

“Commit to the Lord whatever you do, and He will establish your plans.” -Proverbs 16:3

	Breakfast	AM Snack	Lunch	PM Snack	Dinner	Exercise
S PREP DAY!	Chocolate Zucchini Muffins for kids (Green Protein Smoothie for you!)	1 small apple Tbsp. nut butter	FREE MEAL or fix a large salad using leftovers. Clean out the fridge & prepare for healthy week! Prep: Chicken Salad, No-Bake Energy Bites	cup carrot sticks or cucumber 2 Tbsp. hummus cup green tea with lemon	Healthy Chicken Nuggets (bake a few w/o breadcrumbs for salads), cup Roasted Broccoli, cup sweet potato fries	Rest Day! Or 30 minutes Yoga
M	2 scrambled eggs with 1/4 avocado, cup berries (or smoothie of your choice!)	1 cutie 100-calorie pack of nuts	Peach Pecan Spinach Salad with leftover chicken	2 No-Bake Energy Bites small apple cup green tea with lemon	Crockpot Night! Pork Tenderloin Fajitas with 1/4 cup brown rice, avocado, cheese, Gk yogurt, salsa (WW tortillas for family, lettuce wrap for you!)	Strength Training 55 minutes
T	Peach Perfection Smoothie	1 Protein Bar (5g sugar or less!)	Healthy Chicken Salad with carrot sticks or in a lettuce wrap, 1 cutie	1/2 cup edamame 1/2 cup berries	Chicken & Broccoli Alfredo served with spaghetti squash or WW rotini small side salad	Steady Cardio 60 minutes
W	Yogurt Parfaits cup of favorite Greek yogurt, cup berries, 2 Tbsp. low-sugar granola	1 cutie 100-calorie pack of nuts	Peach Pecan Spinach Salad	2 No-Bake Energy Bites small apple cup green tea with lemon	FREE MEAL or LEFTOVERS	Body Weight Workout 55 minutes
T	Peach Perfection Smoothie	1 Protein Bar (5g sugar or less!)	FREE MEAL Go out to lunch & practice making wise choices!	1/2 cup edamame 1/2 cup berries	Breakfast for Supper- Healthier Breakfast Casserole or 2 eggs, 2 slices no-nitrate bacon, 1/2 cup berries, WW toast for kids	Cardio Intervals 60 minutes
F	Yogurt Parfaits cup of favorite Greek yogurt, cup berries, 2 Tbsp. low-sugar granola	1 cutie 100-calorie pack of nuts	Healthy Chicken Salad with carrot sticks or in a lettuce wrap, 1 cutie	2 No-Bake Energy Bites small apple cup green tea with lemon	FREE MEAL or LEFTOVERS Practice making wise choices!!	Strength Training 55 minutes
S	2 eggs fixed how you like! cup berries slice of WW toast with 1/4 avocado or Tbsp. nut butter	1 small apple Tbsp. nut butter	Leftovers over a bed of greens OR favorite green smoothie!	cup carrot sticks or cucumber 2 Tbsp. hummus cup green tea with lemon	Broiled Salmon with Marmalade Dijon-Glaze, 1/2 baked sweet potato, large spinach salad	Power Walk or Run 3-4 miles or 45 minutes

GOALS: 1. Keep moving - 30 min exercise daily!

