

MEAL PLAN – WEEK 1

Guiding Principles

- Start with the suggested portion. But PAY ATTENTION TO YOUR BODY and if the portion size is either too much or too little (i.e. you feel full or you still feel very hungry), PLEASE ADJUST TO YOUR NEEDS
- Eat a Large, Protein-dense Breakfast, as close to Zero Carbs as possible.
- Eat a diverse, low-carb, satisfying Lunch, with the size dictated by your appetite.
- Eat a healthy snack around 3 hours after meals, if needed.
- Generally, increase protein and vegetables and decrease carbs/sugars and greasy/spicy foods.
- Reduce or eliminate alcohol and soft-drinks.
- Minimal caffeine, sugar, animal dairy, and wheat flour.
- This Meal Plan is based for 2 people, look over the recipes and ingredients and adjust if needed.

MONDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Scrambled Eggs with Tomatoes and/or Avocados	¼ cup of almonds	Spinach Salad Cucumber Sliders	½ cup of carrots and Hummus	Honey Chipotle Chicken with Cucumber/Tomato Salad

TUESDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Baked Eggs in Ham Cups	Celery and Nut Butter	Avocado and Tuna Salad	Banana	Left overs of: Honey Chipotle Chicken with Cucumber/Tomato Salad

WEDNESDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
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Boiled Eggs with Tomatoes and Avocado	½ cup of carrots and Hummus	Spinach Salad and Cucumber Sliders	¼ cup of almonds	Chicken Apple Sausage and Sweet Potato Skillet
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THURSDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Baked Eggs with Mushrooms and Parmesan	Celery and nut butter	Avocado and Tuna Salad	Banana	Left overs of: Chicken Apple Sausage and Sweet Potato Skillet

FRIDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Veggie Omelet with 2 slices of Bacon	½ Apple and nut butter	Spinach Salad And Cucumber Sliders	¼ cup of Almonds	Kielbasa and Cabbage Skillet

SATURDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Sweet Potato Hash with Sausage and Eggs	½ cup of carrots and Hummus	Cheat Meal	¼ cup of almonds	Left overs of: Kielbasa and Cabbage Skillet

SUNDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Left overs of: Sweet Potato Hash with Sausage and Eggs	¼ cup of almonds	Shrimp and Asparagus Stir Fry	½ Apple and nut butter	Steak with Mushrooms and Asparagus

BREAKFAST

Scrambled eggs with Avocado and tomatoes (2 serving - 30 mins. prep and cook time)

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Ingredients:

- 4-6 eggs scrambled
- 2 Roma Tomato Sliced
- 1 Avocado Sliced
- Salt and pepper to taste

Directions:

- Scramble the eggs and cook them
- Serve with tomatoes and avocado

Baked eggs in ham cups (2 servings – 2 cups each - 30 mins. prep and cook time)

Ingredients:

- 4Eggs
- 8 slices of Ham or Turkey Deli Meat
- (Optional) Veggies

Directions:

- Preheat your oven to 400°F.
- Grease up your Muffin/Cupcake Pan. You can either spray it down with some cooking spray, or you can do what I did which was smear some Coconut Oil all over it.
- Fit 1 or 2 slices of ham in to each muffin cup. I used two because my ham was sliced real thin.
- (Optional) Depending on if you want your eggs all scrambled or not, you can crack an egg in to a separate cup and beat it before dumping it in to the ham cups. If you do decide on doing this, you can also mix in your other ingredients (think chopped mushrooms/scallions/spinach).
- If you like your eggs whole, go ahead and crack that egg in to the cup!
- (Optional) Throw a few pieces of your chopped up veggies on top for garnish!
- Pop that muffin pan in to the oven which you previously preheated 400°F and bake for 15 minutes or however well you like your eggs. When I went with 15 minutes, my scrambled egg version was more well done than my non-scrambled one, so you might want to keep that in mind.

Hard boiled eggs with tomatoes and avocado (2 serving - 30 mins. prep and cook time)

Ingredients:

- 4-6 eggs Hardboiled
- 2 Roma Tomato Sliced
- 1 Avocado Sliced
- Salt and pepper to taste

Directions:

- Hardboil the eggs
- Serve with tomatoes and avocado

Baked Eggs with Mushrooms and Parmesan – Serves 2, 30 mins prep and cook time

Ingredients:

- 1 lb. brown Crimini (Baby Bella) mushrooms, washed and thickly sliced
- 1 T olive oil
- salt and fresh ground black pepper to taste

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- 4 eggs
- 2-3 tsp. freshly grated Parmesan
- 2-3 tsp finely chopped parsley for garnish (optional)

Directions:

- Preheat oven 400F. Spray 2 individual baking dishes or a flat casserole dish with non-stick spray.
- Wash mushrooms and spin dry or dry with paper towels. Slice mushrooms into slices about 1/2 inch thick. Heat oil in a large frying pan over high heat and sauté mushrooms until they have released all their liquid and the liquid has evaporated, about 6-8 minutes. Season mushrooms with a little salt and fresh ground black pepper and quickly transfer to baking dishes.
- Break two eggs over the mushrooms in each individual dish (or four eggs over all the mushrooms in a casserole dish.) Season eggs with a little salt and fresh ground black pepper to taste and sprinkle a little Parmesan over them.
- Bake eggs until they are done to your liking, about 10 minutes for firm whites and partly-soft yolks.

Veggie Omelet with Bacon – Serves 2 - 20 mins prep and cook time

Ingredients:

- 4-6 eggs
- 4 strips of Bacon
- Veggies of your choice – chopped
- Salt and pepper to taste

Instructions

- Crack open the eggs and whisk together
- Chop the Veggies up and combine with the whisked eggs
- Cook the eggs and veggies in a skillet as scrambled eggs or as an omelet.
- Cook 4 strips of Bacon
- Serve eggs with bacon

Sweet Potatoes Hash with Sausage and Eggs – Serves 4 – 30 mins prep & cook time

Ingredients:

- 1-pound sausage
- 4 eggs
- 1 medium onion, chopped
- 2 medium sized sweet potatoes
- coconut oil
- salt and pepper, to taste
- rosemary, to taste

Directions:

- Brown sausage. Transfer to a plate.
- Reduce heat to medium high, add 1 Tbsp. coconut oil to cast iron skillet and sauté onions until translucent. Transfer to the plate with the sausage.
- Heat 1 Tbsp. coconut oil over medium high heat, add chopped sweet potatoes and cook, stirring occasionally, until tender (about 10 minutes). Sprinkle some rosemary over sweet potatoes. Cover skillet with a lid while cooking.
- Add sausage and onions to the cast iron skillet and stir everything.

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- Crack four eggs over sweet potato hash. Place cast iron skillet in a preheated 425F oven and cook for about 10-15 minutes until eggs are set.
- Breakfast is ready!

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LUNCH

Spinach Salad (1 serving – 15 preparation time)

- Spinach
- Dressing of your Choice
- Veggies of your choice

Cucumber sliders (2 serving – 15 preparation time)

- 2 Cucumber Sliced
- Lunch meat of your choice
- Make in to mini-sandwiches

Avocado Tuna Salad (2 serving – 15 preparation time)

Ingredients:

- 2 avocado
- lemon juice, to taste
- 2 tablespoon chopped onion, to taste
- 2 cans Albacore Tuna
- sea salt and pepper to taste

Directions:

- Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about ¼-inch thick on each half.
- Add lemon juice and onion to the avocado in the bowl and mash together. Add tuna, salt and pepper, and stir to combine. Taste and adjust if needed.
- Fill avocado shells with tuna salad and serve.

