

Prep: Hamburger Patties	Prep: Rotisserie Chicken	Prep: thaw fish and make frittata
Protein Shake	Protein Shake	Protein Shake
Tomato & Egg bake	Egg Wrap	Frittata
Lettuce Wraps	Patty Leftovers	Rot. Chick leftovers w/salad
Hamb Patties piled high w/veggies	Rotisserie Chicken w/veggies	Veggie leftovers w/6-8 nuts
6-8 nuts w/cut veggies	Carrot chips w/nuts	Fish w/zucchini & carrot chips

Prep: Marinate Chicken for Kabobs	Prep: Boston Butt in crockpot	Prep: Marinate pork tenderloin
Protein Shake	Protein Shake	Protein Shake
Nuts & cut veggies	Tomato & Egg bake	Egg Wrap
Frittata leftovers	Chicken Salad	Kabob leftovers over a salad
Hard boiled egg w/veggies	Pork Salad	Pork tenderloin w/veggies
Chicken Kabobs	Nuts w/veggies	Carrot chips

Rotisserie Chicken & Vegetables

Ingredients:

4-6 boneless skinless frozen chicken thighs (I used chicken breast)
1 whole head of garlic (I used 2 chopped cloves instead)
3 sliced zucchini
2 sliced red onions
2 cups sliced mushrooms (I left these out)
1 sliced tomato
1 handful of small grape tomatoes
1/4 cup balsamic vinegar
2 teaspoons Worcestershire sauce
salt and pepper

Directions:

1. Salt and pepper your chicken pieces.
2. Put the chicken into the Crock Pot.
3. Wash and cut all your vegetables and put them into a mixing bowl. Peel the head of garlic, but keep the cloves intact. I chopped 2 garlic cloves instead. I didn't want entire cloves of garlic floating around in there. What are you supposed to do with them when the meal is ready? Are you supposed to eat them whole with the vegetables??
4. Toss the vegetables with balsamic vinegar and Worcestershire sauce.
5. Pour the vegetables on top of the chicken.
6. Cover and cook on low for 6-8 hours.

Carrot Chips

Make Your Own Carrot Chips



1. Peel carrots into thick slices
2. Toss slices in olive oil & salt
3. Bake at 350° for 12 minutes
4. Cool & enjoy

Zucchini & Carrot Fries

Zucchini and carrot fries are an excellent addition to a plate in both color and flavor. The trick here is roasting. Roasting at a high temp in the oven for about 20 minutes can work some serious magic. (Caramelization is always your friend.) Feel free to throw some other veggies in the mix too. Zucchini is my favorite because it takes on seasoning so well – but peppers and green beans, etc. can all be transformed in the same way.

Preheat oven to 220 C/425 F

Cut your veg into 8-cm/3-inch sticks, making sure they are even in thickness.

Line a baking tray with baking paper and a light layer of olive oil.

SEASON – go with the usual salt&pepper and branch out to one or two of the following (Choose Your Own Adventure-style): paprika, cumin, cayenne, crushed red peppers, thyme, rosemary, sage – really, whatever takes your fancy and suits your meal. Using premixed spice blends is a great option too – Italian, Mexican, Old Bay – you know, just not all at once. Lightly toss your vegetable batons with a tablespoon or so of olive oil (not too much) and the herbs and spices.

Spread your seasoned veg over your lined tray and roast, tossing halfway through, for about 20 minutes or until golden and slightly browned at the edges.

Egg Wraps



When you are after something easy to eat like a wrap but without the flour, try this. You can whip this up within 5 mins and be eating asap. You will then be full of fuel for your afternoon and feeling great. Fill this with what ever ingredients you have available and create your favorite wrap. Great breakfast, lunch, snack or simple dinner.

Ingredients

1. 2 eggs
2. Avocado
3. Tuna
4. Grated Carrot

Cooking instructions I have to confess, I have a secret weapon the panini maker. When im feeling lazy this is how I cook alot of things. I know its not the best cooking appliance and cooking surface in the world, however it works and its fast.

- Crack eggs and whisk them up until combined, place into panini maker evenly so it spread to edge.
- Keep top up until cooked, then place it down for 1 min to seal the top of egg.
- Lay down avocado, tuna and hummus and load up with vegetables.
- Roll up into wrap and eat.

Crustless Quiche/Frittata

Makes (2) pie pans or (1) 9x13 pan

Ingredients:

- 1 dozen eggs
- 2-3 Cups cooked/chopped meat and/or vegetables
- salt & pepper to taste

Preheat oven 375 degrees

Beat eggs until slightly frothy

Add in your choice of chopped meat/veggies and salt and pepper

Pour in 2 pie pans or 9x13 baking dish

Bake 35-40 minutes until it is set in the center



This healthy and delicious dish is great for breakfast, lunch and dinner. It is quick to put together and is a great way to use leftovers.

Chicken Kabobs

Marinade:

- 1/2 cup olive oil
- 1/4 cup freshly squeezed lemon juice
- 2 cloves garlic, minced
- 2 tablespoons Dijon mustard
- 2 tablespoons dried oregano
- 1 tablespoon chopped fresh thyme leave or 1 teaspoon dried thyme
- 2 tablespoons chopped fresh parsley
- 1 teaspoon freshly ground black pepper
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary

- 1 red bell pepper, cut into 2 inch pieces
- 1 green bell pepper, cut into 2 inch pieces
- 1 large sweet onion, peeled and cut into wedges
- 2 pounds skinless, boneless chicken breast halves - cut into cubes

Directions:

1. In a small bowl, mix together all the marinade ingredients
2. In a large resealable plastic bag, place the marinade, peppers, onion wedges and chicken. Seal, and mix to coat. Refrigerate 4-24 hours.
3. When ready to cook, preheat grill med.-high.
4. Discard marinade and thread meat and veg. onto skewers, leaving a small space between each item
5. Lightly oil the grill grate. Grill skewers for 10 minutes, turning as needed, or until meat is cooked through and vegetables are tender