2. Stay hydrated - 80 oz/day!

3. Daily reflection time!

PRODUCE	MEATS & DAIRY	CANNED & DRY GOODS
<input type="checkbox"/> apples <input type="checkbox"/> cuties <input type="checkbox"/> strawberries <input type="checkbox"/> blueberries <input type="checkbox"/> bananas <input type="checkbox"/> raspberries <input type="checkbox"/> peaches <input type="checkbox"/> red grapes <input type="checkbox"/> avocados <input type="checkbox"/> lemons <input type="checkbox"/> spinach <input type="checkbox"/> mixed greens <input type="checkbox"/> lettuce for wraps <input type="checkbox"/> shredded lettuce <input type="checkbox"/> red onion <input type="checkbox"/> onion <input type="checkbox"/> spaghetti squash <input type="checkbox"/> zucchini <input type="checkbox"/> celery <input type="checkbox"/> broccoli <input type="checkbox"/> cucumbers <input type="checkbox"/> carrots (optional) <input type="checkbox"/> carrot sticks <input type="checkbox"/> sweet potatoes <input type="checkbox"/> bell peppers <input type="checkbox"/> garlic <input type="checkbox"/> fresh salsa <input type="checkbox"/> fresh lavender leaves <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> chicken breasts <input type="checkbox"/> no-nitrate bacon <input type="checkbox"/> turkey or chicken breakfast sausage <input type="checkbox"/> salmon fillets <input type="checkbox"/> lean pork tenderloin <input type="checkbox"/> eggs <input type="checkbox"/> unsweetened almond milk <input type="checkbox"/> non-fat, plain Greek yogurt <input type="checkbox"/> feta cheese <input type="checkbox"/> goat cheese <input type="checkbox"/> shredded sharp cheddar cheese <input type="checkbox"/> Parmesan cheese <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> low-sugar granola <input type="checkbox"/> orange marmalade <input type="checkbox"/> low sodium chicken broth <input type="checkbox"/> rolled oats <input type="checkbox"/> coconut flakes <input type="checkbox"/> edamame <input type="checkbox"/> hummus <input type="checkbox"/> 100-calorie packs of nuts <input type="checkbox"/> pecans <input type="checkbox"/> almonds <input type="checkbox"/> protein bars <input type="checkbox"/> nut butter <input type="checkbox"/> brown rice <input type="checkbox"/> hemp seeds <input type="checkbox"/> flaxseed <input type="checkbox"/> chia seed <input type="checkbox"/> protein powder <input type="checkbox"/> green tea <input type="checkbox"/> semisweet chocolate chips <input type="checkbox"/> WW breadcrumbs <input type="checkbox"/> WW Ezekiel Toast (optional) <input type="checkbox"/> WW tortillas (optional for family) <input type="checkbox"/> WW rotini (optional for family) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

**Be sure to check your recipes and add any seasonings or cooking essentials you might need!*

Healthier Chocolate Zucchini Muffins

Ingredients:

- 3/4 cup brown sugar
- 1/4 cup coconut (or vegetable) oil
- 2 large eggs
- 1 1/4 cups 2% milk
- 2 teaspoons vanilla extract
- 2 cups white whole wheat flour
- 1/2 cup unsweetened cocoa powder
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup tightly-packed shredded fine zucchini
- *1/4 cup finely grated carrots (optional)
- 3/4 cup semisweet chocolate chips

Preheat oven to 425 degrees. Lightly grease a 12-cup muffin tin. Set aside.

In a large bowl, whisk sugar, oil, eggs, milk and vanilla until smooth. In a medium bowl, combine flour, cocoa, baking powder, and salt. Gently fold flour mixture into liquid mixture until just combined. Fold in shredded zucchini and chocolate chips. Divide batter between greased muffin cups and smooth tops.

Bake muffins at 425 degrees for 5 minutes, then reduce heat to 375 degrees and continue baking an additional 15 minutes. Cool muffins in pan 5 minutes. Dig in!!!



Peach Perfection

1 cup unsweetened vanilla almond milk
1/2 frozen banana
1-2 peaches with skin
1 serving vanilla protein powder or 1 cup low-fat Greek yogurt
1 serving ground flax seed
1/2 cup crushed ice
Optional: add in 2 Tbsp. orange juice or carrot juice

Blend until smooth.

Green Protein Smoothie

- 1 cup unsweetened coconut milk or almond milk
- 1 cup Greek yogurt (I like Chobani Vanilla 100 - under 10 grams sugar)
- 1 frozen banana
- 2 cup spinach or kale
- 1 tbsp. flax seed
- 1 tbsp. chia seed
- 1 tsp. honey or stevia
- 1/2 cup crushed ice

Blend until smooth.

