

Week 1: Menu; Recipes and Procedures

Meats: Chicken Breast/Ground Turkey

Breakfast:

Turkey Breakfast Patty w Fried Egg
Ground Turkey Scramble and Sweet Potato Hash
Ground Turkey Omelet with Turnip Hash
Chicken and Avocado Omelet
Chicken Stuffed Tomato w Fried Egg

Lunch:

Turkey and Portabella Lettuce Cups
Turkey Sliders w Portabellas and sweet potato fries
White turkey Chili
Chicken Enchiladas
Chicken and Grape Salad

Dinner:

Zucchini Lasagna w Ground Turkey
Green Bean Stuffed Chicken w Fresh Bibb Lettuce Salad
Blackened Chicken Breast w Sautéed Green Beans
Jerk Chicken Breast w Pineapple and Cauliflower Rice
Turkey Meatloaf w Mashed Cauliflower
Turkey Kabobs w Roasted Cauliflower

Week 1: Shopping List

- 3 lbs. Ground Turkey
- 2.25 lbs. Chicken Breast
- Dozen Eggs
- 1 Head Cauliflower
- 1 Bunch Grapes
- 1 Sweet Potato
- 2 Turnips
- 1 Avocado
- 3 Large Tomatoes
- 1 Large Portabella
- 3 Large Yellow Onions
- Tomato Sauce (large can)
- 4 oz. Green Beans
- 1 Head of Bibb Lettuce
- 1 Small Can Pineapple (not in syrup)
- 3 Carrots
- 1 Head Of Celery
- Small Jar of Minced Garlic
- 1 Green Bell Pepper
- 1 Small Jar Mayo
- Soy Sauce
- Fish Sauce
- 1 small container of ricotta
- 1 small package mozzarella