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Day 1

2168 Calories • 29g Carbs (8g Fiber) • 181g Fat • 111g Protein

BREAKFAST

597 Calories • 3g Carbs (0g Fiber) • 55g Fat • 23g Protein



Scrambled Eggs with Chives
597 Cal

Ingredients:
4 Egg (200 g)
1 3/4 tbsp Butter (25 g)
1 3/4 tbsp chopped Chives (5 g)
3 1/2 tbsp Sour Cream (53 g)
1 3/4 tsp Olive Oil (8 g)
optional - 2 dash Salt (1 g)
optional - 2 dash Black Pepper (0 g)

LUNCH

816 Calories • 15g Carbs (3g Fiber) • 67g Fat • 40g Protein



Portabella Pizza
770 Cal

Ingredients:
1/2 cup Tomato Sauce (119 g)
12 slice round Pepperoni (24 g)
1 cup, shredded Mozzarella Cheese (112 g)
4 tbsp Parmesan Cheese (20 g)
1/2 tsp Garlic Powder (2 g)
4 Portabella Mushroom (336 g)
2 tbsp Butter (28 g)
optional - 1/2 tsp, leaves Oregano (1 g)



Cherry Tomato & Dill Salad
46 Cal

Ingredients:
1/2 cup cherry tomatoes Tomato (75 g)
1/4 tsp Dill (0 g)
1/4 tbsp Olive Oil (4 g)
optional - 1/4 tsp Salt (2 g)
optional - 1/4 tsp, ground Black Pepper (1 g)

DINNER

755 Calories • 11g Carbs (4g Fiber) • 59g Fat • 48g Protein



Rosemary Chicken Breast

447 Cal

Ingredients:

4 cloves, minced Garlic (12 g)
1 1/2 tbsp Olive Oil (21 g)
3/4 tbsp Dijon Mustard (11 g)
3/4 tbsp Lemon juice (11 g)
2 breast Chicken Breast (200 g)
optional - 1 tbsp Rosemary (2 g)
optional - 1 dash Salt (0 g)
optional - 1 dash Black Pepper (0 g)



Baked Spinach Chips

308 Cal

Ingredients:

4 1/2 cup Spinach (129 g)
2 1/4 tbsp Olive Oil (32 g)
1 1/8 tbsp Italian Seasoning (6 g)
optional - 2 dash Salt (0 g)

Day 2

2219 Calories • 28g Carbs (5g Fiber) • 184g Fat • 115g Protein

BREAKFAST

406 Calories • 2g Carbs (0g Fiber) • 35g Fat • 20g Protein



Bacon, Cheese and Egg Scramble
306 Cal

Ingredients:
1 1/2 strip Bacon (18 g)
2 Egg (100 g)
3/4 tbsp Heavy Whipping Cream (11 g)
3/4 oz Cheddar Cheese (21 g)



Bacon
100 Cal

Ingredients:
2 strip Bacon (24 g)

LUNCH

795 Calories • 11g Carbs (4g Fiber) • 62g Fat • 52g Protein



Bacon Chicken Balls
749 Cal

Ingredients:
1/2 lb Ground Chicken (227 g)
3 strip Bacon (36 g)
1 Egg (50 g)
1/8 cup Ranch Dressing (30 g)
1/2 tsp Garlic Powder (2 g)
1/8 cup Almond Flour (15 g)
optional - 1/4 tsp Salt (2 g)
optional - 1/4 tsp, ground Black Pepper (1 g)
optional - 1/2 tsp Paprika (1 g)



Cherry Tomato & Dill Salad
46 Cal

Ingredients:
1/2 cup cherry tomatoes Tomato (75 g)
1/4 tsp Dill (0 g)
1/4 tbsp Olive Oil (4 g)
optional - 1/4 tsp Salt (2 g)
optional - 1/4 tsp, ground Black Pepper (1 g)

DINNER

1017 Calories • 15g Carbs (1g Fiber) • 88g Fat • 42g Protein



Lamb Chops with Yogurt-Mint Sauce

935 Cal

Ingredients:

