

#ARBONNE30



WEEK 4 MEAL PLAN HEARTY

MON

LUNCH

Roast Chicken with Root Vegetables

DINNER

Chicken with Sweet Potatoes, Apples & Brussels Sprouts

TUE

LUNCH

Roast Chicken with Root Vegetables

DINNER

Marinara Sauce with choice of pasta or zoodles Recipe

WED

LUNCH

Chicken with Sweet Potatoes, Apples, & Brussels Sprouts

DINNER

Beef and Butternut Squash Stew

THU

LUNCH

Marinara Sauce with choice of pasta or zoodles recipe

DINNER

Creamy Garlic Spaghetti Squash Casserole

FRI

LUNCH

Beef and Butternut Squash Stew

DINNER

Cilantro Lime Baked Salmon

SAT

LUNCH

Creamy Garlic Spaghetti Squash Casserole

DINNER

Cilantro Lime Baked Salmon

SUN

LUNCH

Leftovers Your Choice

DINNER

Your Choice

Shopping List Week

Protein:

- 5 lb Roasting Chicken
- 4 boneless, skinless Chicken Breasts
- 2 lbs grass fed lean Beef Chuck
- choice of meat for sauce (optional)
- 1 lb of Chicken Sausage
- 1 lb of wild caught Salmon

Pantry/Dairy:

- 3 litres chicken broth
- olive oil
- 24 oz. coconut milk
- arrowroot flour

Vegetables:

- 7 Carrots
- 3 Onions
- 1lb of Brussel sprouts
- 1 lg Sweet Potato
- 1 Red Onion
- 1 Granny smith apple
- 10 Roma Tomatoes
- 1 Sweet Onion
- 1 Yellow Bell Pepper
- 2 lbs of Butternut Squash
- 3 Parsnips
- 1 Spaghetti Squash
- 1 pack of Mushrooms
- 1 Jalapeno
- 1 Limes
- 1 Lemon
- 5 cloves of Garlic
- Zoodles or Zucchini

Spices:

- Rosemary
- Cinnamon
- Sea Salt
- Pepper
- Cilantro
- Thyme
- Oregano
- Bay Leaves
- Cumin
- Chili Powder
- Chili Flakes
- Cayenne Pepper

RECIPES WEEK 4

Rosemary-garlic Roast Chicken with Root Vegetables

Ingredients:

- 5 Carrots cut into ½ in pieces
- 3 parsnips, peeled and cut into ½ in pieces)
- 2 onions cut into ½ in pieces and 1 halved
- 4 cloves of garlic, smashed
- 6 sprigs of rosemary
- ¾ cup organic chicken broth
- 1 (5 lb) roasting chicken, rinsed and patted dry
- Salt and pepper
- Olive Oil for brushing

Directions:

1. Preheat oven to 400 degrees.
2. In a baking pan, toss the carrots, sweet potato and onion pieces, parsnips, garlic and 3 sprigs of rosemary with the broth; spread evenly in the pan.
3. Season the chicken cavity with salt and pepper.
4. Stuff with the halved onion and remaining 3 sprigs rosemary and place breast side down in the middle of the pan.
5. Brush the top of the chicken all over with olive oil and season with salt.
6. Roast for 30 min. Turn the chicken breast side up and brush with olive oil; season generously with salt and pepper.
7. Return the pan to the oven and continue to roast until the juices run clear, about 1 hour more.
8. Cut the chicken into pieces and serve with vegetables.



Sheet Pan Chicken with Sweet Potatoes, Apples, and Brussels Sprouts

Ingredients:

- 4 boneless, skinless chicken breasts, lightly pounded to a relatively even thickness
- 3 tablespoons extra virgin olive oil, divided
- 4 cloves minced garlic
- 2 tablespoons chopped fresh rosemary, divided
- 1 teaspoon ground cinnamon
- 1 teaspoon sea salt, divided
- 1/2 teaspoon black pepper, divided
- 4 cups Brussels sprouts, trimmed and halved (quarter if very large)
- 1 large sweet potato, peeled and cut into 1/2-inch cubes
- 1 medium red onion, cut into 3/4-inch pieces
- 1 medium Granny smith apple, peeled, cored and cut into rough 1-inch pieces (these pieces should be larger than the others)



Directions:

1. Preheat the oven to 425 degrees F.
2. Place the chicken breasts in a large, zip top bag.
3. Drizzle with 1 1/2 tablespoons extra virgin olive oil,
4. add the garlic, 1 tablespoon rosemary, cinnamon, 1/2 teaspoon salt, and 1/4 teaspoon black pepper.
5. Zip the bag tightly, then shake and rub the bag to coat the chicken in the oil and spices.
6. Set aside while you chop the vegetables and apples, or refrigerate for up to 1 day.
7. Once chopped, place the Brussels sprouts, sweet potato, onion, and apple on a large, rimmed baking sheet.
8. Drizzle with the remaining 1 1/2 tablespoons olive oil, then sprinkle with remaining 1/2 teaspoon kosher salt and 1/4 teaspoon black pepper.
9. Toss to evenly coat, then spread into an even layer.
10. Remove the chicken from the marinade and place on top of the apple and vegetables.
11. Place in the oven and roast until the chicken is cooked through and the internal temperature reaches 160-165 degrees, about 18 – 22 minutes or until done.
12. Once the chicken is cooked through, remove to a plate to rest and cover with foil to keep warm.
13. Toss the apple and vegetables on the pan, then return the pan to the oven and continue baking until they are caramelized and tender, about 10-15 additional minutes. Sprinkle with remaining 1 tablespoon fresh rosemary.
14. Serve warm with the rested chicken.

