

OUR HEALTH CHALLENGE – MEAL PLAN 1

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
BREAKFAST	Banana pancakes (1-2)& veggie smoothie	Sweet potato hashbrowns and an egg	Egg muffins	Banana pancakes (1-2) & veggie smoothie	Egg Muffins	Scrambled eggs and asparagus	Any of the previous choices
LUNCH	Vegetarian Chili	Leftovers	Leftovers	Salad with egg or tuna/shrimp/salmon	Leftovers	Chicken Fajitas (2 small to med fajitas)	Leftovers
DINNER	Pesto and Tomato Chicken breasts with asparagus	Lamb chop (or pork chop) with purple cabbage and beets	Leftovers	Asian stir fry	Spaghetti squash	Fish with green beans	Chicken Fajitas (2 small to med fajitas)
PREP SUGGESTIONS	SUNDAY: -Make chili -Cook Chicken Breasts MONDAY: Make sweet potato hashbrowns	Bake egg muffins for tomorrow.	Cook hard boiled egg for salad tomorrow or shrimp or fish..				

MEAL PLAN - RECIPES

LUNCH IN BLUE

OUR HEALTH CHALLENGE – MEAL PLAN 1

DINNER IN GREEN

Breakfasts:

Banana-Nut Paleo Pancakes (you can make a bunch and rewarm when needed)



Ingredients

- 2 bananas
-

OUR HEALTH CHALLENGE – MEAL PLAN 1

- 2 heaping tablespoons **chunky almond butter**
 - 4 eggs
-

Directions

1. Mash bananas in a large mixing bowl.
 2. Combine the bananas with 2 heaping scoops of chunky almond butter (any nut butter or use peanut butter if you prefer, just know that **peanuts are not paleo**) and blend with eggs in the bowl.
 3. Mix well and scoop a quarter of a cup of the mixture on to a hot griddle or flat pan over medium heat. Wait for bubbles to appear then flip and cook for another 1-2 minutes.
 4. Enjoy! :)
-

Sweet Potato Hash Browns Recipe

- Prep time: 5 minutes
- Cook time: 15 minutes
- Yield: Serves 4

Ingredients

- 1/2 pound sweet potato (about half a large sweet potato), peeled and grated through the large grates of a box grater
- 2 Tbsp butter
- Salt
- Pepper

Method

1 Melt 2 Tbsp of butter in a cast iron pan on medium high heat. (If you don't have a cast iron pan, use a thick-bottomed skillet.) Note that you want the heat high enough so that the butter bubbles, but not so high that it browns or burns before you put the sweet potato in the pan.

OUR HEALTH CHALLENGE – MEAL PLAN 1

2 Working in batches if necessary (use 2 Tbsp of butter per batch), scoop large spoonfuls of grated sweet potatoes into the pan forming small mounds. Gently press to spread the mounds out a bit. Sprinkle with salt and pepper. (If using salted butter you may be able to skip the salt.)



3 Cook undisturbed until they are nicely browned on one side, about 4 to 5 minutes, then carefully turn them over with a metal spatula to brown on the other side, 4 to 5 minutes more.

4. top with a sunny side up egg, or have a scrambled egg with it and salsa/tomatoes, any other veggie you want.

OUR HEALTH CHALLENGE – MEAL PLAN 1



Spinach and Egg Muffins

prep time **20 mins** cook time **16 mins** makes **9 muffins**

OUR HEALTH CHALLENGE – MEAL PLAN 1

Cupcake liners are a MUST with these babies and you'll want to spray them with cooking spray. Without them, the egg muffins are guaranteed to stick and make cleanup a nightmare.

what you'll need

- 6 large eggs
- ¼ cup almond milk
- 1 tsp salt
- pepper to taste
- 18 cherry or grape tomatoes, halved
- ½ cup frozen chopped spinach, defrosted and squeezed dry
- ½ cup feta crumble (if wanted)

let's do it

1. Preheat oven to 375 degrees, place 9 liners in a muffin tin and spray the liners generously with cooking spray.
2. In a large measuring cup or a bowl with a pour spout, beat eggs and milk until color is uniform then stir in salt and pepper.
3. Place an equal amount of tomatoes, spinach and feta into each muffin cup then fill cups approximately 80% full with beaten egg.
4. Bake 14–16 minutes or until centers are barely firm to the touch and the tops of the muffins have domed. Remove from oven and allow them to cool 2–3 minutes before serving. Enjoy!

