



Shine
Weekly Meal Plan

	BREAKFAST	LUNCH	DINNER
MON	Breakfast tacos	Tuna lettuce cups	Easy Bolognese
TUES	Brown Rice Cakes	Easy Chicken Soup	Dijon Maple Salmon
WEDS	Everything Eggs	Turkey Sandwich	Butternut Squash & Chicken Sausage
THURS	Breakfast Parfait	Egg Salad	Honey Lime Chicken Tacos
FRI	Poached Eggs	Chicken Salad	Turkey Burgers
SAT	Cottage Cheese & Berries	Turkey Roll Ups	Turkey Burgers
SUN	Shakusa	Turkey Roll Ups	Indian Night

Monday

Breakfast

Breakfast Tacos- Serves 1

1 tsp olive or avocado oil
½ red pepper, chopped
¼ sweet onion chopped
2 organic chicken sausage links- remove casing and chop
(Applegate, Billinski, Wegmans- organic)
3 eggs, whisked (I use 1 whole egg & 3 whites)
1 low-carb tortilla wrap (Great brands: Mission low-carb or Siete)
¼ avocado, sliced
Hot sauce - optional

Warm the oil in a pan over medium heat. Add the onions, peppers, and sausage. Cook until vegetables are tender and sausage is cooked through for about 6 minutes. Then add whisked eggs to the pan and season with salt and pepper. Scramble until the eggs are cooked to your liking. Evenly divide the egg mixture into the tortilla and top with hot sauce and avocado.

Serve with ½ cup fresh berries

Lunch

Tuna in lettuce cups- serves 1

Mix the following together in a bowl:
1 can good quality tuna fish (Wild Planet or any solid white)
a few drops of Worcester sauce
1 tsp dijon mustard
1 tsp sweet relish
1 tsp low-fat mayo (avocado mayo is great)
¼ tsp onion salt
¼ tsp pepper
Squeeze of lemon
5 gluten-free crackers chopped up for crunch (Almond Mills, Good Thins, Mary's Gone Crackers are great)

Scoop tuna into romaine lettuce or endive boats

Kat Tip (I store tuna cans in the fridge so it's cold when I'm ready to make it)

Dinner

Easy Bolognese (family style)

1 package organic ground turkey

1 jar marinara sauce (My fav: Raos it's low in sugar and has clean ingredients)

1 tsp crushed red pepper flakes

3 garlic cloves minced

1 tsp fennel seeds - chopped as much as possible (trust me on this one)

5 baby carrots diced

1 Tbl low-fat cream cheese

Add 1.5 tsp. olive oil to pot -heat on medium-low heat

Add carrots, onion and garlic - stir for 2 minutes

Add ground turkey and chop it up (no chunks)

(kat tip) When turkey is mostly cooked press a paper towel on the meat to soak up extra fat.

Add the jar of marinara sauce, fennel seeds, and the red chili flakes

lower the heat to simmer for about 10-15 minutes

After 15 minutes add cream cheese (makes it creamy with no heavy cream) and stir.

Serve over Zucchini noodles, spaghetti squash or GF pasta of your choice.

(Jovial, Banza)

Tuesday

Breakfast

2 brown rice cakes (Lundberg Family)- serves 1

1 tbl nut butter (look for no sugar or oils added)

Sliced banana

Cinnamon

Spread each rice cake with ½ tbl of Nut butter, and ½ banana and sprinkle with cinnamon.

2 Slices of Turkey bacon

Lunch

Kats Easy Chicken Soup- family style

1 pound cooked chicken breast (I use all the white meat from a store-bought rotisserie chicken)

4 carrots peeled/chopped

2 parsnips peeled/chopped

1 sweet onion chopped

4 stalks of celery chopped

2 bay leaves

32 ounces of water

32 ounces of organic chicken bone broth

1 tablespoon of salt

1/2 teaspoon onion salt

1 teaspoon oregano

1/2 tbl. pepper

1 tbl Better than Bouillon

Juice of 1/2 lemon

Fresh dill and parsley

Shred chicken and set aside.

