

# Step by Step

## Prep For The Week

1. Chop 1 yellow onion.
2. Brown 1 lb of ground turkey and the chopped onion in pan on stovetop, breaking up meat. Remove half the meat mixture from the pan and place into a bowl.
3. Wash and dice sweet potato and chop kale or spinach.
4. Add the sweet potatoes to the pan with meat and onions. Cover with lid and cook for about 15 minutes over medium heat or until potatoes are tender. Add kale/spinach and continue to cook until it is wilted. Cool the Turkey Skillet with Sweet Potatoes and Kale and refrigerate in airtight container.
5. Add the bowl of cooked turkey you set aside into a soup pot along with 3/4 cup corn, 2 cans of Rotel, 1 can of enchilada sauce and 1 cup of chicken broth. Simmer for about 20 minutes. Cool and refrigerate the Chicken Tortilla Soup in an airtight container.
6. Cook 1/2 cup dried quinoa on stovetop according to directions. Leave out.
7. Wash and dice bell pepper, carrot and broccoli.
8. Add 1 tbs of olive oil to a pan over medium-high heat. Cook the peppers, carrots and broccoli for about 8 minutes or until softened. Reduce heat to medium-low. Add 2 tbs soy sauce and 3 eggs to the pan and cook until eggs are almost set. Add the cooked quinoa and cook until heated through. Let the Quinoa with Egg and Vegetables cool and refrigerate in airtight container.
9. To make salad dressing for the Salad with Blueberries and Goat Cheese, mix 1/3 cup red wine vinegar, 1/3 cup olive oil, 1/4 cup orange juice, 1 1/2 tsp dried dill and salt and pepper to taste in a jar with a lid. Refrigerate.
10. To make the Pumpkin Oatmeal, combine 1 cup old fashioned oats, 1/2 cup pumpkin puree, 1/2 tsp pumpkin spice or cinnamon, 3/4 cup of milk and 1 1/4 cup of water. Bring to a boil, reduce heat and let simmer for about 5 more minutes. Add 1 tbs honey or maple syrup, if desired. Remove from heat and let stand for 2 to 3 minutes. Refrigerate in airtight container.

