



Weekly Meal Plan  
April 18 – April 23

Sunday: Prep Day!

Monday: Teriyaki Chicken with Roasted  
Broccoli

Tuesday: Spicy Pulled Pork with Parsnip Chips

Wednesday: Steak Stir Fry

Thursday: Coconut Almond Chicken Tenders

Friday: Dijon Mustard Cod with Cheesy  
Broccoli Bake

## Sunday: Prep-Day

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It's easy to make unhealthy choices when you are short on time and ill-prepared, that's why taking time during the weekend will set you up for a successful, healthy week!

By spending 2 hours today, I am estimating you can save yourself at least 3 ½ hours of work during those hectic weeknights ahead, when time is of the essence. It may seem like a long time to spend in the kitchen...on a weekend, but you will be glad you did!

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### Today:

1. Clean and cut vegetables from your trip to the grocery store!  
(list included) 20 minutes of chopping!

### Chop chop!

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Clean and chop your vegetables ahead of time and store in containers or baggies in the fridge, this makes dinner MUCH easier! There isn't a lot of prep work to be done this week!

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- 4 cloves garlic, finely minced (for use throughout the week)
- 5-6 pounds broccoli, cut into florets
- 2 pounds parsnips, peeled and cut into French fry size
- 2 pounds chicken cut into tenders

# Monday

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## Teriyaki Chicken with Roasted Broccoli

Chicken is so very versatile; it can take on almost any flavor, bringing even the most simple dinner to life. If you'd like to jazz up this roasted broccoli, you can sprinkle it with parmesan cheese as soon as it gets out of the oven to add more flavor, but it has plenty of flavor on its own! Broccoli is a wonderful, filling vegetable that is almost as versatile as chicken, it can be served raw, steamed, or roasted. It has a low glycemic index, which means it will be digested more slowly and keep you full longer. Broccoli is also a good source of fiber, Vitamin C, and iron. Eat up!

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### Ingredients

- 3 T. honey
  - ¼ c. soy sauce
  - 1 T. lime juice
  - 2 cloves garlic, finely minced
  - ¼ tsp. red pepper flakes
  - 1 T. freshly ground ginger
  - 2 T. sesame seeds (optional)
  - 5-6 pounds broccoli, cut into florets with long stems
  - 6 pieces of chicken (quarters, thighs, breasts, drumsticks...whatever you want)
  - 1 tsp. salt and pepper
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### Directions

1. Place honey, soy sauce, lime juice, garlic, pepper flakes, salt and pepper and chicken in a Ziplock bag and mix. Marinate meat for at least 1 hour, preferably overnight.
2. Heat the broiler, arrange chicken on a broiler pan, skin down and broil until brown and crispy. 8-10 minutes.
3. Flip the chicken and almost cook through, 4-5 minutes
4. Sprinkle with sesame seeds and cook 1-2 minutes longer. Remove from oven.
5. Place broccoli on baking sheet. Drizzle with olive oil and salt and pepper.
6. Place broccoli in 425 degree oven for 8-10 minutes, or until soft.

# Tuesday

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## Spicy Pulled Pork and Parsnip Chips

I always thought pulled pork was difficult and time consuming- until I made it for the first time, and it turned out to be so delicious and so easy. Although I love to cook, many nights, after spending 12 or 13 hours away from home, I don't want to lift a finger...much less a pot or pan. I love coming home to a meal that my slow cooker has prepared for me, and no, I am not referring to my husband. Crock pots, slow cookers, whatever you want to call them, call them wonderful. You can take cheap cuts of meat and turn them into prize dishes by spending a few minutes in the morning preparing for dinner. This recipe came from [www.paleodietlifestyle.com](http://www.paleodietlifestyle.com) -check it out, it is a great resource!

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### Ingredients

- 1 pork shoulder or butt roast, about 5-6 lbs;
- 3 tbsp smoked paprika;
- 1 tbsp garlic powder;
- 1 tbsp dry mustard;
- 3 tbsp sea salt;
  
- 1 1/2 cups apple cider vinegar;
- 1/2 cup ketchup
- 1 cup Dijon mustard
- 2 garlic cloves, minced;
- 1 tsp cayenne pepper;
- 1 tsp sea salt;
- 1/2 tsp freshly ground black pepper;
  
- 2 pounds parsnips, peeled and cut into French fry size pieces
- 2 tsp. garlic powder
- olive oil
- 1 tsp. salt and pepper