Pour water & broth into a big pot add all the fresh herbs, salt, and pepper.

Bring to a boil and then lower the heat to a simmer for about 45 minutes.

(You can skim off and discard any fat that arises)

After 45 minutes, remove the bay leaves, add the shredded chicken and lemon juice to the pot and serve Hot!

Dinner

Dijon Maple Salmon - Serves 2

1lb salmon (wild caught) cut into even sized pieces

1 tsp Olive oil

$\frac{3}{4}$ Tbs Dijon mustard

1 Tbs. pure maple syrup

Salt and pepper

Preheat oven to 400 degrees

Whisk olive oil, mustard, maple syrup, red pepper flakes and S & P together in a bowl, add the salmon and let it marinate for 10 minutes.

place salmon on a parchment lined baking sheet and cook for 10-12 minutes (salmon will flake easily when ready)

Serve on top of a big green salad or over 1 cup of brown rice w/ microwavable veggies.

Kat tip: I use pre-cut/pre-washed veggies (broccoli, sweet potato, cauliflower, squash... whatever you like!) and microwavable brown rice.

Wednesday

Breakfast

Everything eggs -serves 1

2 Hard Boiled eggs

Sprinkle generously with Everything But The Bagel seasoning
¼ avocado and small handful of blueberries

Lunch

Chopped turkey sandwich - serves 1

Organic Turkey 4 slices per sandwich

Sprouts - chopped up

Romain or iceberg - chopped up

¼ Yellow onion- chopped up

½ Tbl mustard

½ Tbl light mayo (or avocado mayo)

Combine everything

Serve on a toasted multi-grain bread or a romaine, endive boat

Dinner

Butternut squash w/chicken sausage- family style

1 butternut squash

1 package of Chicken sausage (Great brand: Applegate or Billinski)

Any vegetables you have (I like red onion, green pepper, yellow pepper)

1 jar of Marinara sauce (Raos)

Cut butternut squash in half (scoop out the seeds)

Drizzle with olive oil, sprinkle w/ salt and pepper

Place skin side down

Put in the oven at 425° for about 30 minutes

Remove casing on sausage and chop it up

Spray a grill pan with olive oil and brown the sausage

Add whatever veggies you have to the pan mix together in a casserole dish

Take the butternut squash out of the oven- scrape the inside with a fork

(looks like thin spaghetti)

Add squash to casserole dish & mix

Cook @ 400 for 30 min

Top with Parmesan.

Enjoy!!

Thursday

Breakfst

Breakfast parfait- serves 1

1 cup of grainless granola (Great Brand: Purely Elizabeth)

Fat-free vanilla greek yogurt

Handful of berries

Cinnamon

2 slices of organic turkey bacon and/or ¼ avocado

Pour berries and cinnamon over a bowl of greek yoghurt and granola.

Serve with bacon or avocado on the side.

Lunch

Egg Salad- serves 1

4 eggs

1 Tbl avocado mayo (or light mayo)

1 ½ tsp. sweet relish

1 tsp dijon mustard

1 celery stalk -diced small

2 slices of Ezekiel bread or any other multi-grain high-fiber bread.

Mash eggs with fork

Mix together

Toast bread

If you want to keep it low carb scoop egg salad into romaine boats

Dinner

Honey/ Lime Chicken Tacos- family style

Taco filling:

1 tbl EVOO
1 lb chicken breasts
1 cup chicken bone broth
1 garlic clove minced
½ tsp cumin
½ tsp chili powder
1 limes juiced
1 Tbl honey
1 tsp each salt & black pepper

Taco shell and topping:

Tortillas (Mission low carb or Siete)
Lettuce
Ready made salsa (Siete, Late July)
Plain Greek yogurt
Hot sauce
Avocado

Add all taco filling ingredients to an Instant Pot and pressure cook for 15 minutes
Shred the chicken using two forks
Spoon taco filling to tortillas
Top with lettuce, salsa and avocado.

