

Week 4 - Menu

Monday: [Pork Fajitas and rice](#)

- 1 1/4 pound pork tenderloin, thinly sliced
- 1 tsp. ground cumin
- Kosher salt and black pepper
- 2 tbsp. olive oil
- 1 onion, sliced
- 2 bell peppers, sliced
- 8 flour tortillas (gluten free use brown rice tortillas)
- 1 avocado, cut up
- 1 cup cilantro
- 1/2 cup sour cream (if you're dairy free try a vegan sour cream like Tofutti's Sour Supreme)

- 1 cup brown rice, or your favorite instant rice

Tuesday: [Farfalle with Turkey Sausage, Peas and Mushrooms](#) and steamed carrots

- 1/2 cup Extra Virgin Olive Oil
- 1 pound ground turkey sausage, removing from casing
- Sea salt and ground black pepper
- 10 oz. cremini mushrooms, coarsely chopped
- One 10oz. package frozen peas, defrosted lightly
- 1 pound dried farfalle pasta (or gluten free pasta)
- 1/2 cup freshly grated Grana Padano cheese (eliminate if you're dairy free)

- Carrots, peeled, cut and steamed

Wednesday: [Chicken Pitas with Tzatziki](#) with Greek Salad

Chicken Pitas:

- 2 tbsp. olive oil
- 1 1/2 pounds boneless, skinless chicken thighs
- 1/4 tsp. cayenne pepper
- Kosher salt and black pepper
- 1 cup low-fat Greek yogurt (try SO Delicious if you're dairy free)
- 1 cucumber, seeded and grated
- 1/4 cup chopped fresh mint
- 1/2 small clove garlic, finely chopped
- 4 flat breads or pocketless pitas, warmed (or use gluten free pitas or flatbread)
- Romaine lettuce
- Cherry tomatoes, quartered

Greek Salad:

- Romaine lettuce
- Sliced red onion
- Tomatoes
- Kalamata olives
- Cucumber
- Greek-style dressing

Thursday: [Crockpot Santa Fe Chicken](#)

- 24 oz. chicken breast
- 14.4 oz. can diced tomatoes with mild green chilies
- 15 oz. can black beans
- 8 oz. frozen corn
- 1/4 cup chopped fresh cilantro
- 14.4 oz. can fat free chicken broth
- 3 scallions, chopped
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. cumin
- 1 tsp. cayenne pepper (to taste)
- Salt to taste

- Rice (white or brown)
- Shredded cheddar cheese (optional, eliminate if you're dairy free)
- Fat free sour cream (optional - if you're dairy free try a vegan sour cream like Tofutti's Sour Supreme)

Friday: [Baked Cod with Asparagus](#)

- 4 oz. fresh cod fillet
- 1/2 bunch fresh asparagus (8 oz.)
- 1 bunch scallions, cleaned and trimmed
- Parmesan cheese, grated (eliminate if you're dairy free)
- 1 lemon
- Pepper
- Garlic powder
- Dill (preferably fresh)
- Cooking oil spray

Saturday: [Chicken and Pea Risotto](#) with steamed broccoli

Risotto:

- 4 cups chicken stock
- 50 grams butter (or Earth Balance if you're dairy free)
- 1 medium brown onion, finely chopped
- 1 1/2 cups arborio rice
- 1/4 cup dry white wine
- 1 tbsp. olive oil
- 2 (500 grams) chicken breast fillets
- 4 slices pancetta
- 1 cup frozen peas
- 2 tbsp. chopped fresh flat-leaf parsley leaves
- 1/3 cup grated parmesan cheese (eliminate if you're dairy free, or try Daiya cheese)

- Steamed broccoli

Sunday: **Homemade Veggie Pizza with a side salad**

Easy pizza crust:

- Package of Boboli or other pre-made gluten-free crust or try

[Homemade gluten-free crust:](#)

- 2 cups gluten free flour blend:
 - 1 1/3 cups brown rice flour
 - 1/3 cup potato starch flour
 - 1/3 cup tapioca flour
- 1 (1/4 oz.) package active dry yeast
- 1 tsp. sugar
- 1 1/3 tsp. xanthan gum
- 2 large egg whites
- 2 tbsp. extra virgin olive oil
- 3/4 cups warm water

- Tomato or pesto sauce
- Mozzarella cheese (eliminate if you're dairy free, or try Daiya cheese)
- Toppings:
 - Tomatoes, chopped
 - Red onion, chopped
 - Garlic cloves, minced
 - Spinach leaves

Side Salad:

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