

# Week 1 - Menu

## Monday - Turkey Tacos with rice

- Lean ground turkey - 1 lb.
- Whole wheat tortillas (gluten free - brown rice tortillas)
- Taco seasoning package
- Mango peach salsa
- Shredded lettuce
- Shredded cheddar cheese (eliminate this to go dairy free)
- 2 tomatoes chopped
- 1 cup brown rice or package of instant rice (follow instructions on box)

### Directions for tacos:

- Add ground turkey to pan and cook until meat is cooked through, then drain meat
- Stir a cup of water with your taco seasoning mix, then add to your meat and let simmer
- Warm tortillas in the oven on low heat
- When the tortillas are warm, add meat, cheese, lettuce, tomatoes and salsa
- Enjoy!

### Directions for brown rice:

- Bring 2.25 cups of water to a boil
- Add 1 cup brown rice and reduce heat to low
- Let rice simmer for 45 minutes, stirring occasionally

## Tuesday - [Cheeseless Pasta Bake](#) and a side salad

I've made this recipe from Caitlin quite a few times for family and friends and it's always been a huge hit! Sometimes we'll try pesto sauce instead of pasta sauce.

- 2 cups whole wheat pasta, cooked per package directions (or gluten free pasta)
- 4 eggs, beaten
- 1/2 cup hummus
- 1 red pepper, chopped
- 10 leaves of fresh basil, chopped
- 1 small container grape tomatoes, chopped
- 1/4 tbsp. pepper
- 1/2 tsp. salt
- Pasta sauce or Pesto sauce, 8.1 oz. jar (we use Classico's Traditional Basil Pesto)
- Optional* - parmesan cheese (if you're not dairy free, we add cheese sometimes)

### Side Salad:

- 1 bag spinach or romaine salad mix
- 2 small tomatoes, chopped
- 1 cucumber, chopped
- Baby carrots, chopped
- Dressing of your choice (or oil and vinegar)

## Wednesday - [Lemon Pepper Chicken](#), skillet potatoes and steamed carrots

### Lemon Pepper Chicken:

- 2 lbs. boneless, skinless chicken breast or 3-4 lb. full chicken
- 1/4 cup Extra Virgin Olive Oil
- 2 lemons (I'll use lemon juice)
- 3 tsp. minced garlic
- 1 tsp. ground black pepper
- Salt

Skillet potatoes:

- 2-3 large potatoes, washed, peeled and chopped
- 1/2 an onion, chopped
- Butter, margarine (or Earth Balance if you're dairy free) to taste
  - Put the potatoes, onion and butter in pan and fry
- Baby carrots, chopped and steamed

Thursday - [Slow-cooker Curried Chicken with Ginger and Yogurt](#) with steamed broccoli

Curried Chicken:

- 1/3 cup tomato paste
- 4 cloves garlic, chopped (or use minced garlic)
- 2 tbsp. curry powder
- 1 tbsp. grated fresh ginger
- 1 tsp. ground cumin
- 1 medium onion, chopped
- 2 lbs. boneless, skinless chicken thighs
- Kosher salt and pepper
- 1.5 cups long-grain white rice (or try brown rice)
- 1/2 cup plain whole-milk Greek yogurt (eliminate this if you're dairy free)
- 2 scallions (green onions), thinly sliced
  
- 1 bunch asparagus, steamed

Friday -

- 1 lb. skinless salmon fillet
- 1 bunch asparagus
- 1 tbsp. honey [Honey-Soy Glazed Salmon w/ Roasted Asparagus: http://bit.ly/1il494u](http://bit.ly/1il494u)
- 1 tbsp. soy sauce
- Salt and pepper
- Frozen sweet potato fries

Saturday - [Turkey loaf](#), Mashed Potatoes and Corn

Turkey loaf:

- Cooking spray
- 2 large eggs
- 2 tbsp. brown mustard
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 cup ketchup
- 2 lbs. lean ground turkey
- 3/4 cups Italian-style seasoned bread crumbs (gluten-free? Try [this](#) recipe from Angela's Kitchen)
- Gluten-free bread (if you're gf, to make the bread crumbs)
  
- 2-3 large potatoes
- Butter or margarine (Earth Balance if you're dairy free)
- Frozen corn

Sunday - [Tangy Chicken Burgers](#) with [Tomato, Onion and Cucumber Salad](#)

Chicken burgers:

- 1 lb. extra lean ground chicken breast

- 1 egg white
- 2 tbsp. chopped parsley
- 4 green onions, chopped
- 1/4 cup whole wheat breadcrumbs (gluten-free? Try [this](#) recipe from Angela's Kitchen)
- Gluten-free bread (if you're gf, to make the bread crumbs)
- 2 tbsp. BBQ sauce
- 2 tbsp. plain low-fat yogurt (try coconut milk yogurt if you're dairy-free)
- 2 cups arugula, chopped (or romaine salad mix)
- 4 whole wheat sandwich thins or buns (or gluten-free bread)

Salad:

- 5 medium plum tomatoes
- 1/4 red onion
- 1 cucumber
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. vinegar (we'll use balsamic)
- Salt and pepper