OUR HEALTH CHALLENGE – MEAL PLAN 1

MONDAY

LUNCH: EASY VEGETARIAN CHILI RECIPE



PREP TIME
15 mins
COOK TIME
40 mins
TOTAL TIME
55 mins

This recipe is very flexible. Add more or less of any of the vegetables or beans. If you add more veggies you may also want to add more spice. Watch how many chills you add, they heat up considerably as the chili cooks!

OUR HEALTH CHALLENGE – MEAL PLAN 1

Serves: 6-8

INGREDIENTS

- 2 of the large 28oz cans of whole tomatoes and their juice (use your hands to roughly crush the tomatoes)
- 2 can of beans, drained and rinsed (I used kidney and white beans)
- 1 small can mini corns drained
- 3 stalks of celery, diced
- 2 peppers, diced (I used 1 red and 1 yellow pepper)
- 2 carrots, diced
- 1 large onion, diced
- 4 cloves of garlic, finely minced
- 2 tablespoons of cumin
- 1 teaspoon oregano
- 1-3 tablespoons chili powder (more will be spicier)
- ¼-2 teaspoons of chili flakes (the more chili flakes the spicier it will be)
- 2 tablespoons oil
- Salt to taste(you'll need quite a lot)

INSTRUCTIONS

- Heat oil in a large pot over medium high heat. Add onion and sauté for about 3 minutes. Add garlic and sauté 1 minute more. Add spices and cook stirring for about 30 seconds.

OUR HEALTH CHALLENGE – MEAL PLAN 1

- Add peppers, carrots and celery and cook for about 5 minutes, or until they just start to soften. Add tomatoes and their juice and bring to a simmer. Once the chili begins to simmer, reduce the heat to medium low. You want the chili to be at a low simmer with the lid off.
- Continue to cook the chili, stirring occasionally, for 20 minutes. Add beans and corn and let the chili return to a simmer. Cook for 5 more minutes or until the corn and beans have heated through.
- Generously salt to taste.
- Enjoy

Dinner: Oven roasted chicken breast.

Can cook chicken ahead of time.

4 chicken breasts. Bake 20 min at 450.

Top cooked warm chicken with homemade Basil Pesto, a slice of tomato, Salt and pepper to taste. Put in oven until toppings and chicken warm.

asparagus (grilled, steamed, or bbq)

How to Make Basil Pesto

Ingredients

1/2 cups packed fresh basil leaves and 1/2 cup spinach

2 cloves garlic

1/4 cup pine nuts (or pumpkin seeds)

1/4 cup extra-virgin olive oil, divided

Kosher salt and freshly ground black pepper, to taste

OUR HEALTH CHALLENGE – MEAL PLAN 1

Directions

Combine the basil, spinach, garlic, and pine nuts in a food processor and pulse until coarsely chopped. Add 1/4 cup of the oil and process until fully incorporated and smooth. Season with salt and pepper.

TUESDAY

Lunch = Leftovers of your choice

**Dinner: Lamb Chops (OR Porkchop) with Mustard-Herb Crust
served with purple cabbage and beats.**

OUR HEALTH CHALLENGE – MEAL PLAN 1



- Prep: 20 mins
- Total Time: 20 mins
- Servings: 4

Ingredients

- 1/4 cup Dijon mustard (or light brushing of oil - Dan I know you don't like mustard! haha)
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh rosemary
- 1 teaspoon dried Italian herbs (oregano, parsley,ect.)
- 8 lamb chops (3 to 4 ounces each) OR PORKCHOP
- Coarse salt and ground pepper

OUR HEALTH CHALLENGE – MEAL PLAN 1

- 2 tablespoons vegetable oil

Directions

In a small bowl, combine mustard and garlic. In a wide shallow bowl, combine rosemary, and dried herbs; whisk to combine. Pat lamb chops dry with a paper towel and season with 2 teaspoons salt and 1 teaspoon pepper. With a basting brush, lightly coat lamb chops with mustard mixture, then

Preheat Oven to 375F. Arrange lamb on a baking sheet and bake 12 minutes.

