PROTEIN
6 eggs
organic chicken sausage
salmon
collagen / protein powder
almond butter
pistachios

CAN / CONDIMENTS
kimchi / sauerkraut
avocado oil
kidney beans
cannelini beans ( / navy beans)
1 container vegetable broth
1 can diced tomatoes
tahini
salad dressing

PRODUCE
blueberries
blackberries
3 oranges
3 apples
1 head cauliflower
1 bundle broccoli
1 package green beans
1 bundle of carrots
1 bundle celery
1 bundle kale
2 avocado
cherry tomatoes
fresh rosemary
2 lemons
1 package fresh arugula
1 package romaine
grape tomatoes
1 onion
garlic

GRAINS
gluten free toast (freezer)
brown rice cakes
rolled oats

DELI

MEAL PREP
prep: roasted veggies, vegetable soup, cauliflower steak + tahini dressing, chocolate muffins, (recipes below), chia seed pudding

roast: 1. broccoli, green beans aside from 1 handful (used in soup. veggies: preheat oven to 350F, coat with avocado oil, dust with fresh rosemary, garlic powder, salt, and pepper for approximately 25-30min. 2. cauliflower: preheat oven to 450, douse head of cauliflower in avocado oil, rosemary, garlic powder, salt, pepper, place whole cauliflower on cast iron pan and roast for 40 minutes, or until tender all the way through. dress with lemon tahini dressing (recipe below)

mix: chia seed pudding: 1 cup chia seeds + 3 cups almond milk (add in sweeteners of your liking - honey, maple syrup, cacao powder, vanilla extract, cinnamon - whatever you like best!)
MONDAY

**breakfast:** 2 chocolate muffins + blueberries + blackberries

**snack:** celery + pb + cinnamon

**lunch:** vegetable soup + avo + apple

**dinner:** big salad (romaine, arugula, cucumber, chicken sausage, tomatoes, kraut, dressing) + dark chocolate square + tea

TUESDAY

**breakfast:** 1 piece ezekial bread + avocado + 2 scrambled eggs + wilted arugula + cherry tomatoes + kraut

**snack:** chia seed pudding + blueberries / blackberries

**lunch:** vegetable soup + avo + orange

**dinner:** salmon + grilled veggies + cauliflower steak w/ lemon tahini dressing

WEDNESDAY

**breakfast:** 2 chocolate muffins + blueberries + blackberries

**snack:** roasted veggies + hummus

**lunch:** big salad (romaine, arugula, cucumber, chicken sausage, tomatoes, hummus, kraut, dressing) + apple

**dinner:** salmon + grilled veggies + cauliflower steak w/ lemon tahini dressing
THURSDAY

**breakfast:** 1 piece ezekiel bread + avocado + 2 scrambled eggs + wilted arugula + cherry tomatoes + kraut

**snack:** carrots + tomatoes + cucumbers with hummus

**lunch:** vegetable soup + avo + orange

**dinner:** cauliflower steak / tahini + roasted vegetables + hummus + chicken sausage + dark chocolate + tea

FRIDAY

**breakfast:** 2 chocolate muffins + blueberries + blackberries

**snack:** apple + almond butter dusted with cinnamon, cacao powder and a sprinkle of sea salt

**lunch:** cauliflower steak / tahini + roasted vegetables + hummus + chicken sausage + orange

**dinner:** big salad (romaine, arugula, cucumber, chicken sausage, tomatoes, kraut, dressing) + dark chocolate + tea
**VEGETABLE CROCK POT SOUP**

**ingredients**
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 cup onions, chopped
- 1 can fire roasted diced tomatoes
- 4 cups vegetable broth
- 1 can kidney beans
- 1 can cannellini beans
- 1 handful green beans
- 1/3 cup quinoa
- 3 bay leaves
- 3 garlic cloves, diced
- salt
- pepper
- 1/2 tsp turmeric
- 2 tbsp fresh rosemary

**instructions**
1. Toss all in crockpot
2. Heat on high for 4 hours, stirring intermittently

**CHOCOLATE ALMOND OAT MUFFINS**

(Makes 7)

**ingredients**
- 1.5 cups almond flour
- .5 cups oats
- 1/4 cup collagen
- 1/4 cup cacao powder
- 1/4 tsp baking powder
- 1/4 tsp baking soda
- sprinkle of sea salt
- 2 eggs
- 1/4 tsp almond extract
- 2 tbsp maple syrup

**instructions**
1. Preheat oven to 350F. Combine dry ingredients (almond flour, oats, collagen, cacao powder, baking powder, baking soda, sea salt). In a separate bowl, combine wet ingredients (eggs, almond extract, maple syrup). Then mix together.
2. Place into cupcake liners.
3. Bake for 17-20 minutes, until tops are browned and firm.

**KALE CHIPS**

**ingredients**
- one head of kale
- juice of 1 lemon
- nutritional yeast
- garlic powder
- salt
- pepper

**instructions**
1. Preheat oven to 350F (175 degrees C). Line a tray with parchment paper.
2. Remove the kale leaves from the thick stems and tear into bite size pieces.
3. Bake until the edges brown but are not burnt, usually 10-15 minutes.

**SALMON**

**ingredients**
- salmon (I buy frozen from Trader Joe’s)
- paprika, turmeric, garlic powder, salt, pepper (really any spice you like)

**instructions**
1. Grill on stove top or preheat oven to 350F
2. Bake 15-20 min

**LEMON TAHINI SAUCE**

**ingredients**
- ¼ cup tahini
- 1 lemon, juiced (about 2 tablespoons of juice)
- 2 tablespoons nutritional yeast, salt + pepper
- 1 tbsp fresh rosemary

hot water to thin, about 2-3 tablespoons

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