1/2 cloves, minced Garlic (2 g)

1/2 lb Lamb Chop (227 g)

1/8 cup Olive Oil (27 g)

1/2 tsp Lemon juice (3 g)

1/8 cup Plain Greek yogurt (30 g)

1/2 tbsp Honey (10 g)

optional - 1/4 cup Mint Leaf (11 g)

optional - 1/4 cup leaves, whole Basil (6 g)



Roasted Broccoli

82 Cal

Ingredients:

1/2 cup chopped Broccoli (46 g)

1/2 clove Garlic (2 g)

1/4 lemon yields Lemon juice (12 g)

1/2 tbsp Olive Oil (7 g)

optional - 1/2 tsp Salt (3 g)

Day 3

2347 Calories • 30g Carbs (8g Fiber) • 190g Fat • 131g Protein

BREAKFAST

798 Calories • 12g Carbs (1g Fiber) • 64g Fat • 45g Protein



Asparagus and Cashew
Omelet
598 Cal

Ingredients:

1 oz Cashew Nuts (28 g)
3 Egg (150 g)
1 tbsp Water (15 g)
1/2 cup Parmesan Cheese (40 g)
1/2 tbsp Parsley (2 g)
1/2 tsp Olive Oil (2 g)
1/2 tbsp Butter (7 g)
1 spear, small (5" long or less)
Asparagus (12 g)
optional - 1 dash Salt (0 g)
optional - 1 dash Black Pepper (0 g)



Bacon
200 Cal

Ingredients:

4 strip Bacon (48 g)

LUNCH

806 Calories • 7g Carbs (2g Fiber) • 57g Fat • 64g Protein



Chicken Caesar Salad
806 Cal

Ingredients:

5 cup shredded Iceberg Lettuce (180 g)
2 1/2 tbsp Caesar Salad Dressing (38 g)
5 tsp Olive Oil (22 g)
2 1/2 breast Chicken Breast (250 g)
5 tbsp Parmesan Cheese (25 g)

DINNER

743 Calories • 11g Carbs (4g Fiber) • 69g Fat • 22g Protein



Rosemary Crusted Lamb
Chops
577 Cal

Ingredients:

1/2 cloves, minced Garlic (2 g)
2 tbsp Olive Oil (28 g)
1/4 lb Lamb Chop (114 g)
optional - 1 tbsp Rosemary (2 g)
optional - 1/2 tsp Black Pepper (1 g)
optional - 1 tsp Salt (6 g)



Roasted Garlic Brussell
Sprouts
166 Cal

Ingredients:

1 cup Brussels Sprouts (88 g)
1 cloves, minced Garlic (3 g)
1 tbsp Olive Oil (14 g)

Day 4

2277 Calories • 30g Carbs (6g Fiber) • 180g Fat • 129g Protein

BREAKFAST

659 Calories • 4g Carbs (0g Fiber) • 54g Fat • 38g Protein



Scrambled Eggs
659 Cal

Ingredients:
4 Egg (200 g)
1/2 cup, shredded Mozzarella Cheese (56 g)
2 tablespoon Green Onion (12 g)
2 tbsp Butter (28 g)
optional - 2 dash Salt (1 g)

LUNCH

542 Calories • 7g Carbs (2g Fiber) • 45g Fat • 29g Protein

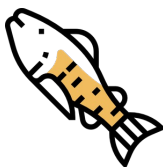


Beef Taco Bowl
542 Cal

Ingredients:
1/4 lb Ground Beef (113 g)
1/8 cup Water (30 g)
1/4 cup Sour Cream (60 g)
1 cup shredded Iceberg Lettuce (36 g)
1/4 cup, shredded Cheddar Cheese (28 g)
1/4 cup, chopped or sliced Tomato (45 g)
1/4 tsp Hot Sauce (1 g)
optional - 1/4 pinch Cayenne Pepper (0 g)
optional - 1/4 tsp Paprika (1 g)
optional - 1/2 tbsp Chili Powder (4 g)

