

Meal Plan

Menu for Women

Avocado Butter

2 Avocados

2 cloves garlic, rough chop

¼ teaspoon cayenne pepper

2 limes, juiced

¼ teaspoon sea salt

light olive oil

In a food processor, place your avocados, rough chopped garlic, cayenne pepper, lime juice, and salt and puree avocado mix to a smoother consistency, don't forget to scrape the sides with a rubber spatula. Place lid back on top and continue to puree. Drizzle approximately 2 tablespoons of the olive oil into the puree until it becomes very smooth in consistency. Stop and taste the butter, add a little more salt or cayenne if needed. When the consistency of the butter is smooth and the taste is to your liking, place the butter in an airtight container and place in fridge for 1 hour before using. Avocado Butter lasts about 7 to 10 days.

Avocado Butter usage:

Avocado Butter is great on baked potatoes in substitution of butter, and just plain awesome on sandwiches in substitution of mayonnaise. You can make Avocado Sauce with almond milk. Simply place ¼ cup of almond milk in a small sauté pan over medium heat to a simmer for about 15 to 30 seconds, turn down heat and add 1 to 2 tablespoons of Avocado Butter to the milk and stir well to a smooth consistency. Season with a little salt and pepper if needed, remove from stovetop and spoon sauce over chicken, turkey, fish, beef, and vegetables. You can make an Avocado dressing for salads as well.

For an avocado dip, it's ready to go, all you need are corn chips.

Turkey Bacon

Heat a medium pan or skillet with 2 to 3 tablespoons light olive oil over medium heat until pan is hot. Meanwhile

Slice one package of turkey bacon on the bias about ¼ "thick slices until you have a small pile of bacon strips. Next, use your hands to separate the pieces as much as possible for the bacon to cook more evenly.

Add a little olive oil to the pan and add the bacon and mix well. Let the bacon cook for about a minute before stirring to prevent it from burning. Repeat this process of cooking for about a minute and stirring until the bacon starts to crisp, it should take only a few minutes. When the bacon starts to crisp, make sure all the pieces that are crisping are the same or close.

Note: *Some pieces will be darker than others. Some pieces may appear to be burned, just keep stirring until most if not all the turkey pieces are crisping on the outside but still a little soft.*

When the bacon is crispy, and looks beautiful, remove the bacon from pan onto a paper towel to drain and let cool for 30 to 40 minutes. Store the turkey bacon in an airtight container, and place in fridge.

Turkey Bacon usage:

Turkey Bacon is great for flavoring just about everything. 2 to 3 tablespoons of Turkey bacon can be used in flavoring rice, veggies, meat, and fish. You can add a tablespoon or two of turkey bacon to vegetables while cooking. It's great when added to baked potatoes, or any sauté potatoes. You can add it to chicken and rice with vegetables. Scramble your eggs with turkey bacon. You can even add turkey bacon to tacos. I think you get the point, there are many uses for turkey bacon. Once you taste it, you'll understand. Have fun and enjoy.

Breakfast

Oatmeal

¾ cup oatmeal, old fashioned, or steel cut
¼ cup sliced strawberries
1 cup almond milk or water

Heat water to a simmer and add oatmeal. Simmer oatmeal for 5 minutes, or to your preference. Place oatmeal in a bowl and add strawberries.

Grits

¾ cup quick cook grits, cooked
½ cup cooked ground beef, or ground turkey
1 cup baby spinach
salt & pepper

Cook the grits according to its instructions on the label. In a small pan heat ground beef or turkey, and season with salt and pepper. Add spinach and stir until wilted and combined. Place grits in a bowl and spoon spinach mixture on top.

Scrambled Egg Whites w/ Spinach

3 egg whites, scrambled
½ cup baby spinach
3 teaspoons turkey bacon
2-3 corn tortillas
fruit

In a pan sauté bacon and spinach for a few seconds, add egg whites season with salt and pepper. Warm tortillas and fill them with egg mixture.

Zucchini & Mushroom Omelet

½ cup diced zucchini

¼ cup sliced mushrooms

3 whole eggs

orange or banana

Sauté zucchini and mushrooms in one pan, season with salt and pepper and cook until tender. In the second pan, on a lower heat setting, add eggs and cook. Add vegetable mix to egg, and fold into an omelet onto a plate.

