Veggie Soup

SUN

LUNCH

Creamy Chicken and Veggie Soup

DINNER

Your Choice

GROCERY LIST WEEK 1

(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:

- Chicken breasts-6* Ground Turkey or Ground Beef-2lbs
- Salmon Fillets-2

Pantry:

- Chicken Stock 36oz* Coconut Milk- 16oz* (1 can) Sea Salt*
- Quinoa -1 box/bag Brown Rice - 1box/bag Pepper*
- Crushed Tomatoes- 8oz Olive Oil* Taco Seasoning*
- Coconut Oil* Coconut Aminos

Vegetables:

- Lemons- 2 Limes- 4* Sweet Potatoes- 3* Avocado-2
- Asparagus Red/Yellow bell peppers- 4* Broccoli Tomato-2
- Yellow Onion- 3* Carrots- 5 Scallions- 1 bundle* Lettuce-1
- Chives- 1 Garlic - 6 cloves Rosemary
- Mushroom - 5 (optional) Zucchini-2 (or 2 pgks Zoodles)
- Fresh Salsa Guacamole

Spices:

- Garlic Powder Cumin Onion Powder Oregano
- Crushed Red Pepper Paprika Ginger

RECIPES WEEK 1

Lemon Rosemary Chicken & Asparagus (Serves 2)

Ingredients

- 2 chicken breasts
- 2 lemons
- Rosemary
- 2 Tsp minced garlic
- Bundle of asparagus
- Olive Oil
- Crushed red pepper
- salt/pepper

Preparation

- 1) Pre-heat oven to 425 (220)
- 2) Slice lemon into wheels
- 3) salt/pepper both sides of chicken breasts
- 4) In a baking dish drizzle olive oil. Cover bottom of pan with wheels of 1 lemon, add half the garlic and half the rosemary.
- 5) Place chicken breasts on top of lemon wheels. Take remaining lemon wheels and place on top of the chicken breasts with leftover garlic and rosemary.
- 6) Place asparagus spears on a baking sheet, drizzle with olive oil, salt, pepper, crushed red pepper flakes and garlic to taste.
- 7) Bake for 35-40 mins depending on thickness of chicken breasts
- 8) Half way through cooking the chicken breasts, add the asparagus to the oven and bake together for the remainder of time.



Southwest Ground Turkey Stuffed Peppers (Serves 2)

Ingredients

- ½ C Chicken stock
- ½ C Quinoa (*can use brown rice instead*)
- Small yellow onion
- Scallions
- Lime; cut into wedges
- 1 lbs Ground turkey
- Red bell pepper
- Yellow bell pepper
- 8 oz crushed tomato's
- 1 Tsp reduced sodium taco seasoning
- Olive oil



Preparation

**pre- cook quinoa/rice as per instructions on box*

1) Preheat oven to 400/ 220 degrees

2) Start the filling: Heat a drizzle of olive oil in a large pan over medium-high heat. Add onions and toss until softened, 4-5 minutes. Season with salt and pepper. Add ground beef/turkey, and break up into pieces until browned, 3-4 minutes. Stir in taco seasoning and cook another 30 seconds. Season to taste with salt and pepper.

3) Prep the peppers: Halve bell peppers lengthwise and remove veins and seeds. Place on a baking sheet, and drizzle with olive oil. Season with salt and pepper. Bake until softened, 5-7 minutes.

4) Finish the filling: Add crushed tomatoes to beef, and simmer 5 minutes to meld flavors. Stir in cooked quinoa, and season with salt and pepper

5) Bake and serve: Fill peppers with as much filling as possible, Bake until peppers are very soft, about 10 minutes.

6) Serve with a wedge of lime for squeezing over. Serve leftover filling on the side and enjoy!

Zoodles with Creamy Avocado Sauce (Serves 2)

Ingredients

- 2 zucchinis spiraled OR 2 pkgs of Zoodles
- 1 tbsp. olive oil;
- 2 garlic cloves, minced;
- 1 onion; diced
- 5 mushrooms; chopped (optional)
- Cherry tomatoes, halved

Avocado Creamy Sauce

(This is a double batch, save the rest for the Salmon)

- 2 Avocados
- ½ Can Coconut Milk
- 2 tbsp. lime juice;
- 2 tbsp. Olive oil
- 2 tsp onion powder;
- 2 tsp garlic powder;
- Salt and Pepper

Preparation

1) Heat 2 tbsp. of olive oil in frying pan on medium heat and add onions. Cook until soft (4 - 5 mins).

2) Add chopped mushrooms and garlic, continue to cook until soft (3 - 5 mins)

3) Add spiraled zucchini (or zoodles) and chopped tomatoes and heat through for 5 mins.

3) Add avocado, coconut milk, olive oil, lime juice, garlic powder, onion powder, salt and pepper to taste in a blender or food processor and pulse until sauce is creamy. If the sauce is not creamy enough, add more coconut milk, 1 to 2 tbsp. at a time.

4) Add half of the avocado sauce to the zoodles mix and heat through (2 - 3 minutes) Serve and Enjoy!