DINNER

963 Calories • 19g Carbs (3g Fiber) • 72g Fat • 55g Protein



Garlic Parmesan Salmon
765 Cal

Ingredients:
2 tbsp Butter (28 g)
4 tbsp Parmesan Cheese (20 g)
2 cloves, minced Garlic (6 g)
4 tsp Lemon juice (20 g)
8 oz Salmon (227 g)
optional - 2 dash Black Pepper (0 g)



Cucumber Mint Salad
198 Cal

Ingredients:
1 large (8-1/4" long) Cucumber (280 g)
1/8 cup Red Onion (20 g)
1/8 cup White Vinegar (30 g)
1 tbsp Olive Oil (14 g)
1 tsp Honey (7 g)
optional - 1/2 tsp Salt (3 g)
optional - 1 tsp, ground Black Pepper (2 g)
optional - 2 leaf Mint Leaf (2 g)

SNACK

114 Calories • 0g Carbs (0g Fiber) • 9g Fat • 7g Protein



Cheese
114 Cal

Ingredients:
1 oz Cheddar Cheese (28 g)

Day 5

2257 Calories • 28g Carbs (6g Fiber) • 182g Fat • 124g Protein

BREAKFAST

320 Calories • 2g Carbs (0g Fiber) • 28g Fat • 14g Protein



Cream Cheese Omelet with Scallions
320 Cal

Ingredients:

1 tbsp Olive Oil (14 g)
2 Egg (100 g)
1 tbsp Cream Cheese (14 g)
1/8 cup, chopped Scallions (13 g)
optional - 1 dash Salt (0 g)
optional - 1 dash Black Pepper (0 g)

LUNCH

542 Calories • 7g Carbs (2g Fiber) • 45g Fat • 29g Protein



Beef Taco Bowl
542 Cal

Ingredients:

1/4 lb Ground Beef (113 g)
1/8 cup Water (30 g)
1/4 cup Sour Cream (60 g)
1 cup shredded Iceberg Lettuce (36 g)
1/4 cup, shredded Cheddar Cheese (28 g)
1/4 cup, chopped or sliced Tomato (45 g)
1/4 tsp Hot Sauce (1 g)
optional - 1/4 pinch Cayenne Pepper (0 g)
optional - 1/4 tsp Paprika (1 g)
optional - 1/2 tbsp Chili Powder (4 g)

DINNER

1139 Calories • 18g Carbs (3g Fiber) • 88g Fat • 65g Protein



Cheese Meatballs
940 Cal

Ingredients:
8 oz Ground Beef (227 g)
1 Egg (50 g)
2 1/2 oz Cheddar Cheese (70 g)
optional - 1/2 tsp Black Pepper (1 g)
optional - 1/2 tsp Salt (3 g)
optional - 1/2 tsp Cayenne Pepper (1 g)
optional - 1/2 tsp Chili Powder (1 g)



Cucumber Mint Salad
198 Cal

Ingredients:
1 large (8-1/4" long) Cucumber (280 g)
1/8 cup Red Onion (20 g)
1/8 cup White Vinegar (30 g)
1 tbsp Olive Oil (14 g)
1 tsp Honey (7 g)
optional - 1/2 tsp Salt (3 g)
optional - 1 tsp, ground Black Pepper (2 g)
optional - 2 leaf Mint Leaf (2 g)

SNACK

256 Calories • 1g Carbs (0g Fiber) • 21g Fat • 16g Protein



Cheese
256 Cal

Ingredients:
2 1/4 oz Cheddar Cheese (63 g)

Day 6

2375 Calories • 28g Carbs (8g Fiber) • 195g Fat • 128g Protein

BREAKFAST

659 Calories • 4g Carbs (0g Fiber) • 54g Fat • 38g Protein



Scrambled Eggs
659 Cal

Ingredients:
4 Egg (200 g)
1/2 cup, shredded Mozzarella Cheese (56 g)
2 tablespoon Green Onion (12 g)
2 tbsp Butter (28 g)
optional - 2 dash Salt (1 g)