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Peach Spinach Salad with Toasted Pecans

Serves 2

Ingredients:

3/4 cup pecans
1 tsp all spice
2 ripe peaches (cut into small wedges)
4 cups Baby Spinach, rinsed and dried
2 ounces of goat cheese crumbled

Dressing:

3 TBSP Balsamic Vinegar
1 TBSP Lemon Juice
1 TBSP Honey
1/2 TBSP Dijon mustard
1/2 cup Extra Virgin Olive Oil
1 small shallot

Directions:

1. Preheat oven to 350 degrees F.
2. Arrange pecans on a single layer on a baking sheet, sprinkle with 1 tsp all-spice and roast in preheated oven for 7-10 minutes, until they just begin to darken. While pecan are in oven mix dressing together in small mason jar.
3. Remove from oven and set aside.
4. Peel peaches (if desired) and slice into small segments.
5. Combine peaches, spinach and pecans in a large bowl.
6. Toss with some of the dressing until evenly coated (saving some of the dressing for the next day). Top with goat cheese! Enjoy with grilled chicken, pork, or salmon as added protein!

Blueberry Chicken Salad

3 chicken breasts, skin on
Olive oil for coating, plus 1 tbsp.
Good quality sea salt and fresh-ground black pepper to taste
4 oz. Greek-style yogurt (can substitute plain yogurt)
2 tbsp. white wine vinegar
1 tsp. finely chopped fresh lavender leaves (can substitute herbes de Provence)
1 small apple, peeled and chopped
1/2 red onion, finely diced (you can leave out if necessary)
1 cup fresh blueberries, washed and dried
1/4 cup roasted chopped almonds

Preheat the oven to 400 degrees. Coat the skin on the chicken breasts with the olive oil, salt, and pepper and roast for 30 minutes, or until no pink remains. Cool. In a small bowl, whisk the 1 tbsp. of the olive oil, yogurt, vinegar, lavender, 1 tsp. of the salt, and 1 tsp. of the black pepper. Add the apple and stir to prevent browning. Add the onion, blueberries, and almonds; mix well. Remove the skin from the chicken breasts and discard (or freeze for use in making stock). Separate the chicken from the bone and cut into 1-inch pieces. Add the chicken to the yogurt-blueberry mixture; stir gently to combine. Serve on a bed of crisp lettuce or spinach or in a whole wheat pita.

Chicken Salad with Grapes

INGREDIENTS:

- 1 pound boiled chicken, cut into 1/2-inch cubes
- 1 cup chopped celery
- 1 cup red grapes, halved
- 1/2 cup dried cherries or cranberries
- 1/2 cup toasted pecans, chopped
- 1 cup plain greek yogurt
- 1 tablespoon honey
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

DIRECTIONS: Add chopped chicken to a large bowl along with celery, grapes, dried cherries, chopped pecans, yogurt, honey, salt and pepper. Mix until all chicken is coated! Enjoy on top of fresh leafy greens!

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No-Bake Energy Bites (“cookie dough balls” as I told my little people)



Minutes to Prepare: 15

Number of Servings: 24

Ingredients

1 cup gluten free oatmeal (You can put this in the blender 1st)

1/2 cup peanut butter (or other nut butter)

1/3 cup honey

1 cup coconut flakes

1/2 cup ground flaxseed (GO FIBER)

1 tsp vanilla

**optional dark chocolate chips (1/2 cup)

Stir all ingredients together in a medium until thoroughly mixed. Let chill in the refrigerator for half an hour. Once chilled, roll into balls of whatever size you would like. (Mine were about 1" in diameter.) Store in an airtight container and keep refrigerated for up to 1 week.

Makes about 20-25 balls.

Healthy Chicken Nuggets

Prep time: 5 min. Cook time: 15 min.

6 oz. boneless, skinless chicken breast (cut into 1/2 inch pieces)
2 pinches salt
2 pinch pepper
1 pinch garlic powder
2 tbsp light extra virgin olive oil
1 cup whole wheat breadcrumbs (or almond meal for lower carb option)
Olive oil cooking spray

Preheat oven to 425 degrees. Toss chicken in olive oil and then season chicken with salt, pepper, and garlic. Dip the chicken in bread crumbs until coated completely. Roll until nicely coated. Lightly coat a cookie sheet with spray and place the nuggets onto the tray and then into the oven. Bake until golden brown and cooked through (about 10-15 minutes).