Shrimp and asparagus with Lemon Sauce (2 serving – 30 preparation time)

Ingredients:

- 4 tablespoons olive oil, divided
- 1-pound large raw shrimp, peeled & deveined
- 1-pound asparagus, ends trimmed and each stalk cut into 2-3" pieces
- ½ teaspoon salt, divided
- 1 teaspoon minced ginger
- 1 teaspoon minced garlic
- Lemon Sauce
 - ⅔ cup chicken stock
 - 1 tablespoon sugar
 - 1 tablespoon soy sauce
 - ¼ cup lemon juice
 - 1 teaspoon lemon zest

Directions:

- In a small bowl, whisk together all of the lemon sauce ingredients and set aside.

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- In a large frying pan, heat 2 tablespoons olive oil over medium-high heat. Add shrimp to pan in a single layer and cook for about 3 minutes, turning them over to cook both sides. Season shrimp with ¼ teaspoon salt. Shrimp should be beginning to pink on both sides and be opaque, but just slightly undercooked. Remove from frying pan and place shrimp on a plate.
- In same frying pan, heat another 2 tablespoons of oil over medium-high heat. Add asparagus and cook until asparagus is tender-crisp, bright green, and just barely beginning to brown. Season asparagus with ¼ teaspoon salt (or more if needed). Add ginger and garlic and stir to combine with asparagus. Cook for another 30-45 seconds or so.
- Pour in lemon sauce mixture into frying pan with asparagus. Add shrimp back into pan and combine sauce with asparagus and shrimp. Simmer for about a minute or until sauce is thickened. Remove from heat and serve.

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DINNER

Honey Chipotle Chicken with cucumber tomato salad (4 servings – preparation and cook time 30 minutes)

Ingredients:

- 4 boneless skinless chicken breasts
- salt and pepper to taste
- olive oil
- garlic powder
- juice of 1 lime
- 2 Tbsp honey
- 2 Tbsp chipotle powder seasoning, divided (1 Tbsp for sauce & 1 Tbsp for rubbing into chicken)
- Cucumber Tomato Salad:
 - 2 Small to Medium cucumber
 - 6 Roma Tomatoes
 - Parsley (optional)
 - 2 TBS Lemon Juice
 - 6 TBS Olive Oil
 - Salt and Pepper to taste

Directions:

- Heat oil in a large skillet over high heat.
- Rub the chicken with olive oil, season with salt, freshly ground black pepper, garlic powder and 1 Tbsp chipotle powder seasoning. Rub the chicken with a little bit of olive oil because it helps keep all the juices in the chicken and the chicken stays tender & juicy.
- Reduce heat to medium and place chicken in skillet. Do not overcrowd the skillet. Work in batches if necessary. Cook chicken over medium heat for about 5 - 6 minutes on each side.
- While chicken is cooking, mix juice of 1 lime, honey and the other 1 Tbsp chipotle powder seasoning.
- After chicken is done, place it on a plate and brush with the honey chipotle mixture.
- Cucumber Tomato Salad: Chop and dice the cucumber and tomatoes, mixed with the lemon Juice, olive Oil, and salt/pepper. Serve with the chicken.

Chicken apple sausage and sweet potato skillet (4 servings – preparation and cook time 30 minutes)

Ingredients:

- 2 Chicken Apple Sausage links, sliced
- 2 medium apples, cored & diced
- 4 medium sweet potatoes, diced
- 1/2 Cup water

Directions:

- Heat large pan on stove or electric skillet on medium high heat.
- Cut sausage into slices. Add to the skillet.
- While sausage cooks, dice apples into small chunks (I left the skin on) and cut the sweet potatoes. Add to skillet.
- Gently stir to combine, add water, and cover.

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- Let all ingredients cook together until potatoes and apples are just fork tender.
- Serve warm & enjoy!

Kielbasa and cabbage skillet – 30 mins and serves 4

Ingredients:

- 1 pounds fully cooked kielbasa sausage, cut in half lengthwise, then cut into 2 inch pieces
- 1 tablespoon extra-virgin olive oil
- 1 head cabbage, coarsely chopped
- 1 large sweet onion, cut into large pieces
- 4 cloves garlic, minced
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 teaspoons rice wine vinegar
- 2 teaspoons Dijon or brown grainy mustard

Directions:

- Heat olive oil in a large nonstick sauté pan over medium-high and add kielbasa. Cook, without stirring for 1 minute. Then stir occasionally for about 3 minutes. Transfer to a plate with a slotted spoon.
- In the same pan with some of the rendered kielbasa fat, add the cabbage, onion, garlic, sugar, salt, and pepper. Stir to combine and cook for about 10 minutes, stirring occasionally.
- Mix in the vinegar and mustard; add the sausage back to the pan and cook for another 2 minutes to heat through. Taste and adjust seasoning, if necessary.
- Serve immediately on its own.

Steak with Mushrooms and Asparagus (2 servings – preparation and cook time 30 minutes)

Ingredients:

- 2 Steaks 6oz each
- ½ cup sliced Mushrooms
- ½ cup chopped Asparagus
- Coconut oil
- Salt and pepper to taste

Directions:

- Sauté mushrooms and asparagus in coconut oil until they are tender.
- Grill steaks
- Serve steaks topped with mushrooms and asparagus.

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GROCERY LIST

Produce:

- Avocados
- Roma Tomatoes
- Mushrooms
- Onion
- Medium Sweet Potatoes
- Spinach
- Cucumbers
- Lemon Juice
- lemon
- lime
- asparagus
- Apples
- Cabbage
- Baby carrots
- Celery
- Bananas
- Minced Ginger
- Minced Garlic
- Parsley (optional)

Meat:

- Bacon
- Deli meat
- Eggs
- Sausage
- shrimp
- Chicken breasts
- Chicken Apple Sausage Links
- Kielbasa Sausage
- steaks

Spices/Oils:

- Salt
- Pepper
- Olive Oil
- Coconut Oil
- Salad Dressing
- Garlic Powder
- Sugar
- Soy sauce
- Garlic powder
- Honey
- Chipotle Powder

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- Rice wine vinegar
- Dijon mustard

Others:

- Parmesan cheese
- Albacore Tuna
- Chicken Broth
- Almonds
- Nut Butter
- Hummus

MEAL PLAN – WEEK 2

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MONDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Sweet Potato and Bacon Hash with Spinach	**If needed**	Meal 1	**If needed**	General Tso's Chicken

TUESDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Left overs of: Sweet Potato and Bacon Hash with Spinach	**If needed**	Meal 2	**If needed**	Left overs of: General Tso's Chicken

WEDNESDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
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Breakfast Burrito	**If needed**	Meal 3	**If needed**	Spinach and Artichoke Chicken
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THURSDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Ham, Apple and Sweet Potato Scramble	**If needed**	Meal 4	**If needed**	Left overs of: Spinach and Artichoke Chicken

FRIDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Chicken, Bacon, and Mushroom Quiche	**If needed**	Meal 5	**If needed**	Buffalo Chicken Casserole

SATURDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Left overs of: Chicken, Bacon, and Mushroom Quiche	**If needed**	CHEAT MEAL	**If needed**	Left overs of: Buffalo Chicken Casserole

SUNDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Banana Pancakes And Scrambled Eggs	**If needed**	Spinach Salad	**If needed**	Shrimp Boil Foil Packets

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BREAKFAST

Sweet potato bacon hash with Spinach – Serves 4 - 40 mins prep and cook time

Ingredients:

- 1-pound Bacon
- 3 cups peeled and diced butternut squash
- 3 cups peeled and diced sweet potatoes
- 4 cups fresh spinach, roughly chopped
- 6-8 eggs
- salt and pepper to taste
- 4 tbsp chopped fresh chives (optional)

Instructions

- Heat a 10 or 12-inch heavy ovenproof skillet on the stove over medium-hi heat and preheat your oven to 400 degrees.
- Chop your bacon into 1 inch pieces and add to the heated skillet.
- Let the bacon cook until a bit crispy but not yet done, and drain off a bit of the fat, leaving enough to cook the potatoes and butternut. You can save the fat for later use if you like in a glass container.
- Put the chopped butternut squash and sweet potatoes in the skillet with the bacon and toss to coat with fat, then sprinkle salt on to taste and toss again.
- Lower the heat to medium and cover the pan to let the potatoes and butternut soften a bit. After 2-3 minutes or so, uncover and stir to evenly brown.
- Once the butternut squash and potatoes are browning and soft, add the spinach and just toss to coat and soften.
- Remove from heat and carefully crack each egg in a different spot on top of the hash so as not to "break" the yolk. Sprinkle a bit of salt and pepper over the eggs, and put the entire skillet in the preheated oven for 5-10 minutes, depending on how well done you want your eggs cooked. I cook mine until the whites are set and the yolks are creamy.
- Check often, and, when eggs are cooked to preference, remove the skillet from the oven. Sprinkle a generous amount of chopped fresh chives over the top, and let sit for 5 minutes before serving.

Breakfast Burrito – Serves 2 – 10 mins prep & cook time

Ingredients

- Sliced Ham (choose a ham that is large enough to fold and medium-thickness so that it doesn't break when wrapped. You may need more than one slice)
- 2 eggs
- 1/4 cup chopped veggies (spinach, black olives, bell pepper, tomato, etc.)
- Optional: Salsa, Guacamole, Cilantro

Instructions

- Sauté the veggies in a small bit of oil over medium high heat.
- In a small bowl, whisk the eggs and pour over the veggie mix.
- Using a spatula, scramble the mix until cooked through. Take the eggs out of the pan.
- Roll the ham around the eggs and place back onto the skillet. Grill for a few seconds each side until the ham is slightly brown.

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- Serve with salsa, guacamole, and a sprig of fresh cilantro on top.

Ham, Apple and Sweet Potato Scramble – Serves 2-3 – 20-30 mins prep & cook time

Ingredients

- ½ pound ham steak, chopped into cubes
- 1 apple, peeled, cored, and diced
- 1 medium sweet potato, peeled and diced into 1/4" to 1/2" thick cubes
- 1/2 medium onion, diced
- 4 eggs, scrambled
- coconut oil, for sautéing
- Spices
 - 1/2 tsp salt
 - 1/2 tsp cinnamon
 - 1/2 tsp garlic powder
 - 1/2 tsp onion powder
 - 1/4 tsp allspice
 - 1/4 tsp cayenne pepper

Directions:

- In a small bowl, mix all the spices together
- In a large frying pan, add a tablespoon of coconut oil and heat to medium
- First sauté the onions 3-4 minutes and leave them in the pan
- Add the sweet potatoes to the onions along with more coconut oil and cook for about 5 minutes
- Next add the ham, apples and mixed spices to the pan
- Continue cooking until the sweet potatoes and apples are tender - remove everything from the pan and set aside
- Now scramble the eggs in your frying pan, then add everything you set aside back in and mix it all together
- Serve hot and enjoy!

Chicken, Bacon, and Mushroom Quiche – Serves 4-6 – 1hour prep & cook time

Ingredients

- 1 pound sliced mushrooms
- 6 strips of bacon, chopped
- 1-1/2 cups leftover shredded chicken
- 2 teaspoons dried sage leaves
- 6 eggs
- 1 cup (240 mL) full-fat [coconut milk](#)
- ½ teaspoon [sea salt](#)
- ½ teaspoon black pepper
- [Coconut oil](#)

Directions:

- Preheat the oven to 375°F (190°C). Grease a casserole dish or glass baking dish with coconut oil. I used a 10" round casserole. If you use a smaller one, you may have to bump up the baking time a few minutes since the quiche will be thicker.
- In a large skillet over medium heat, render and brown the bacon. Add the leftover chicken, mushrooms and sage to the pan and cook for a few minutes, making sure there is no moisture left

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from the mushrooms (if not, your quiche will be soggy). Dump this mixture into the greased casserole dish, and set aside.

- Crack the eggs into a medium bowl. Add the coconut milk, sea salt and pepper. Whisk to combine. Pour the egg mixture into the casserole dish.
- Bake the quiche for about 30 minutes or until the center is set and not jiggly.

Banana Pancakes with Scrambled Eggs– Serves 2 – 20 mins prep & cook time

Ingredients

- 1 banana (ripe)
- 2 eggs to mix with the Banana
- 4-6 eggs to be scrambled
- Coconut Oil

Directions:

- Mash the banana in a little bowl and crack the eggs into the bowl as well.
- Mix well and heat up a pan with a little bit of coconut oil.
- Pour the mixture in the pan to achieve the desired pancake size - I make them rather large, because I'm lazy. They are easier to flip though, the smaller they are.
- Cook on both sides
- Whisk the other eggs together and cook them in frying pan
- Serve the scrambled eggs with the pancakes

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LUNCH

Meal 1:

- ½ Sliced Pear with nut butter for dipping
- Chopped cucumber
- Baby Carrots
- Lunch meat of your choice
- Almonds

Meal 2:

- Berries
- 2-3 Hardboiled eggs
- Rice crackers
- Sugar snap peas
- Lunch meat of your choice

Meal 3:

- Cucumber sliders
- Banana
- Baby tomatoes
- Almonds
- Hummus and Carrots

Meal 4:

- Chopped cucumbers
- Almonds
- 1-2 apple with nut butter for dipping
- Avocado Tuna Salad

Meal 5:

- Berries
- Almonds
- Hummus and carrots
- 3 hardboiled eggs

Cucumber sliders (1 serving – 15 preparation time)

- 1 Cucumber Sliced
- Lunch meat of your choice
- Make in to mini-sandwiches

Avocado Tuna Salad (2 serving – 15 preparation time)

Ingredients:

- 2 avocado
- lemon juice, to taste
- 2 tablespoon chopped onion, to taste
- 2 cans Albacore Tuna
- sea salt and pepper to taste

Directions:

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- Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about ¼-inch thick on each half.
- Add lemon juice and onion to the avocado in the bowl and mash together. Add tuna, salt and pepper, and stir to combine. Taste and adjust if needed.
- Fill avocado shells with tuna salad and serve.