Serve

Purple Cabbage:

2 cups Purple cabbage

Saute shredded purple cabbage until limp.(use 2 tbs olive oil)

Add handful of raisins (or cranberries), 1 tsp honey, a splash of balsamic vinegar, apple cider as needed to moisten and salt and pepper. Cook for a few more minutes.

Beets: peel and cut into pieces. steam. serve

OUR HEALTH CHALLENGE – MEAL PLAN 1

WEDNESDAY

Lunch: Leftovers

Dinner: Leftovers

THURSDAY

Lunch: Hearty Salad

Salad topped with a hardboiled egg, or a few shrimp, or a portion of salmon, or tuna.

Mixed greens and all the veggies you want. Can add seeds or nuts

Home made salad dressing.

Balsamic:

OUR HEALTH CHALLENGE – MEAL PLAN 1

Dinner: Asian Stir Fry



A fresh uplifting dinner with Asian flare

Ingredients:

- 3 tbs grated ginger
- 2 cup bok Choy
- 1 cup cauliflower
- 2 tbs olive oil
- 1/4 snap peas
- 1 tbs sesame oil
- 3 tbs sesame seeds
- Stir fry beef
- 1 cup beef broth (low sodium)

OUR HEALTH CHALLENGE – MEAL PLAN 1

Cut beef into smaller pieces .Fry until almost done, add cauliflower, peas and ginger. When almost done add bok Choy (broken into smaller chunks.) for the last minute. Then add sesame oil, stir in , then add beef broth. Reduce to low until broth is warm. Dress with sesame seeds.

FRIDAY

Lunch: Asian Stir Fry

Dinner: SUPER YUMMY SPAGHETTI SQUASH RECIPE

OUR HEALTH CHALLENGE – MEAL PLAN 1



Grocery List:

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chopped tomatoes
- 3 tablespoons sliced black olives
- 2 tablespoons chopped fresh basil

OUR HEALTH CHALLENGE – MEAL PLAN 1

Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance.
3. Remove squash from oven, and set aside to cool enough to be easily handled.
4. Meanwhile, heat oil in a skillet over medium heat. Saute onion in oil until tender. Add garlic, and saute for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.
5. Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl.
6. Toss with the sauteed vegetables, olives, and basil.
7. Serve warm.

SATURDAY

Lunch: Chicken Fajitas

OUR HEALTH CHALLENGE – MEAL PLAN 1



YIELD: Serves 4

INGREDIENTS

- 3 tablespoons vegetable oil
- 1 large onion, sliced

OUR HEALTH CHALLENGE – MEAL PLAN 1

- 1 red or yellow bell pepper, thinly sliced
- 1/4 teaspoon ground cumin
- 1/4 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried oregano, crumbled
- 1/4 teaspoon dried thyme, crumbled
- 1/2 cup canned chicken broth
- 4 boneless chicken breast halves, skinned, cut into strips
- Warm flour tortillas
- 1 tomato, chopped
- 1 avocado, peeled, chopped
- 1 cup purchased salsa

OUR HEALTH CHALLENGE – MEAL PLAN 1

PREPARATION

Heat oil in heavy large skillet over medium-high heat. Add onion and bell pepper and sauté until almost tender, about 10 minutes. Add cumin, paprika, cayenne, garlic powder, oregano and thyme and continue cooking 1 minute. Mix in broth and bring to boil. Add chicken and stir until cooked through, about 5 minutes. Spoon chicken mixture into tortillas. Top with tomato and avocado. Roll up. Serve, passing salsa separately.