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1. Prepare the dry rub by combining the paprika, garlic powder, dry mustard and salt in a bowl.
  2. Rub the pork roast all over with the spice rub and place in the refrigerator for a minimum of 1 hour, up to overnight. If marinating only for 1 or 2 hours, leave the roast at room temperature to marinate.
  3. Place the marinated pork shoulder or butt in the slow cooker on low for 6-8 hours, until the meat is almost falling apart and is very fork tender.
  4. While the pork is cooking, prepare the sauce by combining together the apple cider vinegar, ketchup, mustard, garlic, cayenne pepper, salt and pepper in a small pot or saucepan.
  5. Gently bring to a simmer, stirring occasionally, and simmer for about 10 minutes.
  6. In a bowl toss parsnips with garlic powder, salt, pepper, and olive oil and place on baking sheet in a 375 degree oven for 40-45 minutes, or until brown and tender.
  7. When the pork roast is ready, remove it from the oven and let it rest for 10 minutes.
  8. Pull the meat apart from the roast with two forks and place the meat shreds in a bowl for serving.
  9. Marinate meat for tomorrow night's stir fry: put steaks in ziplock bag with 1/2 c. soy sauce, 1 tsp. garlic powder, and 2 T. honey

# Wednesday

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## Steak Stir Fry

After yesterday's low and slow meal, today's recipe can be thrown together in about 30 minutes or less from beginning to end. By using frozen stir fry veggies that have already be cut to the proper size, this meal doesn't take a lot of preparation or a long list of ingredients. If you want to add additional flavor to your meat, marinate it the night before with the instructions given in Tuesday night's plan. If you would like to use fresh vegetables, feel free, any combination of vegetables will be delicious! This is not the most fancy stir fry recipe, it is meant to be fast and easy and to provide your family with a healthy meal for a hectic week night. If you've got more time, I encourage you to look up another sauce recipe that sounds good to you! Or try any vegetable/meat combination!

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### Ingredients

- 6, 4 oz. steaks, marinated
  - 3 bags stir frozen stir fry veggies
  - ¼ c. soy sauce
  - 2 T. honey
  - olive oil
  - salt and pepper
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### Directions

1. Remove steak from marinate and cut into ½ inch strips.
2. Heat olive oil in a large sauté pan (or wok if you've got it)
3. Place steak strips in sauté pan and cook, while stirring, for 4-5 minutes, until it is cooked to your desired temperature.
4. Remove meat from the pan and add more olive oil.
5. Add in vegetables and cook for 4-5 minutes, until they are heated through, but not soggy.
6. Mix soy sauce and honey in a small bowl.
7. Return meat to the pan and add soy sauce/ honey mixture. Mix thoroughly.
8. Take off heat and serve!

# Thursday

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## Coconut Almond Chicken Tenders with Waldorf Salad

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After a few minutes of research about the contents of chicken nuggets, I vowed to never eat another chicken nugget again. These chicken tenders, however, have only 4 ingredients, the first one being REAL whole, fresh chicken. Those chicken tenders and chicken nuggets that come from the freezer section just have far too many ingredients to be good for you. You don't need the extra salt, breading, and sugar that comes in that nice, convenient bag. These do take an extra couple steps, but knowing you are eating real chicken coated in almond and tasty coconut with all of their good fats, is well worth it.

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### Chicken Tenders

- 2 pounds chicken, cut into 1 ½ inch wide tenders (or buy the package of chicken that is already cut into tenders in the meat section)
- 1 c. shredded unsweetened coconut
- 1 c. ground almonds
- 1 egg, whisked
- salt and pepper
- olive oil

### Waldorf Salad

- 1 cup chopped walnuts;
- 1 cup diced celery;
- 1 cup fresh grapes, halved
- 2 red apples, cored and sliced;
- 1/4 cup green onions;
- 2 tbsp lemon juice;
- ½ c. mayonnaise (quality, organic mayonnaise or homemade mayonnaise are worth the money and effort)
- Romaine lettuce leaves for serving;
- Salt and pepper to taste.

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### Directions

1. Preheat oven to 350 degrees
2. Mix together coconut and almond meal in a bowl, sprinkle with salt and pepper
3. Whisk egg and put it in a separate bowl.
4. Drudge chicken tenders in egg, then in coconut/almond meal mixture.
5. Place onto a baking sheet and put in the oven for 20 minutes, or until cooked through.
6. Mix together mayonnaise and lemon juice in a bowl, salt and pepper to taste.
7. Mix together all other Waldorf salad ingredients and coat with mayonnaise and lemon juice dressing!

# Friday

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## Lemon Cod with Cheesy Broccoli Bake

I have recently discovered the wonderful fish counter at our grocery store. They have more and more wild-caught fish choices each week. Wild-caught fish have a higher amount of omega-3's and don't encounter any of poor quality fish pellets fed to fish in farms. Wild-caught fish eat the food they were born to eat in their natural environment. The difference can be seen in their color and in the taste of wild caught fish verses farm raised fish. If your fish market does not label them, ask about their wild-caught options!