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DINNER

General Tso's Chicken – Serves 4 – 30 mins prep & cook time

Ingredients:

- 4 chicken thighs (or Breast), cut into bite-sized pieces
- 1 cup of tapioca flour
- 1/4 cup coconut oil (this kind has no coconut flavor)
- **For sauce**
 - 1 tbsp coconut oil
 - 1 tsp sesame oil
 - 2 tbsp ketchup
 - 1 tbsp coconut sugar
 - 3 tbsp coconut Aminos
 - 2 tbsp balsamic vinegar
 - 1 tsp arrowroot powder (you can add more if it doesn't thicken)
 - 1 tbsp garlic, minced
 - 1/2 tsp ginger, minced
- scallions to sprinkle on top
- Rice

Directions:

- Dredge the chicken in the tapioca flour, making sure it's coated.
- Cook on all sides until golden brown and crispy.
- While you're cooking the chicken, in a medium sized pan add the coconut oil, sesame oil, ketchup, coconut sugar, coconut oil and balsamic.
- Let it heat up.
- Add the arrowroot and stir continuously until it thickens.
- Once thick, add the garlic and ginger until fragrant.
- Toss the sauce with the chicken.
- Sprinkle scallions on top.

Spinach and Artichoke Chicken – Serves 4 – 30 min prep & cook time

Ingredients:

- 4 6 oz chicken breasts (boneless, skinless)
- 1 14 oz can artichoke hearts, drained, rinsed and chopped
- 1 cup frozen spinach
- 4 garlic cloves, chopped
- 1 14 oz can light coconut milk
- 3 Tbsp grated Parmesan cheese
- 1 Tbsp butter
- 1 Tbs cornstarch
- Optional: salt & pepper (as needed)

Directions:

- In a large skillet, heat to medium high heat. Spray with oil if needed for non-stick. Season chicken breasts lightly with salt and pepper (if using).
- Brown each chicken breast on both sides (about 5-6 minutes per side if thick).
- Remove from pan and set aside on a plate (they won't be cooked through at this point).

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- In the same skillet, turn down to medium heat, melt the butter, and add in the chopped garlic and let cook for 30 seconds to let the garlic get a bit golden. Then add the cornstarch and whisk until it makes a roux. Let it cook for 30 seconds, then slowly add the can of coconut milk. Keep whisking until the milk mixture is smooth (aside from the chunks of garlic).
- Let the milk mixture thicken a bit, then add in the parmesan cheese and whisk until its melted in. Sauce will start to thicken. Add in the chopped artichokes, and frozen spinach. I added in my spinach frozen (they were spinach nuggets) and separated it as it melted. If its frozen spinach in a box, you might want to thaw it in the microwave beforehand and squeeze out a bit of the excess liquid and measure out 1 cup.
- Place the chicken breasts back in the spinach/artichoke mixture and simmer all together with the lid off until the chicken is cooked through. The sauce will thicken a bit more as it simmers...just make sure you keep the lid off or it might get watery.

Buffalo Chicken Casserole – Serves 4 – 60 mins prep & cook time

Ingredients:

- 1 large head cauliflower, grated
- 6 eggs
- 1-pound chicken, cooked and shredded (You can also use rotisserie chicken!)
- 1/2 white onion, diced
- 1 red bell pepper
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon smoked paprika
- 1/2 cup buffalo sauce
- Optional Toppings
 - Crispy bacon
 - Diced red onion
 - Diced green onion
 - Diced avocado
 - Ranch dressing
 - Blue cheese crumbles
 - Diced tomato

Directions:

- Preheat oven to 400° F.
- In a large bowl combine the grated cauliflower and eggs. Mix well until full incorporated.
- Stir in the remaining ingredients and pour into a casserole dish.
- Bake for 45-60 minutes depending on what size dish you used. Mine is a 2.5 quart round dish and I baked it for exactly 1 hour.
- Top with desired toppings and serve.

Shrimp Boil Foil Packets – Serves 2 – 25 mins prep & cook

Ingredients:

- 1/2 lb. large shrimp, peeled and deveined
- 1 clove garlic, minced
- 1 smoked andouille sausages, thinly sliced
- 1 ears corn, each cut crosswise into 4 pieces

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- 1/2 lb. red bliss potatoes, chopped into 1-in pieces
- 1 tbsp. extra-virgin olive oil
- 1/2 tbsp. Old Bay seasoning
- 1/2 lemon, sliced into thin wedges
- 2 tbsp. butter
- kosher salt
- Freshly ground black pepper
- 1 tbsp. chopped fresh parsley leaves

Directions:

- Preheat grill over high heat.
- Cut 2 sheets of foil about 12 inches long. Divide shrimp, garlic, sausage, corn, and potatoes evenly over the foil sheets. Drizzle with olive oil. Add the Old Bay seasoning and season to taste with salt and pepper. Toss gently to combine. Top each mixture with parsley, lemon and a tablespoon of butter each.
- Fold the foil packets crosswise over the shrimp boil mixture to completely cover the food. Roll the top and bottom edges to seal them closed.
- Place foil packets on the grill and cook until just cooked through, about 10-15 minutes.
- Serve immediately.

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GROCERY LIST

Produce:

- Butternut squash
- sweet potatoes
- Spinach
- Chives
- veggies of your choice (for Burrito)
- Apple
- onion
- mushrooms
- Banana
- pear
- cucumbers
- Baby Carrots
- Berries
- Sugar Snap Peas
- Baby Tomatoes
- Avocados
- Lemon juice
- Minced Garlic
- Minced Ginger
- Scallions (small amount)
- 5 garlic cloves
- cauliflower
- red bell pepper
- ear corn
- red potatoes
- 1 lemon
- Parsley

Meat:

- Bacon
- Eggs
- Sliced deli meat (for breakfast burrito and lunches)
- ham steak
- cans of Tuna
- Chicken Thighs (or breasts)
- Chicken Breasts
- chicken cook and shredded (you can get a precooked chicken)
- Shrimp
- Andouille Sausage

Spices/Oils:

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- Coconut oil
- Salt
- Pepper
- Cinnamon
- Garlic powder
- Onion powder
- Allspice
- Cayenne pepper
- Sage leaves
- Tapioca Flour
- Sesame oil
- Ketchup
- Coconut sugar
- Balsamic Vinegar
- Arrowroot Powder
- Coconut Aminos
- Cornstarch
- Smoked Paprika
- Buffalo Sauce
- Old Bay seasoning

Others:

- Coconut milk
- Almonds
- Rice Crackers
- Hummus
- Rice
- Arichoke hearts
- frozen spinach
- Parmesan Cheese
- Butter

MEAL PLAN – WEEK 3

Guiding Principles

- Start with the suggested portion. But PAY ATTENTION TO YOUR BODY and if the portion size is either too much or too little (i.e. you feel full or you still feel very hungry), PLEASE ADJUST TO YOUR NEEDS
- Eat a Large, Protein-dense Breakfast, as close to Zero Carbs as possible.
- Eat a diverse, low-carb, satisfying Lunch, with the size dictated by your appetite.
- Eat a healthy snack around 3 hours after meals, if needed.
- Generally, increase protein and vegetables and decrease carbs/sugars and greasy/spicy foods.
- Reduce or eliminate alcohol and soft-drinks.
- Minimal caffeine, sugar, animal dairy, and wheat flour.
- This Meal Plan is based for 2 people, look over the recipes and ingredients and adjust if needed.

MONDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Potato Pepper Breakfast Scramble with Avocado	**If needed**	Meal 6	**If needed**	Hummus-Crusted Chicken

TUESDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Italian Scrambled Eggs	**If needed**	Meal 7	**If needed**	Left overs: Hummus-Crusted Chicken

WEDNESDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
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Hard boiled Eggs with Tomatoes and Avocado	**If needed**	Meal 8	**If needed**	Sausage and Bell Peppers
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THURSDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Baked Eggs in Ham cups	**If needed**	Meal 9	**If needed**	Left overs: Sausage and Bell Peppers

FRIDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Scrambled eggs with Avocado and Tomatoes (or with veggies of your choice)	**If needed**	Meal 10	**If needed**	Buffalo Chicken Casserole

SATURDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Breakfast Burrito Bowl with Spiced Butternut Squash	**If needed**	CHEAT MEAL	**If needed**	Left overs: Buffalo Chicken Casserole

SUNDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Left over: Breakfast Burrito Bowl with Spiced Butternut Squash	**If needed**	Spinach Salad	**If needed**	Lemon Chicken and Potatoes in Foil

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BREAKFAST

Potato Pepper Breakfast Scramble with Avocado – Serves 2 – 20 mins prep & cook time

Ingredients:

- 1 russet potato
- 6-8 mini sweet peppers
- 1 small onion
- 4 cloves garlic
- 2 egg
- 1/2 avocado
- Red chili flakes
- Black pepper
- Extra Virgin Olive Oil

Directions:

- Chop up potato, peppers, onion, and garlic. Stick potatoes in a bowl and microwave for 3 minutes to soften
- Heat up some olive oil in a pan and cook potatoes, peppers, onions, and garlic until onions are translucent and veggies get a little bit soft.
- Crack an egg in the pan and mix around until cooked
- Top with pepper, red chili flakes, and sliced avocado.

Italian Scrambled Eggs – 2 Serving – 15 mins prep & cook time

Ingredients

- 4-6 eggs
- Sliced Salami
- Sun Dried Tomatoes
- Olives (green, black, or Kalamata – your choice)
- Spinach

Directions

- Scramble the eggs and cook them
- Serve with Sliced Salami, sundried tomatoes, olives, and spinach

Scrambled eggs with Avocado and tomatoes (2 serving - 30 mins. prep and cook time)

Ingredients:

- 4-6 eggs scrambled
- 2 Roma Tomato Sliced
- 1 Avocado Sliced
- Salt and pepper to taste

Directions:

- Scramble the eggs and cook them
- Serve with tomatoes and avocado

Hard boiled eggs with tomatoes and avocado (2 serving - 30 mins. prep and cook time)

Ingredients:

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- 4-6 eggs Hardboiled
- 2 Roma Tomato Sliced
- 1 Avocado Sliced
- Salt and pepper to taste

Directions:

- Hardboil the eggs
- Serve with tomatoes and avocado

Baked eggs in ham cups (2 servings – 2 cups each - 30 mins. prep and cook time)

Ingredients:

- 4Eggs
- 8 slices of Ham or Turkey Deli Meat
- (Optional) Veggies

Directions:

- Preheat your oven to 400°F.
- Grease up your Muffin/Cupcake Pan. You can either spray it down with some cooking spray, or you can do what I did which was smear some Coconut Oil all over it.
- Fit 1 or 2 slices of ham in to each muffin cup. I used two because my ham was sliced real thin.
- (Optional) Depending on if you want your eggs all scrambled or not, you can crack an egg in to a separate cup and beat it before dumping it in to the ham cups. If you do decide on doing this, you can also mix in your other ingredients (think chopped mushrooms/scallions/spinach).
- If you like your eggs whole, go ahead and crack that egg in to the cup!
- (Optional) Throw a few pieces of your chopped up veggies on top for garnish!
- Pop that muffin pan in to the oven which you previously preheated 400°F and bake for 15 minutes or however well you like your eggs. When I went with 15 minutes, my scrambled egg version was more well done than my non-scrambled one, so you might want to keep that in mind.

Breakfast Burrito Bowl with Spiced Butternut Squash – Serves 4 – 30 mins prep & cook time

Ingredients:

- 20-ounces butternut squash, seeded and cut into 1-inch cubes
- 1 1/2 teaspoons olive oil
- 3 teaspoons garlic powder
- 1/2 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 3/4 teaspoon kosher salt
- Freshly ground pepper, to taste
- 1 cup chopped tomatoes
- 1/3 cup chopped onion
- 1/4 cup chopped cilantro
- Juice from 1/2 a lime
- Olive oil spray
- 4 large eggs
- 4 ounces Hass avocado, cubed

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- 1/4 cup reduced-fat shredded cheddar cheese - optional

Directions:

- Preheat oven to 425 degrees F. Spray a large nonstick baking sheet with oil. In a medium bowl, combine squash, olive oil, garlic powder, cumin, smoked paprika, 1/2 teaspoon salt and pepper. Toss well to coat. Spread squash evenly onto a sheet pan and roast for 20-25 minutes, or until browned and tender, tossing once halfway through.
- Meanwhile, in a small bowl, combine tomatoes, onions, cilantro, lime juice, pinch of salt and pepper, to taste. Set aside.
- Heat a small skillet over medium heat, lightly spray with olive oil spray, add eggs, season with salt, cover and cook to your desired doneness.
- To assemble bowls: Layer 2/3 cup squash, 1/2 cup pico, 1 oz avocado, 1 egg and 1 tablespoon cheese. Repeat for remaining bowls.

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LUNCH

Meal 6:

- 2-3 hard-boiled eggs
- Applesauce
- Baby carrots and Hummus
- Almonds
- Baby tomatoes

Meal 7:

- Avocado Deviled Egg salad
- Deli Meat
- Chopped cucumber
- Baby tomatoes
- Sliced yellow bell peppers

Meal 8:

- Meaty Veggie Rolls
- Mediterranean cucumber and tomato salad
- Berries
- Baby carrots
- Celery with nut butter

Meal 9:

- Hardboiled egg
- Mediterranean cucumber and tomato salad
- Applesauce
- Baby carrots with hummus
- Almonds

Meal 10:

- Deli Meat
- Avocado Deviled Egg salad
- Berries
- Baby carrots with hummus
- Baby tomatoes

Avocado Deviled Egg Salad – Serves 4 – 10 mins prep & cook time

Ingredients:

- 5 hardboiled eggs, peeled
- 1 med-large ripe avocado
- 4 slices Bacon, cooked until crisp and crumbled
- 2-3 tbsp chopped fresh chives or thinly sliced green onion
- 1 and ½ tsp fresh squeezed lemon juice (or lime if you prefer) plus an extra squeeze before serving
- ½ tsp fine grain sea salt
- generous dash smoked paprika

Directions:

- Chop your hard boiled eggs and put them in a large bowl. Cut open your avocado and discard the pit, then add the ripe avocado to the bowl. Mash the avocado and mix well with the chopped eggs.

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- Add the lemon juice and salt and mix well, then add the crumbled bacon, chives or green onion, and sprinkle with smoked paprika.