LUNCH

770 Calories • 11g Carbs (2g Fiber) • 64g Fat • 40g Protein



Portabella Pizza
770 Cal

Ingredients:
1/2 cup Tomato Sauce (119 g)
12 slice round Pepperoni (24 g)
1 cup, shredded Mozzarella Cheese (112 g)
4 tbsp Parmesan Cheese (20 g)
1/2 tsp Garlic Powder (2 g)
4 Portabella Mushroom (336 g)
2 tbsp Butter (28 g)
optional - 1/2 tsp, leaves Oregano (1 g)

DINNER

947 Calories • 13g Carbs (5g Fiber) • 77g Fat • 50g Protein



Baked Lemon Thyme Salmon
726 Cal

Ingredients:
1/2 lemon Lemon zest (2 g)
2 tbsp Olive Oil (28 g)
8 oz Salmon (227 g)
1 medium stalk Green Onion (15 g)
optional - 1/2 tbsp Thyme (1 g)
optional - 1 dash Black Pepper (0 g)
optional - 1 dash Salt (0 g)



Roasted Garlic Brussell Sprouts
221 Cal

Ingredients:
1 1/3 cup Brussels Sprouts (117 g)
1 1/3 cloves, minced Garlic (4 g)
1 1/3 tbsp Olive Oil (19 g)

Day 7

2333 Calories • 29g Carbs (6g Fiber) • 189g Fat • 128g Protein

BREAKFAST

683 Calories • 4g Carbs (0g Fiber) • 62g Fat • 27g Protein



Scrambled Eggs with Chives
683 Cal

Ingredients:
4 Egg (200 g)
2 tbsp Butter (28 g)
2 tbsp chopped Chives (6 g)
4 tbsp Sour Cream (60 g)
2 tsp Olive Oil (9 g)
optional - 2 dash Salt (1 g)
optional - 2 dash Black Pepper (0 g)

LUNCH

821 Calories • 10g Carbs (3g Fiber) • 65g Fat • 52g Protein



Bacon Chicken Balls
749 Cal

Ingredients:
1/2 lb Ground Chicken (227 g)
3 strip Bacon (36 g)
1 Egg (50 g)
1/8 cup Ranch Dressing (30 g)
1/2 tsp Garlic Powder (2 g)
1/8 cup Almond Flour (15 g)
optional - 1/4 tsp Salt (2 g)
optional - 1/4 tsp, ground Black Pepper (1 g)
optional - 1/2 tsp Paprika (1 g)



Lemon Garlic Salad
72 Cal

Ingredients:
1/2 cloves, minced Garlic (2 g)
1/2 tbsp Olive Oil (7 g)
1/2 tsp Lemon juice (3 g)
1 cup Mixed Baby Greens (47 g)
optional - 1 dash Black Pepper (0 g)
optional - 1 dash Salt (0 g)

DINNER

809 Calories • 10g Carbs (1g Fiber) • 62g Fat • 48g Protein



Balsamic Salmon
755 Cal

Ingredients:
2 tbsp Balsamic Vinegar (32 g)
2 tbsp Olive Oil (28 g)
1 tbsp Lemon juice (15 g)
1 clove Garlic (3 g)
8 oz Salmon (227 g)
optional - 1 dash Salt (0 g)



Creamy Garlic Mushrooms
54 Cal

Ingredients:
1/4 tsp Olive Oil (1 g)
1/8 lb Mushrooms (56 g)
1/2 cloves, minced Garlic (2 g)
1/2 tbsp Milk (8 g)
1/2 tbsp Cream Cheese (7 g)
optional - 1/4 tsp, ground Basil (0 g)
optional - 1 dash Salt (0 g)
optional - 1 dash Black Pepper (0 g)

SNACK

20 Calories • 5g Carbs (3g Fiber) • 0g Fat • 1g Protein



Blackberries
20 Cal

Ingredients:
1/3 cup Blackberries (48 g)

Recipe Directions

Scrambled Eggs with Chives

1. In a bowl, whisk eggs with butter. Season with salt and pepper.
2. Chop chives.
3. Grease a nonstick pan with oil and place it over medium heat.
4. Pour whisked eggs into heated pan.
5. Constantly stir eggs, periodically removing pan from heat.
6. When eggs are no longer runny and sour cream and chives.
7. Mix until combined.
8. Optional to season with additional salt and pepper.
9. Serve and enjoy!