*The entire dish comes together in just a few minutes and is super easy to make thanks to a handy **spiralizer**. If you don't have one yet, I highly suggest you do. These little tools do amazing things. especially, if you're trying to eat healthier. Look for them in Department stores and Specialty Cooking shops.*

Taco Stuffed Sweet Potatoes (Serves 2)

Ingredients

- 1 lbs ground beef turkey
- 2 sweet potatoes
- 1/2 onion, diced
- 1 tomato, diced
- 1 cup fresh lettuce, shredded
- 1/2 cup chopped green onion
- Taco seasoning (recipe below)
- Fresh salsa & guacamole

Ingredients for the taco seasoning

- 1 tbsp. chili powder
- 1 tsp. ground cumin
- 1/2 tsp. paprika
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic powder
- Sea salt and freshly ground black pepper

Preparation

- 1) Preheat your oven to 375 F.
- 2) Scrub and pat potatoes dry. Pierce potatoes all over with a fork and bake in the oven, directly on rack, until soft (about 40 to 45 min. depending on the size of your potatoes).
- 3) In a bowl, combine all the ingredients for the taco seasoning.
- 4) Melt some cooking fat (coconut oil) in a skillet over medium-high heat. Add the onions and cook until soft and fragrant, about 3 to 4 minutes.
- 5) Add the ground beef to the skillet and cook until browned.
- 6) Sprinkle the taco seasoning onto the beef and stir to combine. You may want to add 1 or 2 tbsp. of water if the meat is too dry
- 7) Cook the ground beef another minute or two and set aside.
- 8) Using a sharp knife, make a lengthwise slit in each potato and push ends of each potato toward each other to open.
- 9) Fill the potatoes with the ground beef and top with all the remaining vegetables.
- 10) Serve with fresh salsa & guacamole



Grilled Salmon with Avocado Coconut Sauce (Serves 2)

Ingredients

- 2 salmon fillets;
- 1/3 cup coconut milk;
- ½ - 1 cup chicken stock
- 1 cups of brown rice

Creamy avocado sauce

(This is a double batch, save the rest for the Zoodles)

- 2 Avocados
- 2 tbsp. lime juice;
- 2 tbsp. Olive oil
- 2 tsp onion powder;
- 2 tsp garlic powder;
- Salt and Pepper

Preparation

- 1) Preheat grill to medium heat. If no grill you can also pan-fry in coconut oil.
- 2) Season the salmon fillets and sprinkle with zest of lime.
- 3) Add rice and chicken stock to a pan and cook as directed.
- 4) Place on the preheated grill and cook for 12 to 15 minutes.
- 5) While salmon fillets are grilling, (if you have not already made the cream sauce) Add avocado, coconut milk, olive oil, lime juice, garlic powder, onion powder, salt and pepper to taste in a blender or food processor and pulse until sauce is creamy. If the sauce is not creamy enough, add more coconut milk, 1 to 2 tbsp. at a time.
- 6) Let the salmon rest for 2 to 3 minutes before serving over a bed of rice.
- 7) Serve the salmon topped with avocado-coconut sauce, and top with lime wedges.



Healthy Chicken Fry (Serves 2)

Ingredients

- 2 chicken breasts; sliced into bite size pieces
- Coconut oil
- 2 clove garlic minced
- ½ cup Coconut aminos plus 2 tbs reserved
- 3 tsp fresh grated ginger plus 1 tsp reserved
- 1 Carrot; diced
- 1 Broccoli; diced (*or whatever veggies you like*)
- Small red onion
- Pinto beans (optional)
- Cooked brown rice or quinoa

Preparation

**Pre- cook rice or quinoa as per box instructions*

1) Sauté chicken in coconut oil with garlic.

2) Once chicken is cooked, add your coconut aminos, generous salt pepper, fresh grated ginger (I keep my ginger root in the freezer to use when needed)

3) In separate pan, sauté veggies in coconut oil adding reserved ginger and extra coconut aminos.

4) Serve on a bed of brown rice.

**For some added flavor mix in a spoonful of almond butter and heat through.*



Creamy Chicken Vegetable Soup

(Serves 4 - Freeze Leftovers)

Ingredients

- 2 Chicken Breast Cooked;
- 1 onion, chopped;
- 4 carrots, sliced;
- 1 sweet potato diced;
- 4 cups chicken stock;
- 1/4 cup coconut milk;
- 2 garlic cloves, minced;
- 2 tbsp. fresh chives, minced;
- 2 tbsp. Coconut oil
- Sea salt and freshly ground black pepper;

Preparation

1. Season chicken breasts with salt/pepper and bake on 400 for 35mins or until cooked through.
2. Remove chicken from oven and chop into cubes.
3. Heat the coconut oil in a large saucepan over medium-high heat.
4. Add the garlic and onion and cook until soft, 2 to 3 minutes.
5. Place the carrots and sweet potato in the saucepan and cook for another 2 to 3 minutes.
6. Pour in the chicken stock and bring to a boil.
7. Lower the heat to a simmer, and let simmer for 15 to 20 minutes, or until the vegetables are soft.
8. Add the chicken and cook until warm.
9. Stir in the coconut milk, and season to taste.
10. Serve the soup with fresh chives sprinkled on top.