Mediterranean Cucumber and Tomato Salad – Serves 4 – 10 mins prep & cook time

Ingredients:

- 3 medium or 6 small cucumbers, chopped small
- 4 Roma tomatoes, chopped small
- 1 cup fresh parsley, chopped
- 1/2 cup fresh mint leaves, chopped
- 1/2 cup olive oil
- 2 tbsps. lemon juice
- Salt and pepper to taste

Directions:

- Combine all ingredients together in large bowl and season with salt and pepper

Meaty Veggie Roll-ups – 10 minutes to prepare – Serves 2

Ingredients

- 6 thick slices of unprocessed deli meat
- ½ cup of sliced vegetables (julienne style)
- Lettuce or spinach

Directions

- Place desired amount of vegetables on a piece of deli meat.
- Roll tightly

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DINNER

Hummus-Crusted Chicken – Serves 4 – 35 mins prep & cook

Ingredients:

- 4 boneless, skinless chicken breasts
- salt and pepper
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 1 medium onion, chopped
- 1 cup hummus
- 1 Tbsp. olive oil
- 2 lemons
- 1 tsp. smoked paprika or sumac

Directions:

- Preheat oven to 450 degrees. Prepare one large baking dish or two smaller baking dishes with cooking spray.
- Pat the chicken dry. Season the chicken breasts with generous pinches of salt and pepper. In a large bowl, toss the zucchini, squash and onion with olive oil until evenly coated. Season with salt and pepper.
- If using one baking dish, place all of the vegetables on the bottom of the dish in an even layer. Lay the four chicken breasts evenly on top, then cover each chicken breast with the hummus so that the entire breast is covered. Squeeze the juice of one lemon over the chicken and vegetables. Then sprinkle the pan with smoked paprika or sumac. Thinly slice the remaining lemon, and place the slices in between the chicken and vegetables if desired.
- **If using two pans, use one for the chicken and one for the vegetables.**
- Bake for about 25-30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.

Sausage and Bell Peppers – Serves 4 – 25 mins prep and cook time

Ingredients

- ¼ pound Italian turkey sausage, cut into ¼ in. slices
- 1 sliced red bell pepper
- 1 sliced green bell pepper
- 1 sliced yellow bell pepper
- 1 sliced onion
- ¼ cup chicken broth
- 1 tbsp. minced garlic
- ¼ tsp crushed red pepper flakes
- ¼ tsp dried oregano leaves

Directions

- Spray large skillet with Pam cooking spray and heat skillet.
- Add sausage and stir frequently until no longer pink 5-6 minutes.
- Add bell peppers, onion, broth, garlic, pepper flakes and oregano. Sauté all together for 5 minutes or until liquid evaporates.
- Reduce heat and simmer covered 5 minutes more.

Buffalo Chicken Casserole – Serves 4 – 60 mins prep & cook time

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Ingredients:

- 1 large head cauliflower, grated
- 6 eggs
- 1-pound chicken, cooked and shredded (You can also use rotisserie chicken!)
- 1/2 white onion, diced
- 1 red bell pepper
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon smoked paprika
- 1/2 cup buffalo sauce
- Optional Toppings
 - Crispy bacon
 - Diced red onion
 - Diced green onion
 - Diced avocado
 - Ranch dressing
 - Blue cheese crumbles
 - Diced tomato

Directions:

- Preheat oven to 400° F.
- In a large bowl combine the grated cauliflower and eggs. Mix well until full incorporated.
- Stir in the remaining ingredients and pour into a casserole dish.
- Bake for 45-60 minutes depending on what size dish you used. Mine is a 2.5 quart round dish and I baked it for exactly 1 hour.
- Top with desired toppings and serve.

Zuppa Toscana Soup in Crock-pot – Serves 6 – 45 mins prep & cook time

Ingredients

- 1 lb. bacon, cooked and crumbled
- 1 lb. Italian sausage, browned and drained
- 4 cups chicken stock
- 1 teaspoon minced garlic
- 1 medium onion, diced
- 3 large potatoes, peeled and cut into cubes
- 2 cups kale, diced
- 1 can full fat coconut milk, refrigerated

Directions:

- Place half of the cooked and crumbled bacon into the slow cooker. Reserve the other half as a topping for the soup.
- Add the Italian sausage, chicken stock, garlic, onion and potatoes to the slow cooker.
- Cover and simmer on low for 6-8 hours, or on high for 4-6 hours until the potatoes are tender.
- With 30 minutes left, add the kale to the slow cooker. Cover and allow the kale to cook for 30 minutes.
- Five minutes before serving, open the can of refrigerated coconut cream and add just the solid white cream to the slow cooker. Reserve the clear coconut milk for another use. Let the cream heat through the soup for about 5 minutes.

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- Serve with crumbled bacon on top.

Lemon Chicken and Potatoes in Foil – Serves 4 – 35 mins prep & cook

Ingredients:

- 3 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon whole grain mustard
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried rosemary
- Zest of 1 lemon
- Kosher salt and freshly ground black pepper, to taste
- 16 ounces baby red potatoes, halved
- Kosher salt and freshly ground black pepper, to taste
- 4 boneless, skinless chicken breasts
- 1 lemon, thinly sliced
- 2 tablespoons chopped fresh parsley leaves

Directions:

- Preheat oven to 375 degrees F.
- In a small bowl, combine 2 tablespoons olive oil, mustards, thyme, rosemary and lemon zest; season with salt and pepper, to taste. Set aside.
- Cut four sheets of foil, about 12-inches long. Divide potatoes into 4 equal portions and add to the center of each foil in a single layer.
- Fold up all 4 sides of each foil packet. Drizzle with remaining 1 tablespoon olive oil and season with salt and pepper, to taste; gently toss to combine.
- Top each packet with the chicken. Using your fingers or a brush, work the mustard mixture onto both sides of the chicken. Top with lemon slices.
- Fold the sides of the foil over the chicken, covering completely and sealing the packets closed. Place foil packets in a single layer on a baking sheet. Place into oven and bake until the chicken is cooked through and the potatoes are tender, about 25-30 minutes.
- **OPTIONAL:** Preheat oven to broil. Open the packets and broil for 2-3 minutes, or until caramelized and slightly charred.
- Served immediately, garnished with parsley, if desired.

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GROCERY LIST

Produce:

- Russet Potato
- Mini sweet pepper
- Small onions
- Garlic cloves
- Spinach
- Roma Tomato
- Avocado
- Butternut squash
- Cilantro
- Limes
- Baby carrots
- Cucumbers
- Baby tomatoes
- Yellow bell pepper
- Berries
- Celery
- Chives
- Lemon juice
- Zucchini
- Yellow squash
- Red bell pepper
- Green pepper
- Minced garlic
- Cauliflower
- Kale
- Red baby potatoes
- parsley

Meat:

- Eggs
- Salami
- Ham
- Deli meat of your choice
- Bacon
- Chicken breasts
- Italian turkey sausage

Spices/Oils:

- Coconut oil
- Olive oil
- Red chili flakes
- Black pepper
- Garlic powder

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- Cumin
- Smoked paprika
- Oregano
- Buffalo sauce
- Coconut milk
- Dijon mustard
- Whole grain mustard
- Thyme
- rosemary

Others:

- Sundried tomatoes
- Olives
- Applesauce
- Hummus
- Almonds
- Nut butter
- Chicken broth

MEAL PLAN – WEEK 4

Guiding Principles

- Start with the suggested portion. But PAY ATTENTION TO YOUR BODY and if the portion size is either too much or too little (i.e. you feel full or you still feel very hungry), PLEASE ADJUST TO YOUR NEEDS
- Eat a Large, Protein-dense Breakfast, as close to Zero Carbs as possible.
- Eat a diverse, low-carb, satisfying Lunch, with the size dictated by your appetite.
- Eat a healthy snack around 3 hours after meals, if needed.
- Generally, increase protein and vegetables and decrease carbs/sugars and greasy/spicy foods.
- Reduce or eliminate alcohol and soft-drinks.
- Minimal caffeine, sugar, animal dairy, and wheat flour.
- This Meal Plan is based for 2 people, look over the recipes and ingredients and adjust if needed.

MONDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Veggie Omelet with Bacon	**If needed**	Lettuce-Wrap Sandwich	**If needed**	Zuppa Toscana Soup

TUESDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Eggs with Zucchini Noodles and Bacon	**If needed**	Avocado BLT Salad with Chipotle Dressing	**If needed**	Left overs: Zuppa Toscana Soup

WEDNESDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Breakfast Casserole with Eggs, Potatoes and Sausage	**If needed**	Lettuce-Wrap Sandwich	**If needed**	Left overs: Zuppa Toscana Soup

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THURSDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Left overs of: Breakfast Casserole with Eggs, Potatoes and Sausage	**If needed**	Mixed Baby Greens with Strawberries, Gorgonzola and poppy Seed Dressing	**If needed**	Unwrapped Bacon Scallops

FRIDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Left overs of: Breakfast Casserole with Eggs, Potatoes and Sausage	**If needed**	Left overs of: Mixed Baby Greens with Strawberries, Gorgonzola and poppy Seed Dressing	**If needed**	Left overs: Unwrapped bacon Scallops

SATURDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Italian Scrambled Eggs	**If needed**	Grilled Steak Lettuce Tacos	**If needed**	Kung Pao Chicken

SUNDAY

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Warm Banana Coconut Breakfast Bowl	**If needed**	Left overs of: Grilled Steak Lettuce Tacos	**If needed**	Left overs: Kung Pao Chicken

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BREAKFAST

Veggie Omelet with Bacon – Serves 2 - 20 mins prep and cook time

Ingredients:

- 4-6 eggs
- 4 strips of Bacon
- Veggies of your choice – chopped
- Salt and pepper to taste

Instructions

- Crack open the eggs and whisk together
- Chop the Veggies up and combine with the whisked eggs
- Cook the eggs and veggies in a skillet as scrambled eggs or as an omelet.
- Cook 4 strips of Bacon
- Serve eggs with bacon

Eggs with Zucchini Noodles and Bacon – 2 Serving – 20-30 mins prep & cook time

Ingredients

- 2 cups Zucchini noodles or shreds
- 2 slices of raw bacon
- ¼ cup grated asiago chees
- 2 eggs
- Salt and pepper to taste

Directions

- Cut your bacon slices in half, then cut them lengthwise into ¼ inch thick strips like bacon noodles.
- In a small to medium sauté pan, cook the bacon for about 3 minutes.
- Add the zucchini and mix well. Season with salt and pepper and flatten slightly, creating two depressions for the eggs.
- Sprinkle with the Asiago cheese.
- Break one egg into each dent.
- Cook on medium-high heat for about 3 minutes, then cover and cook for an additional 24 minutes, or until the eggs are cooked to your liking and the bottom is crispy. Serve hot.

Breakfast Casserole with Eggs, Potatoes and Sausage – Serves 4 - 45 mins prep and cook time

Ingredients:

- 1.5 pounds of potatoes, peeled & cut into ½ inch cubes
- 1 pound Italian sausage or Andouille Sausage
- 1 onion, diced
- 1 red pepper, diced
- 3 garlic cloves, minced
- 2 cups shredded cheese (no cheese if Paleo)
- 6 eggs
- ⅓ cup milk (Coconut milk for Paleo)
- ¼ teaspoon black pepper
- sliced green onion

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Directions:

- Preheat oven to 375 degrees F. Cook the potato dices in salted boiling water for about 5 minutes. Drain and let cool.
- Remove casings from sausage, unless you are making your own mix like me. Heat a skillet to medium-high and cook the sausage until browned. Break it up in the process. Remove from skillet with a slotted spoon. Leave 1 tablespoon of grease.
- Cook the onion and red pepper in the sausage grease for about 5 minutes. Add the garlic and cook a couple more minutes. Fill into a large baking dish (9x13 inches) together with sausage and potato dices.
- In a bowl, whisk together the eggs, milk and black pepper and pour into the baking dish. Add 1.5 cups of the shredded cheese and stir to combine everything.
- Sprinkle the remaining cheese on top, cover with foil and bake for 20 minutes. Uncover and continue baking for 10-15 more minutes.
- The breakfast bake rest for a few minutes. Add sliced green onion and serve hot.

Italian Scrambled Eggs – 2 Serving – 15 mins prep & cook time

Ingredients

- 4-6 eggs
- Sliced Salami
- Sun Dried Tomatoes
- Olives (green, black, or Kalamata – your choice)
- Spinach

Directions

- Scramble the eggs and cook them
- Serve with Sliced Salami, sundried tomatoes, olives, and spinach

Warm Banana Coconut Breakfast Bowl – Serves 2 – 20 mins prep & cook time

Ingredients:

- 2 ripe bananas chopped
- ½ cup coconut milk
- ¼ cup Pecans
- 1/8 cup shredded coconut
- 1stp Cinnamon

Directions:

- Mix all ingredients together and warm in the microwave or stove top

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LUNCH

Lettuce-Wrap Sandwich

Ingredients:

- Lettuce leaves
- Lunch meat of your choice
- Sliced tomato
- Sliced avocado
- Other veggies of your choice

Directions

- Wrap meat and veggies in the Lettuce leaves
- eat

Avocado BLT Salad with Chipotle Dressing – 2 servings – 15 mins prep and cook time

Ingredients:

- 8 slices of Bacon
- 1-2 heads of Romaine lettuce
- 1 pint of Cherry tomatoes
- 1-2 Avocados, sliced
- Chipotle Balsamic Vinaigrette
 - ¼ cup balsamic Vinegar
 - ¼ cup garlic infused olive oil
 - ¼ cup virgin olive oil
 - ½ - 1 tsp chipotle chili flakes
 - 2 tsp honey
 - Sea salt and pepper to taste

Directions

- Arrange bacon on rimmed baking sheet and place in cold oven. Set oven to 375 degrees and cook bacon to desired crispness, about 15 - 20 minutes.
- While bacon cooks, combine salad ingredients and make dressing.
- Top salad with chopped cooked bacon and drizzle with vinaigrette.

Mixed Baby Greens with Strawberries, Gorgonzola and Poppy Seed Dressing – Serves 4 – 15 mins prep and cook time

Ingredients:

- For the dressing:
 - 1 tbsp red wine vinegar
 - 1 tbsp cider vinegar
 - 2 tbsp olive oil
 - 1 tsp minced shallots
 - 1 1/2 tbsp honey
 - 1/2 tbsp poppy seeds
- For the salad:
 - 5 oz organic mixed baby greens

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- 1/4 cup slivered almond
- 2 cups sliced strawberries
- 1/4 cup gorgonzola (leave out for Paleo)

Directions:

- Place all the dressing ingredients in a small jar and shake.
- Combine the salad ingredients in a big salad bowl and toss with dressing or you can divide the ingredients equally between four plates.