Portabella Pizza

1. Heat oven to 400°F and line a baking sheet with parchment paper.
2. Prepare portabella mushroom by removing gills from the underside and wiping clean with a damp paper towel.
3. Place butter into a bowl and microwave for 20 seconds or until butter is melted.
4. Using a brush, paint the outside of mushroom with butter.
5. In a small bowl, mix tomato sauce with garlic powder and oregano. Then Spoon tomato sauce mixture into cap.
6. Layer pepperoni slices on top of sauce and sprinkle with mozzarella cheese and parmesan.
7. Place pizza mushroom into the oven and bake for 25 minutes or until cheese is melted and mushrooms are tender.

Cherry Tomato & Dill Salad

1. Halve cherry tomatoes and place in a serving bowl.
2. Pour in olive oil and toss.
3. Sprinkle with salt, pepper and fresh dill.

Rosemary Chicken Breast

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. In a bowl, whisk minced garlic, olive oil, rosemary, mustard, lemon juice, salt and pepper together.
3. Place chicken breast in a large ziplock bag and pour garlic mixture. Seal bag and massage marinade into chicken.
4. Refrigerate for at least one hour.
5. Place chicken including garlic mixture from bag on prepared baking sheet and cook in the oven for 20 minutes or until an instant-read thermometer inserted into the centre of chicken reads 165°F.

Baked Spinach Chips

1. Preheat oven to 350°F.
2. Mix all ingredients together in a bowl, until spinach is evenly coated.
3. Arrange the spinach in a single layer (don't let them overlap) on a baking sheet lined with parchment paper.
4. Bake for 15 minutes or until edges of spinach start to brown.

Bacon, Cheese and Egg Scramble

1. Cut raw bacon into 1/2" pieces.
2. In a pan, cook bacon until well done.
3. Remove bacon and reserve 1 tablespoon of bacon grease from pan.
4. In a bowl, whisk egg with cream.
5. Pour egg mixture to pan over medium heat.
6. Using a spatula, start to stir the eggs from the outside in. Stir slowly, but continuously, to break the egg curds that are forming in the pan.
7. Sprinkle cheese and bacon when eggs are slightly wet.
8. Stir to combine and cook until cheese is melted.

Bacon

1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp or to desired liking.
2. Optional to cook bacon in an oven at 350°F for about 20 minutes or to desired crispiness.

Bacon Chicken Balls

1. Preheat oven to 375°F. Line a baking tray with parchment paper and set aside.
2. Lay bacon in a cold pan and place over medium-heat heat.
3. Use tongs to loosen the strips and turn each slice to cook on the other side. .
4. Keep flipping and turning the bacon so that it browns evenly and cook to desired crispness.
5. Cool and chop into bite size pieces.
6. In a bowl, mix together chicken, bacon, almond flour, egg, paprika, garlic powder and season with salt and pepper.
7. Form mixture into tablespoon-size balls and flatten slightly.
8. Place on prepared baking sheet and bake for 30 minutes or until golden and no longer pink inside.
9. Serve with ranch dip.

Lamb Chops with Yogurt-Mint Sauce

1. In a food processor, combine mint, basil, honey, olive oil, yogurt, minced garlic, and lemon juice. Blend until pureed. Season with salt and pepper.
2. Pat lamb chop dry and season with salt and pepper.
3. Melt butter in a heavy skillet (preferably cast-iron) over high heat until hot but not smoking.
4. Saute chop in hot pan, turning once, 6 minutes for medium-rare or internal temperature of 145F.
5. Transfer cooked lamb chop and spoon yogurt mint sauce on top.

