

Step by Step

Prep For The Week

1. Preheat oven to 400°. Wash and chop the 3 cups of *assorted vegetables. Place the vegetables in a bowl and add 2 tbs olive oil and salt and pepper to taste. Toss. Transfer vegetables to baking sheet and bake for about 30 minutes or until tender. Let cool. Place in airtight container and refrigerate.
2. Turn oven down to 350°. Spray baking dish with cooking spray and cook chicken breast for 20 mins or until cooked through. Let cool and dice. Refrigerate in airtight container to be used for the BBQ Chicken Tortilla Pizza. You will use the oven again in step #5.
3. Wash and chop cucumber, tomato and one bell pepper. Place in airtight container and refrigerate. These will be used for dinner salads.
4. Chop yellow and red onion, keeping them separate. Set the yellow onion aside. Refrigerate the red onion to use for the BBQ Chicken Tortilla Pizza.
5. Mince one garlic clove to be used in step #9.
6. In a bowl combine 3/4 cup ground turkey, 1/2 cup tomato puree, 1/2 cup corn, 1/2 bread crumbs, 1 egg, 1/4 cup onions from step #4 and salt and pepper to taste. Shape into a loaf and place in baking pan sprayed with cooking spray. Place in oven heated to 350° and bake for 30-35 minutes or until cooked through.
7. Wash and chop 1/4 cup mushrooms and one bell pepper. Add 1/4 cup of the chopped yellow onion. Place in airtight container and refrigerate. These will be used for the Veggie and Egg Scramble.
8. Wash and chop 4 cups of kale to be used in next step.
9. Heat 1 tbs olive oil in a soup pan on stovetop. Take the casing off of the sausage and add that sausage, 1/2 cup of the chopped onion, and the minced clove of garlic to the heated pan. Cook until sausage is browned. Drain and rinse 2 cans of northern beans. Add the beans as well as the 4 cups of chopped kale and 32 oz vegetable broth. Keep on heat until kale is wilted. Let cool and refrigerate the Kale and White Bean and Sausage Soup.
10. Place 2 bananas in your freezer to be used for breakfast on days #2 and #4 in Almond Butter Smoothie Bowl.
11. Combine 1/4 cup of balsamic vinegar and 1/4 cup of olive oil in jar with lid to make the salad dressing.