Vegetable and Roasted Tomato Marinara Sauce with Zoodles

This marinara has tons of flavor from the roasted vegetables and can be easily customized, such as adding meat or using your choice of noodles.

Ingredients

- 10 Roma Tomatoes, halved lengthwise
- Salt and Pepper
- Olive Oil, for drizzling
- 1/4 cup Olive Oil, divided
- 1 Sweet Onion, chopped
- 1 Yellow Bell Pepper, cut into small dice
- 2 Large Carrots, cut into small pieces
- 1 1/2 tsp Sea Salt
- 2 Sprigs Rosemary, chopped
- 1 tsp Oregano, chopped
- Pinch Chili Flakes
- 2 Cloves Garlic, minced
- 1/2 Cup Water
- 2 Bay Leaves



Directions:

1. Preheat the oven to 300 degrees.
2. Place tomatoes cut side up on a baking sheet.
3. Sprinkle salt and pepper over the tops of the tomatoes and drizzle with a little olive oil.
4. Roast in the preheated oven for 2 hours, until they are soft, fragrant, and browned on top.
5. Remove from oven and let cool for 10 minutes.
6. Place tomato halves, oil, and juices in a blender and pulse until roughly pureed. Set aside.
7. Heat 2 tablespoons of olive oil in a large frying pan on medium/high heat.
8. Add the onion, peppers, and carrots and sauté for 4-5 minutes, or until the onion is translucent.
9. Add the salt, rosemary, oregano, and chili flakes to the pan and sauté for another 3-4 minutes. The vegetables should start lightly caramelizing.
10. Add the garlic and sauté for an additional 30 seconds.
11. Add the water, bay leaves, and the roasted tomato sauce to the pan and reduce the heat to medium.
12. Cover and let simmer for 20 minutes.
13. Remove the bay leaves and adjust seasonings, adding more salt if desired.
14. Serve over zucchini noodles or your choice of brown rice pasta.

Beef and Butternut Squash Stew

Ingredients:

- 2lb Butternut Squash, peeled and cubed
- 3 - 4 tbsp. Olive Oil
- 1 large onion, chopped
- 2lb lean beef chuck
- 32oz Beef or Chicken Stock
- 2 garlic cloves, crushed
- sprig fresh thyme, or dried
- sprig of rosemary, or dried
- 1 tsp salt
- 1 tsp pepper



Directions:

1. Prepare the squash by peeling it, removing the seeds and cutting it into cubes.
2. If your beef is not already cut into pieces then cut it up into cubes, and the same for the onion.
3. Heat the oil on a medium heat in a large pot with a solid bottom, then add the onion and sauté for a couple minutes, now add the beef and brown it for a couple of minutes.
4. Add the beef stock, herbs, salt and pepper. Cook it on the stove top on a low simmer for about an hour with a lid on the pot, do not boil.
5. Finally add the butternut squash and cook for a further 30 minutes or until beef is tender.

SLOW COOKER INSTRUCTIONS: Follow the directions as before and sauté the onions and brown the beef. Now you want to add the beef, onions, butternut squash and all remaining ingredients into the slow cooker. Cook it on low for 5 - 6 hours, or high for about 3 - 4. how long it takes will depend on the heat of your slow cooker, I would check it after 3 hours so see if the meat is tender and the squash is soft.

Creamy Garlic Spaghetti Squash Casserole

Ingredients

- 1 medium spaghetti squash
- 4 cups broccoli florets
- 1 lb chicken sausage
- 2 cups mushrooms
- diced 2 tbsp. minced garlic
- 16 oz. coconut milk
- 1/4 cup arrowroot flour
- Salt and pepper

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Slice the spaghetti squash lengthwise and scoop out the seeds.
3. Place the two halves face-down on a baking sheet and place in the oven to bake for 30 minutes.
4. While the squash is cooking, get the sausage going. Heat a large pan over medium heat and add in the sausage. Break it into pieces with a spatula and cook, stirring occasionally, until browned and cooked through, about 8 minutes.
5. Remove from pan and set aside. Reserve at least 1 tbsp of fat in the pan for the sauce you'll make later.
6. Remove squash from oven after 30 minutes and set aside to cool. Keep the oven on at 425 degrees.
7. While the squash is cooling, prepare the creamy garlic sauce.
8. Heat the same pan you cooked the sausage in over medium heat.
9. Once hot, add mushrooms and cook until they begin to soften, about 2 minutes.
10. Add in the arrowroot flour and crushed garlic and stir around to mix well with the mushrooms, about 1-2 minutes.
11. Next, add in coconut milk, stirring constantly for 2 minutes. Be sure to mix well to dissolve all flour into the milk. Use a whisk to mix if needed. The sauce will bubble and thicken, keep stirring to prevent burning. After 2 minutes turn heat down to low and simmer.
12. Now, put it all together. With a fork, scrape out the spaghetti squash "noodles" into a medium casserole dish. Add the cooked sausage, broccoli, and creamy garlic sauce. Mix everything together well.
13. Place back in the oven to bake for 15 more minutes. Remove and serve.



Spicy Cilantro Lime Baked Salmon

Ingredients

- 1-pound wild caught salmon
- Juice and - zest of 1 lime
- 1/4 cup cilantro, stems removed
- 1/2 jalapeno, seeds removed
- 1 garlic clove
- 1-1/2 tablespoon olive oil
- Salt and pepper to taste

Directions:

1. Preheat the oven to 400.
2. Place the lime, cilantro, jalapeno, garlic and olive oil in a food processor blend until combined.
3. Season with salt and pepper.
4. Rinse and pat the salmon dry and place it skin down in a large glass casserole dish
5. Spoon the lime mixture on top of the salmon and place in the oven.
6. Bake for about 15 minutes or until cooked through.
7. Serve with your favorite roasted vegetable.