Roasted Broccoli

1. Heat oven to 400°F and line a baking sheet with parchment paper.
2. Cut broccoli into florets and mince garlic.
3. In a mixing bowl, toss florets, garlic with olive oil.
4. Transfer florets onto a baking sheet.
5. Season with salt.
6. Place baking sheet into the oven and roast for 25 minutes or until slightly crispy.
7. Squeeze fresh lemon on top of roasted broccoli.

Asparagus and Cashew Omelet

1. Place a dry frying pan over medium heat and roast cashew until it release flavour.
2. Remove cashews from pan and set aside.
3. Add oil to the pan and continue to cook on medium heat.
4. Trim and chop asparagus and add it to heated pan.
5. Saute until asparagus becomes tender. remove from pan.
6. In a bowl, beat the eggs with the roasted cashews, water, chopped parsley and half the amount of the parmesan cheese.
7. Season with salt and pepper.
8. Place previous pan back onto the stove over medium heat.
9. Add butter.
10. When butter melts, pour in egg mixture.
11. Swirl the pan to cover entire bottom with egg mixture. Pull up an edge of the omelet with a spatula and tilt pan to allow unset egg to run underneath and cook; continue around pan, lifting omelet edge and tilting pan, until all the egg mixture is set.
12. Spoon in asparagus and sprinkle the remaining parmesan cheese.
13. Gently fold half the omelet over the vegetables and cheese and press edges lightly to seal in the filling. Cook until filling is hot and parmesan cheese has melted.

Chicken Caesar Salad

1. Slice the raw chicken breast into strips and fry in a pan with olive oil.
2. Cook chicken until no longer pink.
3. Mix the roasted chicken, lettuce, and dressing together.
4. Sprinkle cheese on top.

Rosemary Crusted Lamb Chops

1. In a small bowl, mix the rosemary, salt, pepper, garlic, and half the amount of olive oil together.
2. Coat the lamb chop with the mixture, massaging it into the meat with your fingers.
3. Let chop sit in the rub in the refrigerator for 30 minutes.
4. Heat the remaining olive oil in an oven-safe saute pan over high heat.
5. Sear the lamb chops on all sides in shimmering pan, for 2 to 3 minutes per side.
6. Transfer lamb chop to plate and cover with foil.
7. Rest chop for 10 minutes.

Roasted Garlic Brussell Sprouts

1. Cut sprouts in half and place in boiling water for 3 minutes.
2. Remove and dry on paper towel, removing as much moisture as possible.
3. Heat oil in a skillet over medium heat. Add sprouts face down, and cook until one side is brown, then turn.
4. Add minced garlic, and cook until garlic is soft and sprouts are browned.

Scrambled Eggs

1. Heat pan over medium heat and add butter. Swirl to coat the bottom of the pan.
2. Whisk egg in a bowl using a hand blender. Beat until creamy and smooth.
3. Pour eggs into heated pan and Use a spatula to stir the eggs from the outside in. Mix slowly, but continuously, to break the egg curds that are forming in the pan.
4. Sprinkle cheese while the egg looks slightly wet.
5. Stir to combine and cook until cheese is melted.
6. Season with salt.
7. Transfer onto a serving plate.
8. Garnish with chopped green onion. Enjoy!

Beef Taco Bowl

1. Place a skillet over medium heat and ground beef, breaking it apart with a wooden spoon.
2. Season beef with chili powder, paprika, and cayenne pepper. Continue cooking until beef is no longer pink inside.
3. Pour water and reduce heat to medium-low and simmer for 10 minutes.
4. In a serving bowl, add shredded lettuce, chopped tomato, and cooked beef.
5. Top salad with sour cream and cheddar cheese.
6. Optional to drizzle hot sauce.

Garlic Parmesan Salmon

1. Preheat oven to 375°F and line a rimmed baking tray with foil.
2. In a bowl, mix together parmesan cheese, minced garlic, melted butter, lemon juice, and black pepper until well combined.
3. Pat salmon dry and place on prepared baking tray.
4. Smear the mixture on top of the salmon.
5. Cover salmon with a foil, folding up the sides.
6. Bake in the oven for 20 minutes or until fish is easily flaked with a fork.

