

Monday

L: Make a big salad: toss chicken strips, lettuce, olives (if you like them), tomato, chopped almonds, and carrot strips. Add olive oil/vinegar of your choice (or a nice paleo-friendly salad dressing).

D: tip-steak and steamed veggies (see recipe on bottom of page). Make enough for leftovers.

Tuesday

L: Chicken breast and [Indian style slaw](#). (see recipe for Chicken breast at bottom)

D: [Jambalaya](#) (use the leftover chicken breast from lunch, also you can omit shrimp if you want)

Wednesday

L: leftover tip-steak, sliced and served over mixed greens.

D: Leftover Jambalaya (because it is so yummy and cool outside! YAY!)

Thursday

L: Smoked Turkey salad (just deli smoked turkey cut-up over mixed greens and pine nuts—easy, please)

D: [Sloppy Joes](#) (you can serve this over roasted veggies, salad with tomatoes, or eggplant, or nothing! Make enough for lunch tomorrow)

Friday

L: leftover sloppy joes

D: Baked Turkey Breast, [roasted green beans](#), and tangy strawberry soup (just go and buy a nice pre-cooked turkey breast for your family size and bake it! Try to get one without added ingredients and season it yourself!) see recipe for strawberry soup below!

Recipes for which I have no hyper-link:

Tip steak and steamed veggies:

Bring a skillet to med heat, add dash of olive oil. Season steak, then cook to your desired doneness. I like to cook the meat for just a couple minutes on each side, then put on plate and cover for 10min. (fyi: cooking too long with excessive burning/browning creates carcinogens)

atthen add water to bottom. Cover and cook over med high until softened, around 8 to 10 min. Remove and serve. Drizzle with olive oil and add salt, pepper, and thyme to taste!

Chicken breast

Place several chicken breasts (enough for 2 breast leftover for Jamabalaya the next day) in baking dish, bake at 350 degrees until done—around 25 minutes. Check to ensure your meat has been cooked all the way through, but be careful not to overcook as well.)

Tangy strawberry soup

Remove stems from 1 qt of strawberries. Reserve 10-20 strawberries; cut these into thin slices. Place in a bowl, then drizzle with 2 tbsp of balsamic vinegar. Cover and chill in frig for 2 hours. Puree rest of strawberries in a blender with 2 tbsp of balsamic vinegar, ½ tsp of cinnamon, ½ tsp of orange zest, ½ tsp of lemon vest, and 1 tbsp of orange juice (from fresh orange). Once berry mix is pureed, add ½ cup of coconut milk slowly. Puree until smooth. Pour the soup into a bowl, cover and chill in fridge for 2 hours. Serve in bowls with sliced strawberries on top! (you might have to double recipe for large families)

List

Meats/poultry: chicken tenderloins, chicken breasts, tip steaks, 1lb of sausage (try to get andouille, and if you can, get them without phosphates), cleaned and peeled shrimp (optional), smoked turkey from deli, ground beef or turkey, and pre-cooked turkey breast

Produce: romaine lettuce, bag(s) of mixed greens , olives (optional), 2 tomatoes, carrots, 2 heads of cauliflower, 1 yellow squash, 1 bag of broccoli slaw, 2 lemons, 2 yellow onions, 2 green bell peppers, fresh parsley (optional), fresh green beans, 1qt (or more) of strawberries, and 1 orange

Misc: sliced almonds, mustard seed, turmeric (this is a good one to add to staple list from last menu), 14 oz can of diced tomato, low sodium chicken broth, pine nuts, chili powder (also good one to add to staple list), cinnamon (yes, this too), and a can of Coconut milk (you can find this in the oriental section of your grocery store...best one to get is THAI KITCHEN in a red/black can).