



TRIMESTER 1



BREAKFAST

AVOCADO TOAST

1 Piece WW Toast, ½ mashed avocado; 2 hard-boiled eggs; 1 cup strawberries

CINNAMON OATMEAL

½ cup steel-cut oats, cooked. Cinnamon to taste, 2 tbsp raw almonds, chopped, 1 tsp flax. 3 Applegate sausage Links. 1 cup of fruit

BACON MUSHROOM OMELET

1 egg, 4 egg whites, 1 cup mushrooms, sliced, 2 slices bacon, cooked, fresh thyme. 1 cup cherries.

ALMOND BUTTER TOAST

1 slice WW toast with 2 tsp Almond butter; 1 cup sliced strawberries; 2 eggs over easy with salt and pepper; 1 cup sauted spinach.

AVOCADO ENGLISH MUFFIN

1 WW English muffin toasted, split, topped with ½ sliced avocado, 1 sliced tomato, 2 hard boiled eggs, sliced, sprinkled with salt and pepper

GREEK YOGURT AND FRUIT

Plain greek yogurt, cinnamon, ½ sliced banana with 1 tsp Almond butter, 1 cup sliced melon.

EGG WHITES

8 Egg whites, scrambled with fresh herbs, 1 slice WW toast topped with 2 tsp PB, 1 banana sliced

VEGGIES AND EGGS

2 Eggs scrambled with 1 cup chopped asparagus, ½ chopped tomato, ½ chopped bell pepper; cooked with 1 tsp EVOO and topped with ¼ avocado; 1 orange

BREAKFAST

BALSAMIC AVOCADO TOAST

1 slice WW toast, ¼ avocado slices, ½ tomato slices, drizzled with EVOO, balsamic vinaigrette, salt and pepper; 2 scrambled eggs, 1 cup sautéed mushrooms and onions

WHOLE GRAIN PANCAKES

Whole grain pancakes topped with 1 cup blackberries and 2 tbsp chopped walnuts, 3 apple gate sausage links

GRANOLA AND BERRIES

2.5 cups fresh berries, topped with 1/2 Kashi granola cereal; Vanilla PB protein shake (2 scoops vanilla protein, 1.5 cups almond milk, 2 tbsp PB, 1 cup ice blended. (Add dash of cinnamon)

PB STRAWBERRY TOAST

2 slices WW toast, topped with 1 tbsp PB and 1 cup of sliced strawberries. Plain greek yogurt, drizzled with honey and whatever strawberries don't fit on your toast.

VEGGIE OMELETTE

2 eggs, 1 cup asparagus, ¼ cup feta cheese and ½ oatmeal sprinkled with cinnamon and drizzled with 1 tsp maple syrup.

SWEET POTATO HASH

Sweet potato hash with sausage and eggs – Pre heat oven to 425. In a large skillet, brown 1 lb. ground sausage of choice, transfer to a plate. Add 1 tbsp coconut oil and sauté 1 medium chopped onion, transfer to sausage plate. Heat 1 tbsp coconut oil add 2 medium chopped sweet potatoes, cook until tender – 10 mins. Sprinkle with chopped fresh rosemary, cover and continue cooking. Add sausage and onion back in and stir together. Crack 4 eggs on top of hash, place skillet in over and cook 10-15 mins until eggs cooked to consistency (serves 4). Add a side of pear slices.

BREAKFAST

BREAKFAST NACHOS

Pre heat oven to 375. Cut 1 small whole grain tortilla into 6 triangles, brush with ½ tsp EVOO, mix together ½ tsp cumin, smoked paprika and 1/8 tsp chili, salt and pepper; sprinkle ½ over tortilla. Bake tortilla for 7-8 mins. Remove, brush other side with ½ tsp EVOO, sprinkle remaining spice mix. Bake until crispy, 4-5 mins. Meanwhile, coat 2 pans with cooking spray and set on medium heat. Whisk 1 egg, with salt and pepper. Cook in one of the heated pans. Place 1 slices turkey bacon in the other pan, cook until crispy 2-3 mins a side. Chop the bacon into pieces. Spread eggs over baked chips, sprinkle with bacon, top with 2 tbsp shredded cheddar cheese, bake to melt cheese, 2 mins. Top with 2 tbsp salsa, ¼ avocado, diced, chopped tomato, sliced scallions and fresh cilantro.

BANANA OAT PANCAKES

In a blender, add 1 cup almond milk, 2 eggs, 1 large banana, 1 tsp vanilla extract, 1 tsp baking powder, ½ tsp cinnamon, dash of salt, 2 cups rolled oats. Blend smooth. Heat ½ tsp coconut oil in skillet, pour ¼ cup batter per pancake. Cook 2-3 mins until bubbly. Flip, cook another 1-2 mins. (Makes 4 Servings). Serve with 1 cup mixed berries and 3 apple gate sausage links.