Friday

Breakfast

Eggs on toast - serves 1

2 eggs
1 triangle of Laughing Cow cheese
2 slices of multi grain bread

Poach eggs (or however you like them cooked)
Toast bread
Spread cheese onto toast
Top toast with egg
Sprinkle with salt and pepper and a teaspoon of hot chili flakes drizzled on top

Lunch

Chicken Salad - family style

4 cups chopped chicken breast
½ cup diced celery
½ dried cranberries
½ cup slivered almonds
¼ cup Greek yogurt or light mayo
¼ cup dijon mustard
¼ cup fresh dill- chopped
Salt and pepper to taste.

Mix everything together and serve in lettuce cups or with whole-grain bread

Dinner

Cauliflower pizza crust - serves 2

Cauliflower pizza crust (Capellos, Trader Joes, Caulipower)

Pizza sauce (Raos is best)

Low-fat mozzarella cheese

1 tsp of parmesan cheese

Vegetables (any you have - I like green onion, tomatoes and hot & sweet jalapeños)

Honey

Spread pizza sauce (Raos) onto the crust

Top with Low-fat mozzarella cheese and a pinch of parm

Add any veggies or toppings you like.

Bake in a toaster oven until the cheese is bubbling and the crust is turning brown

Drizzle with honey

Enjoy!

Saturday

Breakfast

Berries and bacon - Serves 1

Low-fat cottage cheese topped with a handful of blueberries and raspberries

1-2 slices turkey bacon

Serve together

Lunch

Kat's Lentils - Family style

Add the following to a big pot

1 tbl olive oil

1 small white onion- chopped

1 whole tomato-chopped

1 tbl chili powder

one package of pre-cooked lentils (I like Trader Joes)

1 16oz. can crushed tomato

1 tablespoon mustard,

1 tablespoon soy sauce,

1 tablespoon brown sugar

Salt and pepper to taste

Top with chopped green onion and sweet chilis

Dinner

Greek Turkey Burgers - family style

Burgers:

- 1 pound lean ground turkey
- 1 tablespoon minced garlic
- 1 teaspoon ground cumin
- 2 teaspoons dried oregano
- 1/3 cup Kalamata olives, finely chopped
- 3 ounces crumbled feta cheese
- 1 cup finely chopped and packed fresh spinach
- Pinch of sea salt and black pepper

Bun and toppings:

- Multi-grain roll
- Red onion
- Tomato
- Greek yogurt

Heat skillet on medium-high spray with olive oil

Mix all ingredients together

Make 4 patties- press thumb into the middle to ensure even cooking

Flip over once the turkey patty is brown.

Serve on roll (scooped out) top with red onion, tomato, greek yogurt

Sunday

Breakfast

Shakuxsa - Family style

1 medium onion, diced
1 red bell pepper, seeded and diced
4 garlic cloves, finely chopped
2 teaspoon paprika
1 teaspoon cumin
¼ teaspoon chili powder
1 28-ounce can of whole peeled tomatoes (I like Mutti)
6 large eggs
salt and pepper to taste
1 small bunch fresh cilantro, chopped
1 small bunch fresh parsley, chopped

Heat olive oil in a large pan on medium heat. Add the bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.

Add garlic and all your spices

Pour the can of tomatoes and juice into the pan and chop up the tomatoes using a large spoon. Add salt and pepper and bring to a simmer.

Use your large spoon to make small holes in the sauce and crack the eggs into each hole,

Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.

Top with cilantro and parsley

Lunch

Easy Turkey rollups-serves 1

Sliced organic turkey breast

Dill pickle spear cut in half

Romaine or Endive leaves

Wrap turkey around pickle spear and place in a lettuce cup

It's that easy and that delish!

I usually pair it with a small handful of crunchy whole-grain crackers

Dinner

Healthy Indian-family style

Add the following to your Instapot

1 tbl olive oil

½ small red onion

2 cloves chopped garlic

1 tsp grated ginger

1 can crushed tomatoes

1 lemon juiced

1 tbl. tandoori blend spice mix

1 tsp. hot curry powder

3 thin chicken breast

1 can of light coconut milk

Salt and pepper to taste

Cook until chicken is cooked through and serve over brown rice (I get microwavable packets- easy)

Top with sliced green onions