Roasted Broccoli with Sea Salt & Olive Oil

Ingredients:

2 - Bunches broccoli cut into florets
1/4 Cup - Olive Oil
1 Teaspoon - Salt
1/2 Teaspoon - Pepper

Instructions:

1. Preheat oven to 425.
2. Wash and dry the broccoli thoroughly.
3. Line a large cookie sheet with foil (I use Reynolds Non-stick Pan Lining Paper)
4. Right on the cookie sheet, toss the broccoli with all the remaining ingredients.
5. Roast until tender and the edges are browned and stir once. This usually takes about 20 minutes in my oven. Serve immediately.

Slow Cooker Pork Tenderloin Fajitas

INGREDIENTS: (SERVES 5-6)

- 1 Lean Pork Tenderloin
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon coriander
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons soy sauce, preferably the low-sodium variety
- 1 jalapeno pepper, seeded and chopped (optional)
- 2 cloves garlic, minced
- 4 – 5 bell peppers, any color
- 1 onion (chopped)

Other fajita fixings:

- Whole-wheat tortillas, lettuce wraps, grated cheese, fresh sliced avocado, cilantro, lime slices, fresh spinach leaves, sour cream, hot peppers, avocado, etc.

INSTRUCTIONS:

1. Mix together the dry spices with a fork including the chili powder, cumin, coriander, salt and pepper.
2. Rub the spice mixture over all sides of the meat and place it in the bottom of the slow cooker. Sprinkle the soy sauce on top. Add ½ cup water to pot.
3. Top the meat with the diced jalapeño and minced garlic. Slice the bell peppers and onion and throw those on top of the meat as well.
4. Turn the slow cooker onto **HIGH** and cook for 5 – 6 hours or until the steak can easily be shredded with two forks.
5. Drain the meat and peppers well then serve with the recommended fajita “fixings” (listed above).

Enjoy!



Chicken & Broccoli Alfredo

Ingredients:

2 chicken breasts, seasoned with salt & pepper then cooked and cut into bite-sized pieces
2 cups cooked broccoli (steamed)
8oz whole wheat rotini or spaghetti squash
2 Tablespoons extra virgin olive oil
2 teaspoons minced garlic
2 Tablespoons whole wheat flour
1 cup low sodium chicken broth
1/4 cup almond milk
1/4 cup plain Greek yogurt
salt & pepper
1/2 cup grated parmesan cheese

Directions:

Cook pasta/spaghetti squash according to package directions, reserving 1/2 cup pasta cooking water before draining. Set aside.

Heat extra virgin olive oil in a medium-sized skillet over medium heat. Add garlic and cook, stirring constantly, until golden brown, about 1 minute. Sprinkle in flour then whisk to incorporate and cook for 1 additional minute.

Slowly whisk in chicken broth, then milk. Whisk in Greek yogurt, salt and pepper, then turn the heat down to low and let the mixture simmer until thickened, about 2-3 minutes. Turn the heat off then stir in parmesan cheese, then chicken. Pour over cooked pasta then add broccoli and stir well. Add a little reserved pasta cooking water if sauce is too thick. Serve.

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Spaghetti Squash

How To Cook Spaghetti Squash in the Oven

Ingredients:

1 medium spaghetti squash (2 to 3 pounds)

Equipment:

Sharp chef's knife

Cutting board

Soup spoon

Medium-size roasting pan or baking dish

Fork

Instructions:

1. **Preheat the oven to 400°F:** Preheat the oven while you prep the squash.
2. **Slice the squash in half:** Use a chef's knife to cut the spaghetti squash lengthwise from stem to tail. Spaghetti squash are really tough and hard, so be cautious and work slowly. You can cradle the squash in a balled-up dish cloth to keep it steady as you cut.
3. **Scoop out the seeds:** Use a soup spoon to scrape out the seeds and stringy bits of flesh from inside the squash. Be careful of actually digging into the flesh though — we want that! The inside should look clean and fairly smooth. Discard the seeds (or save them and roast them for a snack!).
4. **Place the squash in a roasting pan:** Place the squash halves cut-side down in a roasting pan.
5. **Pour in a little water :** Pour a little water in the pan, enough to cover the bottom. Your squash will roast just fine without it, but I find that the water helps the squash steam and become more tender. You can also cover the pan with aluminum foil, if you prefer.
6. **Cook the squash for 30 to 45 minutes:** Transfer the squash to the oven and cook for 30 to 45 minutes. Smaller squash will cook more quickly than larger squash. Check the squash after 30 minutes to gauge cooking.
7. **The squash is done when tender:** The squash is ready when you can easily pierce a fork through the flesh all the way to the peel. The flesh will also separate easily into spaghetti-like strands. You can also taste it right now — if the noodles are still a bit crunchy for your taste, put the squash back in the oven for another 15 to 20 minutes.
8. **Scrape out the squash:** Use a fork to gently pull the squash flesh from the peel and to separate the flesh into strands. The strands wrap around the squash horizontally — rake your fork in the same direction as the strands to make the longest "noodles."
9. **Serve the squash:** Serve the squash immediately, tossed with a little butter or olive oil. Spaghetti squash will also keep refrigerated for up to a week, or frozen for up to 3 months.



Healthier Breakfast Casserole

4-5 links organic turkey or chicken breakfast sausage, (4 small links)
1 teaspoon olive oil
1/2 small onion, chopped (optional)
1/2 red bell pepper, chopped (optional)
4 large eggs
4 large egg whites
2 1/2 cups low-fat milk
1 teaspoon dry mustard
1/2 teaspoon salt & pepper
1/4 teaspoon freshly ground pepper
2/3 cup shredded extra-sharp Cheddar cheese, divided
8 slices whole wheat bread, crusts removed

Coat a 9-by-13-inch baking dish with cooking spray. Cook sausage in a skillet over medium heat, crumbling with a fork, until browned. Transfer to a bowl. Add oil, onion and bell pepper to skillet; cook, stirring occasionally, until vegetables soften, about 5 minutes. Add sausage and cook, stirring, until vegetables begin to brown, about 5 minutes more. Remove from heat and set aside. Whisk eggs and egg whites in a large bowl until blended. Whisk in milk, mustard, salt and pepper. Stir in 1/3 cup Cheddar. Arrange bread in a single layer in prepared baking dish. Pour egg mixture over bread and top with reserved vegetables and sausage. Sprinkle with remaining 1/3 cup Cheddar. Cover with plastic wrap and refrigerate for at least 5 hours or overnight. Preheat oven to 350°F. Bake casserole, uncovered, until set and puffed, 40 to 50 minutes. Serve hot.

Make Ahead Tip: Prepare; cover and refrigerate overnight!

Sweet Potato Fries

3 Large Sweet Potatoes
1 Tbsp Extra Virgin Olive Oil
1 tsp paprika
1 tsp kosher salt
3 tsp fresh orange zest

Preheat oven to 450. Wash and peel sweet potatoes. Cut Potatoes into 1/2 inch wedges, transfer to baking sheet and toss with oil. Combine spices with potato wedges and toss to coat. Spread into a single layer and bake for 30 minutes, turning occasionally. Enjoy!

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Broiled Salmon with Marmalade-Dijon Glaze

Ingredients:

1/2 cup orange marmalade
1 tablespoon Dijon mustard
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1/8 teaspoon ground ginger
4 (6-ounce) salmon fillets
Cooking spray

Preparation:

Preheat broiler. Combine first 6 ingredients in a small bowl, stirring well.

Place fish on a pan coated with cooking spray. Brush half of marmalade mixture over fish; broil 6 minutes.

Brush fish with remaining marmalade mixture; broil for 2 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Enjoy!

Baked Sweet Potato

Ingredients: Sweet Potatoes
Sea Salt
Coconut Oil

Preheat oven to 400 degrees. Poke holes in sweet potatoes using a fork. Spray the outside of each potato with coconut oil (1 TBSP each) & sprinkle with sea salt – Bake for 50-60 minutes. Enjoy plain or sprinkle with cinnamon.

You can line a baking sheet (with raised edges) or pan with foil but do not wrap the potatoes in foil.

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