Cucumber Mint Salad

1. Cut the cucumbers in half lengthwise.
2. Use a teaspoon to scrape out the seeds, then cut into thin slices.
3. Toss the cucumbers with the salt in a colander.
4. Let drain in the sink for at least 30 minutes, then tap the colander on the base of the sink to release any remaining water.
5. Lay a clean dish towel flat on the counter, and then dump the cucumbers over top. Use the edges of the towel to blot the cucumbers dry.
6. In a medium bowl, combine the cucumbers, onions, white wine vinegar, olive oil, honey, pepper and mint.
7. Cover and let stand in refrigerator for at least 20 minutes.

Cheese

1. Cut cheese into slices.

Cream Cheese Omelet with Scallions

1. Heat oil in a non-stick skillet over medium heat.
2. Chop scallions and add it to heated pan.
3. Stir scallions occasionally, until soft.
4. In a bowl, whisk together eggs, cream cheese, salt, and pepper in a small bowl.
5. Once pan is hot and nicely coated, pour eggs into pan and cover base and scallions.
6. Allow to cook until eggs begin to look dry; redistributing egg mixture as needed.
7. Fold egg in half, cook for another 1 minute or until eggs are set.

Cheese Meatballs

1. Preheat oven to 400 °F. Line a baking sheet with foil and set aside.
2. Dice cheese into even cubes. Set aside.
3. In a medium bowl, mix together eggs and seasoning.
4. Add ground beef and combine evenly.
5. Mold beef mixture around each cheese cube until a 1" meatball is formed.
6. Arrange each meatball on the baking sheet about 1" apart from each other.
7. Bake for 20 minutes or until no longer pink inside.

Baked Lemon Thyme Salmon

1. Preheat oven to 275°F.
2. Line baking sheet with aluminum foil and brush half the amount of oil.
3. Place salmon skin side down onto prepared baking sheet.
4. In a bowl, mix the remaining oil with thyme and lemon zest.
5. Pour lemon thyme mixture over salmon.
6. Season with salt and pepper.
7. Allow salmon to marinate for 10 minutes before baking.
8. Bake salmon for 15 minutes or until opaque and easily flaked with a fork.
9. Garnish with chopped green onion.
10. Optional to serve with lemon wedge.

Lemon Garlic Salad

1. Place mixed greens in a bowl.
2. Mix minced garlic, pepper, salt, olive oil, and lemon juice in a container with a resealable lid.
3. Tight lid and shake vigorously until dressing is blended well.
4. Pour over mixed greens.

Balsamic Salmon

1. Mince garlic and combine it with olive oil, lemon juice, balsamic vinegar, and salt in a small bowl.
2. Coat salmon fillet on both sides with mixture.
3. Broil salmon in oven 4" from broiler for 4-6 minutes or until the fish flakes.
4. Optional to drizzle balsamic vinegar on top of salmon.

Creamy Garlic Mushrooms

1. Place a nonstick skillet over medium heat and pour oil.
2. Saute sliced mushrooms and minced garlic.
3. Continue cooking and stirring until mushrooms are soft and a little liquid is released from mushrooms.
4. Stir in milk and cream cheese.
5. Mix until mushrooms are well coated.
6. Season with salt and pepper.
7. Garnish with chopped basil.

Blackberries

Grocery List

MILK, EGGS, OTHER DAIRY



Egg
1300g total

26 egg (1300g)



Butter
200g total

14 1/4 tbsp (200g)



Sour Cream
233g total

7 1/2 tbsp (113g)

1/2 cup (120g)



Heavy Whipping Cream
11g total

3/4 tbsp (11g)



Plain Greek yogurt
30g total

1/8 cup (30g)



Milk
8g total

1/2 tbsp (8g)

SPICES AND SEASONINGS

These items have low nutritional value and are optional



Salt
30g total

13 dash (4g)

4 tsp (26g)



Black Pepper
10g total

9 dash (0g)

3 tsp, ground (8g)

1 tsp (2g)



Garlic Powder
8g total

2 tsp (8g)



Italian Seasoning
6g total

1 1/8 tbsp (6g)