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### Broccoli Bake Ingredients

- 2 bags frozen broccoli
- 2 c. cheddar cheese, grated
- 1 c. half and half
- 4 eggs
- salt and pepper
- 1 c. onion, diced
- 1 clove garlic, minced

### Lemon Cod Ingredients

- 1 1/2 lbs cod fish fillet
  - 1/2 cup butter, melted
  - 3 tablespoons lemon juice
  - 1/2 cup almond meal,
  - 3/4 teaspoon salt
  - 1/4 teaspoon white pepper
  - 1 1/2 teaspoon paprika
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### Directions

1. Preheat oven to 350
2. In a sauté pan over medium heat, sauté onion until soft.
3. Add garlic to onions, cook for another 30 seconds or so.
4. In the casserole dish whisk together the egg and half/half and 1 cup cheese, with a little salt and pepper. (Or use a separate bowl if you like doing dishes)..
5. Add in 2 bags of frozen broccoli and put in oven for 30 minutes.
6. In a small bowl, mix together 1/2 c. butter 3 T. lemon juice.
7. Put almond meal in another small bowl.
8. Drudge cod fillets in lemon butter, then coat in almond meal.
9. Place cod in a baking dish and sprinkle with paprika.
10. Put cod in oven for 25-30 minutes, until flakey.
11. After the broccoli bake has been in the oven for 30 minutes, take out and add 1 cup of cheddar cheese on top and bake for another 10 minutes.

## Grocery List

This list covers all of the recipes above, which include 1 breakfast recipe and 5 dinner recipes with enough leftovers for 2 adults to take lunch to work the next day. The above recipes are meant to serve 4 people.

Remember to pick up plenty of healthy snacks like:

- fresh fruit and veggies
- nuts
- Greek yogurt or plain yogurt
- cheese sticks
- lunchmeat (Boars Head is best)

As well as food for kids to pack their lunch:

- chicken salad
- tuna salad
- grilled chicken tenders (not the breaded stuff in bags),
- lunchmeat
- fresh fruit
- veggies
- cheese
- soup

**STAY AWAY, STAY AWAY, JUST SAY NO TO PROCESSED FOOD:**

- Crackers
- Cereal
- Cookies
- Chips
- snack cakes
- donuts
- pasta
- juice (WATER!! DRINK WATER!!)
- soda

If you are slowly working your family away from bread, chose the low carb options, they have fewer carbohydrates, which means less of an insulin spike. As far as cereals, the stuff on the shelves, including the “healthy” ones, have been processed at such high temperatures that any nutritional value has been diminished and all that’s left is sugar. Pick up a box of oats and make your own granola, you can fill it with your kids favorite dried fruits and nuts. It is easy and MUCH less expensive.

Happy shopping, remember that the good stuff is on the outside of the grocery! (Minus the bakery!) Stick to the outside, with a few trips in for things like marinara and wild rice!

## Grocery List

<p><b>Produce</b></p> <ul style="list-style-type: none"> <li>• 1 lime</li> <li>• 2 lemons</li> <li>• 1 head garlic</li> <li>• 4-5 # broccoli</li> <li>• 2 # parsnips</li> <li>• celery</li> <li>• grapes</li> <li>• 2 red apples</li> <li>• green onions</li> <li>• romaine lettuce</li> <li>• 1 onion</li> </ul>	<p><b>Other/Frozen</b></p> <ul style="list-style-type: none"> <li>• paprika</li> <li>• ketchup Dijon mustard</li> <li>• cayenne pepper</li> <li>• unsweetened coconut</li> <li>• walnuts</li> <li>• mayonnaise</li> <li>• almonds or almond meal</li> <li>• honey</li> <li>• soy sauce</li> <li>• red pepper flakes</li> <li>• ground ginger</li> <li>• sesame seeds (optional)</li> <li>• smoked paprika</li> <li>• garlic powder</li> <li>• dry mustard</li> <li>• 3 bags frozen stir fry</li> <li>• 2 bags frozen broccoli</li> </ul>
<p><b>Meat</b></p> <ul style="list-style-type: none"> <li>• 6 pieces chicken (quarters, legs, thighs, breasts, whatever you want!</li> <li>• 5-6# prk shoulder o rbut roast</li> <li>• 6, 4oz. steaks</li> <li>• 2# chicken breast (whole or cut into tenders)</li> <li>• 1 ½ # cod fillets</li> </ul>	<p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>• 1 dozen eggs</li> <li>• 1 bag cheddar cheese</li> <li>• butter</li> <li>• 1 pint half/half</li> </ul>

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