Grilled Steak Lettuce Tacos – Serves 4 – 20 mins prep and cook time

Ingredients:

- FOR THE GUAC:
 - 4 oz (1 small haas) avocado
 - 1/4 cup diced tomato
 - 2 tablespoons diced red onion
 - 2 teaspoons lime juice
 - 2 teaspoons chopped cilantro
 - 1/2 teaspoon kosher salt
 - fresh black pepper, to taste
- FOR THE PICO DE GALLO:
 - 1/2 cup diced tomato
 - 1/4 cup chopped onion
 - 1 tbsp minced jalapeno
 - 1 teaspoon lime juice
 - 1/4 tsp kosher salt
- FOR THE STEAK:
 - 1 lb thin sirloin steaks
 - 1 tsp kosher salt
 - 1 tsp ground cumin
 - 1/2 tsp garlic powder
 - 1/8 teaspoon dried oregano
 - pinch fresh ground pepper
 - 8 lettuce shells from 1 head

Directions:

- Combine the salt, cumin, garlic powder, oregano and black pepper. Rub over the steak.
- Mash the avocado in a small bowl with the tomato, red onion, cilantro, lime juice, salt, pepper to taste. Set aside.
- Combine the pico de gallo ingredients; set aside.
- Heat a grill over high heat. Clean grates and spray with oil. Cook the steaks over high heat 2 to 3 minutes on each side, until the steak is cooked to your liking. Set aside on a cutting board to rest 5 minutes before slicing. Slice into thin strips.
- To serve, fill each lettuce cups with 1 1/2 tbsp guacamole and top with steak and pico de gallo.

DINNER

Zuppa Toscana Soup in Crock-pot – Serves 6 – 45 mins prep & cook time

Ingredients

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- 1 lb. bacon, cooked and crumbled
- 1 lb. Italian sausage, browned and drained
- 4 cups chicken stock
- 1 teaspoon minced garlic
- 1 medium onion, diced
- 3 large potatoes, peeled and cut into cubes
- 2 cups kale, diced
- 1 can full fat coconut milk, refrigerated

Directions:

- Place half of the cooked and crumbled bacon into the slow cooker. Reserve the other half as a topping for the soup.
- Add the Italian sausage, chicken stock, garlic, onion and potatoes to the slow cooker.
- Cover and simmer on low for 6-8 hours, or on high for 4-6 hours until the potatoes are tender.
- With 30 minutes left, add the kale to the slow cooker. Cover and allow the kale to cook for 30 minutes.
- Five minutes before serving, open the can of refrigerated coconut cream and add just the solid white cream to the slow cooker. Reserve the clear coconut milk for another use. Let the cream heat through the soup for about 5 minutes.
- Serve with crumbled bacon on top.

Unwrapped Bacon Scallops – Serves 4 – 30 mins prep & cook

Ingredients:

- 1-1/2 cups uncooked instant rice
- 1-1/2 cups chicken broth
- 1/2 pound thick-sliced bacon strips, chopped
- 1 medium onion, chopped
- 1 medium zucchini, chopped
- 1 garlic clove, minced
- 1-pound sea scallops
- 1 cup cherry tomatoes, halved
- 1/2 teaspoon dried thyme
- 2 green onions, chopped

Directions:

- Cook instant rice in broth and then set aside
- Meanwhile, in a large skillet, cook bacon over medium heat until crisp; remove to paper towels. Drain, reserving 1 tablespoon drippings.
- Sauté the onion, zucchini and garlic in drippings until tender. Add scallops; sauté for 3 minutes. Add the tomatoes and thyme; sauté 1-2 minutes longer or until scallops are firm and opaque.
- Fluff rice with a fork and spoon the scallop mixture over the rice. Sprinkle with green onions and bacon.

Kung Pao Chicken – Serves 4 – 20 mins prep & cook time

Ingredients:

- 2 Tablespoons vegetable or peanut oil
- 1-pound boneless skinless chicken breasts, cut into 1-inch pieces
- 1 red bell pepper, cored and diced

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- 1 green bell pepper, cored and diced
- 2 cloves garlic, minced
- 1/2 cup peanuts
- 4 dried red Chinese or arbol chili peppers, seeds removed and finely chopped*
- 1 batch Kung Pao Marinade (see below)
- garnishes for serving: thinly-sliced green onions, toasted sesame seeds
- KUNG PAO MARINADE INGREDIENTS:
 - 1/4 cup water
 - 3 Tablespoons soy sauce
 - 2 Tablespoons rice wine vinegar
 - 1 Tablespoon cornstarch or arrowroot powder
 - 1 Tablespoon honey
 - 1 teaspoon toasted sesame oil
 - 1/2 teaspoon ground ginger
 - 1/8 teaspoon white pepper

Directions:

- Heat **1 tablespoon** oil in a wok or large sauté pan over medium-high heat. Add chicken breast pieces and sauté for 5 minutes, flipping occasionally, or until the chicken is completely cooked through and no longer pink inside. Transfer cooked chicken to a separate plate and set aside.
- Add the remaining 1 tablespoon of oil to the pan. Then stir in the red and green bell peppers, garlic, peanuts and chopped red chili peppers. Sauté for 3-4 minutes, or until the garlic is fragrant and the peppers are slightly softened, stirring frequently. Stir in the Kung Pao Marinade, and then let the mixture simmer until the marinade has thickened (about 1 minute). Add the cooked chicken back in and toss to combine. Remove from heat.
- Serve immediately with rice or quinoa, topped with garnishes if desired.
- To make the marinade
 - Whisk all ingredients together until combined.

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GROCERY LIST

Produce:

- Veggies of your choice for Omelet and lettuce wraps
- Zucchini Noodles
- Potatoes
- Onion
- Red peppers
- Green pepper
- Garlic cloves
- Green onions
- Sundried tomatoes
- Spinach
- Bananas
- Lettuce leave for the wraps and tacos
- Romaine Lettuce\mixed baby greens
- Tomatoes
- Avocados
- Cherry Tomatoes
- Minced shallots
- Strawberries
- Small red onion
- Lime juice
- Cilantro
- Minced jalapeno
- Minced Garlic
- Kale
- Zucchini
- Chinese or arbol chili peppers

Meat:

- Eggs
- Bacon
- Italian Sausage or Andouille Sausage
- Salami
- Lunch meat of your choice for the lettuce wraps
- Sirloin steaks
- Scallops
- Chicken breasts

Spices/Oils:

- Salt
- Pepper
- Coconut oil
- Cinnamon
- Balsamic Vinegar

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- Garlic infused olive oil
- Virgin olive oil
- Chipotle chili flakes
- Red wine vinegar
- Cider vinegar
- Cumin garlic powder
- Oregano
- Thyme
- Vegetable or peanut oil
- Soy sauce
- Rice wine vinegar
- Cornstarch or arrow root powder
- Sesame oil
- Ginger
- White pepper

Others:

- Shredded Cheese (NONE if paleo)
- Milk (if Paleo then use Coconut milk - 3 cans)
- Olives
- Pecans
- Shredded coconut
- Honey
- Poppy seeds
- Almonds
- Gorgonzola (non if paleo)
- Chicken bullion
- Rice
- Peanuts