

Step by Step Instructions

WITH RECIPES

Instructions:

1. Preheat oven to 400°
2. Heat water for quinoa
3. Wash all vegetables
4. Cut all vegetables into bite sized pieces
5. Toss 2 tbsp oil over Broccoli, Carrots and Brussel Sprouts, put on baking pan and put in oven
6. Set timer for 15 minutes
7. Put 2 eggs, 2 cups spinach, 1/2 cup ricotta (optional), salt & pepper in blender. Blend until smooth
8. Oil small oven safe pan and pour in spinach mixture. Put in oven. Cook 15 min.
9. Cook protein (grill, bake, sauté)
10. Put tomatoes, cucumber, 1/2 of peppers, 1/2 of onion in individual baggies
11. When 15 min. timer goes off add olive oil to zucchini, 1/2 of peppers, 1/2 of onions and put in oven.
12. Check spinach bars if eggs are set remove, if not cook additional minutes
13. Make salad dressing: Mix together 1/3 cup Balsamic, 1/3 cup oil, salt and pepper
14. Mix together 1/2 cup yogurt & 1/2 cup salsa
15. Wash blueberries

Recipes:

Day 1

Breakfast -

Spinach Bar (warm in oven or toaster)
option: top with salsa

Lunch -

Soup:

Add 1.5 cups broth, 1/2 cup broccoli, 1/2 cup carrots, 1/2 cup zucchini, 1/2 cup quinoa to pan.
Warm and season to taste.

Dinner -

4 ounces of protein (typically size of deck of cards)
1 cup roasted broccoli and 1 cup roasted carrots
Salad: 1 cup lettuce, 1/2 cup Brussel sprouts, 2
tbsp chopped onions and balsamic dressing

Day 2

Breakfast -

1/2 cup Yogurt, 1/2 cup Blueberries, 2 tbsp
chopped pecansprinkle cinnamon

Lunch -

Salad

2 cups lettuce, 4 ounces protein, 1/2 cup raw
peppers, 1/2 cup tomatoes, 1/2 cup cucumber,
balsamic dressing

Dinner -

4 ounces protein

1/2 cup Quinoa mixed with 1/4 cup cooked
peppers, 1/2 cup chopped zucchini, 1 tsp olive oil
and salt

Salad: 1 cup lettuce, 1/2 cup Brussel Sprouts, 2
tbsp chopped onions and balsamic dressing
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Day 3

Breakfast -

Spinach Bar (warm in toaster) option: top with salsa

Lunch: Mexican Salad -

2 cups lettuce, 1/2 cup raw peppers, 1/4 cup raw onions, 4 ounces protein, Creamy salsa dressing

Dinner -

Stir Fry: Add 1 tbsp oil to a pan. Beat 1 egg until blended. Pour egg into pan and stir until cooked.

Add 4 ounces protein, 1 cup quinoa, 1/2 cup zucchini, 1 cup chopped carrots, 1 tsp soy sauce.

Stir and cook until warmed

Salad: Mix 1/2 cup tomatoes, 1/2 cup cucumber, 1/4 cup raw peppers with balsamic dressing.

Day 4

Breakfast -

1/2 cup Yogurt, 1/2 cup Blueberries, 2 tbsp chopped pecans, sprinkle cinnamon

Lunch -

Egg Drop Soup: Add 2 cups broth to a pan and bring to a simmer. Beat 1 egg until well mixed. Drizzle egg into pan and let sit for 1 min and then stir. Add 1 tsp soy sauce and remaining carrots & broccoli.

Dinner -

Put remaining onions, peppers, zucchini and protein in a pan over low heat. When warm pour in creamy salsa sauce and heat. Warm 1 cup quinoa and pour creamy vegetables and protein over quinoa.

Salad: Use remaining lettuce, tomatoes, cucumbers, peppers and onions and top with balsamic dressing.