Paprika
4g total

1 1/2 tsp (4g)



Cayenne Pepper
1g total

1/2 pinch (0g)

1/2 tsp (1g)



Chili Powder
9g total

1 tbsp (8g)

1/2 tsp (1g)

PRODUCE



Chives
11g total

3 3/4 tbsp chopped (11g)



Portabella Mushroom
672g total

8 Portabella Mushroom (672g)



Tomato
240g total

1 cup cherry tomatoes (150g)

1/2 cup, chopped or sliced (90g)



Garlic
38g total

10 1/3 cloves, minced (33g)

1 1/2 clove (5g)



Lemon juice
64g total

1 3/4 tbsp (26g)

5 tsp (26g)

1/4 lemon yields (12g)



Spinach
129g total

4 1/2 cup (129g)



Broccoli
46g total

1/2 cup chopped (46g)



Asparagus
12g total

1 spear, small (5" long or less)
(12g)











Iceberg Lettuce
252g total

7 cup shredded (252g)



Brussels Sprouts
205g total

2 1/3 cup (205g)

	Green Onion 39g total	4 tablespoon (24g) 1 medium stalk (15g)
	Cucumber 560g total	2 large (8-1/4" long) (560g)
	Red Onion 40g total	1/4 cup (40g)
	Scallions 13g total	1/8 cup, chopped (13g)
	Lemon zest 2g total	1/2 lemon (2g)
	Mixed Baby Greens 47g total	1 cup (47g)
	Mushrooms 56g total	1/8 lb (56g)
	Blackberries 48g total	1/3 cup (48g)

OIL, VINEGAR, SALAD DRESSING

	Olive Oil 303g total	9 1/2 tsp (42g) 16 29/50 tbsp (234g) 1/8 cup (27g)
	Ranch Dressing 60g total	1/4 cup (60g)
	Caesar Salad Dressing 38g total	2 1/2 tbsp (38g)
	White Vinegar 60g total	1/4 cup (60g)



Balsamic Vinegar
32g total

2 tbsp (32g)

PASTA AND RICE



Tomato Sauce
238g total

1 cup (238g)

MEAT



Pepperoni
48g total

24 slice round (48g)



Chicken Breast
450g total

4 1/2 breast (450g)



Bacon
162g total

13 1/2 strip (162g)



Ground Chicken
454g total

1 lb (454g)



Lamb Chop
341g total

3/4 lb (341g)



Ground Beef
453g total

1/2 lb (226g)

8 oz (227g)

CHEESE



Mozzarella Cheese
336g total

3 cup, shredded (336g)



Parmesan Cheese
125g total

17 tbsp (85g)

1/2 cup (40g)



Cheddar Cheese
238g total

6 1/2 oz (182g)

1/2 cup, shredded (56g)



Cream Cheese
21g total

1 1/2 tbsp (21g)

PRODUCE; SPICES AND SEASONINGS

These items have low nutritional value and are optional



Oregano
2g total

1 tsp, leaves (2g)



Dill
0g total

1/2 tsp (0g)



Rosemary
4g total

2 tbsp (4g)



Mint Leaf
15g total

1/4 cup (11g)

4 leaf (4g)



Basil
6g total

1/4 cup leaves, whole (6g)

1/4 tsp, ground (0g)



Parsley
2g total

1/2 tbsp (2g)



Thyme
1g total

1/2 tbsp (1g)

CONDIMENTS



Dijon Mustard
11g total

3/4 tbsp (11g)



Hot Sauce
2g total

1/2 tsp (2g)

GLUTEN FREE; HEALTH FOODS; BAKING



Almond Flour
30g total

1/4 cup (30g)

NUT BUTTERS, JAMS, AND HONEY



Honey
24g total

1/2 tbsp (10g)

2 tsp (14g)

NUTS;SAVORY SNACKS



Cashew Nuts
28g total

1 oz (28g)

BEVERAGES



Water
75g total

1 tbsp (15g)

1/4 cup (60g)

SEAFOOD



Salmon
681g total

24 oz (681g)