Chicken & Grits

¾ cup grits, cooked

6 oz. chicken breast, cut into bite size pieces

4 oz. asparagus, cut into bite size pieces

Prepare grits according to the instructions on the package.

In a pan sauté chicken and season with salt and pepper for 1 to 2 minutes. Add asparagus and cook until asparagus is tender, and chicken is done. Spoon grits into a bowl, spoon chicken and asparagus over grits.

Lunch

Steak & Rice

8oz sirloin steak, cut in strips
½ cup white or brown rice
6oz broccoli florets

Cut steak into strips and season with salt and pepper. In a pan sauté steak for 1 to 2 minutes. Remove steak from pan and add broccoli and cook for 1 minute or until tender. Return steak back to the pan to reheat, then add rice, season with salt and pepper. Mix well to incorporate, turn heat down to low and let simmer for about a minute and serve.

Ground beef or Ground turkey & Rice

6oz ground turkey or beef, cooked
½ cup diced zucchini
½ teaspoon chopped garlic
1 tablespoon sliced green onion
½ cup rice, cooked

In a pan, sauté zucchini for about a minute. Add garlic and green onion for a few seconds. Then add beef or turkey to combine and season with salt and pepper. Stir in rice and season more if necessary. Heat to combine and serve.

Chicken & Sweet Potatoes

7 oz. chicken breast, cut into bite size pieces
1 cup diced sweet potatoes
6 oz. asparagus
1 cup baby spinach

In a pan or on a grill, cook chicken breast until done. In another pan sauté potatoes for about 3 to 4 minutes or until tender. Add asparagus and baby spinach for an additional minute.

Chicken Tacos

3-4 corn tortillas

8oz. chicken breast, cut into bite sized pieces, cooked

sliced lettuce

salsa

diced tomatoes (optional)

sliced jalapeno (optional)

Fill each tortilla shell accordingly.

Fish and Rice

7oz. Red Snapper, Tilapia, Cod

6 oz. broccoli florets

½ cup white or brown rice (optional)

1 lemon, cut in half

Grill or sauté fish. Sauté broccoli until tender, add rice to heat and season lightly.

Dinner

Salmon

8oz. Salmon

1 cup diced zucchini

2 teaspoons turkey bacon

In a hot pan sauté salmon for 2 to 3 minutes on each side or until cooked completely through and set salmon aside to rest for a minute. Wipe away any debris from pan and return to stovetop. Add zucchini to pan, sauté until tender, add turkey bacon to heat. Season to taste and plate.

Grill Chicken w/ Garlic Carrots

8 oz. chicken breast

½ cup sliced carrots

1 teaspoon chopped parsley

1 teaspoon chopped garlic

Salt & pepper

Grill or sauté chicken breast until done. Sauté carrots until tender, add garlic and parsley and mix until all pieces are covered and cook an extra minute. Season lightly with salt and pepper and serve.

Steak & Potatoes

8-10 oz. N.Y. Strip

7 oz. green beans, broccoli

1 cup sliced red potatoes (optional)

Grill steak to your desired temperature. Grill or Sauté potatoes and green beans, and season with salt and pepper.

Chicken & Zucchini

7oz. chicken breast

7 oz. zucchini, diced

Salt & pepper

¼ teaspoon paprika

¼ teaspoon chili powder

¼ teaspoon cayenne pepper

1 lemon, cut in half

Slice chicken breast into strips, season with paprika, chili powder, cayenne pepper, salt, and pepper, be sure to coat the chicken thoroughly with the spices. In a hot pan sauté chicken pieces until almost cooked and add zucchini until tender.

Taste. Season with salt and pepper. Place chicken and zucchini in a bowl and squeeze a little lemon on top.

Red Snapper

8 oz. chicken breast, cut into bite sized pieces

6 oz. sliced carrots, or green beans, or asparagus

1 cup baby spinach

1 cup sweet potatoes, diced

In a hot pan sauté sweet potatoes until tender add asparagus and season with salt and pepper and mix in spinach to wilt. Season filet with salt and pepper, and sauté until completely cooked. Finish with a squeeze of lemon or lime.