YOGURT AND BERRIES

2 cups fresh berries; Plain yogurt, with 1 tbsp almond butter and a dash of cinnamon

SNACK

GREEK YOGURT CINNAMON APPLES

Apple with 2 tsp PB; Greek yogurt with cinnamon

COTTAGE CHEESE & SEEDS

Cottage cheese, tbsp raw pumpkin seeds, 8 whole grain crackers

GREEK YOGURT & BERRIES

Greek yogurt, ½ cup blueberries, ½ raspberries, ½ cup Kashi Go Lean Cinnamon Crunch Cereal; 1 tsp flax seeds

PITA POCKET

1 WW pita pocket filled with 3 tsp PB, 1 sliced banana, drizzled with honey; plain yogurt with cinnamon

YOGURT AND BERRIES

Plain yogurt, 1 cup mixed berries, ½ ½ cup Kashi Go Lean Cinnamon Crunch Cereal ; 1 tsp flax seeds

CINNAMON PB QUINOA

1/2 cup cooked quinoa, 1/3 cup unsweetened almond milk, 1 tsp honey, 1 tsp cinnamon, 2 tsp PB – Place all in a small pot, bring to a boil, reduce and simmer 5 minutes until liquid is gone. 1 cup strawberries; 2 hard boiled eggs

COTTAGE CHEESE & BERRIES

Cottage cheese and WW crackers, 1 cup raspberries

CARROTS AND HUMMUS

Baby carrots with hummus, 1 clementine, and 3 slices of rolled turkey

ACAI SMOOTHIE BOWL

Blend 1 tbsp acai (frozen or powdered); ½ frozen banana, 1 cup frozen raspberries and blueberries; 1 scoop strawberry protein; 1 cup baby spinach, and ½ cup water. Pour into a bowl, top with ½ fresh blueberries, strawberries, coconut flakes, etc.

SNACK

SNAP PEAS

1 cup snap peas, 1 cup cucumber slices, ¼ cup guacamole, 3 slices ham

GREEK YOGURT WITH CINNAMON

Greek yogurt with cinnamon, ½ cup blackberries,

HUMMUS AND VEGGIES

3 cups raw veggies; ¼ cup hummus

KIND BAR AND YOGURT

Pressed by KIND Mango Apple Chia Bar and a yogurt with Kashi granola

COTTAGE CHEESE & CRACKERS

Cottage Cheese with 8 WW crackers

PB & APPLES

Apple with 2 tsp PB; Greek yogurt with cinnamon, 2 tbsp chopped peanuts, 1 cup blackberries

BERRY SMOOTHIE BOWL

Berry smoothie bowl with toasted coconut – Blend ½ cup plain yogurt, 2 tbsp almond milk, 1/4 frozen banana, ¼ cup frozen strawberries, ¼ cup frozen blueberries, ¼ cup frozen raspberries. Pour into a bowl and top with ¼ fresh banana slices, 1 large strawberry, sliced, 2 tbsp fresh blueberries, 1 tbsp unsweetened coconut and 1 tsp chia seeds.

LUNCH & DINNER

GREEK SALAD WITH CHICKEN

1 cup romaine, ½ cup each cucumber, tomato, 5 oz cooked chicken breast; ½ cup chickpeas, 1 tsp pine nuts, 2 tbsls greek dressing; 1 cup grapes

GRILLED SALMON

Grilled salmon; 2 cups broccoli, drizzled with lemon and olive oil, ½ cup brown rice

OPEN FACE TURKEY BURGER

Turkey Burger (6 oz) (pan seared in 1 tsp EVOO) with ¼ avocado; lettuce and 1 tomato, sliced (use ½ WW bun)

PORK TENDERLOIN

6 oz. Pork tenderloin (cooked in any combo of fresh herbs and EVOO) with carrots (1 cup) and Brussel sprouts (5) roasted with salt pepper and 1 tsp EVOO, ½ cup cooked quinoa with lemon juice, chopped fresh parsley, thyme and basil.

FILLET MIGNON

6 oz fillet mignon, ½ baked potato w ¼ cup shredded cheese, 10 asparagus spears roasted with 1 tsp EVOO, lemon juice, salt and pepper

OPEN FACE TUNA SANDWICH

6 oz tuna in water, mixed with ¼ avocado, salt and pepper on 1 slice WW bread with a side of 1 cup sliced bell peppers

SPINACH & HALIBUT QUINOA BOWL

1.5 cups spinach, ¼ cup red onion, 1 medium cooked beet, ½ quinoa and 5 oz. halibut fillet broiled with lemon slices and salt and pepper. Drizzled with Balsamic Vinaigrette dressing

CUMIN BAKED CHICKEN

Cumin baked chicken breast with cauliflower mash (roasted with 1 tsp EVOO, salt/ pepper, minced garlic, then processed with 2 tbsp Veg broth); Green beans, steamed and drizzled with lemon juice, salt/ pepper

LUNCH & DINNER

PAN ROASTED COD

Pan roasted cod with farro and brussel sprouts, cooked with 2 tsp EVOO and your favorite fresh herbs

FLANK STEAK

6 oz. grilled flank steak, over a spinach, beet salad with balsamic vinaigrette, ¼ cup crumble goat cheese; 1 small WW dinner roll

SALMON FILETS

Salmon filets with coconut mustard greens and ½ cup quinoa (heat 1/2 tsp EVOO in pan, add salmon, cook through 6-10 mins. Remove from pan, set aside. Add ½ tsp EVOO to pan, add garlic, salt/pepper, cook 30 secs, add 2 cups mustard greens, 1 cup cooked quinoa, 1/3 cup light coconut milk, ¼ tsp curry powder, cook until broth is hot and greens are wilted)

COBB SALAD

1 cup romaine, chopped. ¼ cup each – cucumber, cherry tomatoes, mushroom slices, sliced bell pepper, 1 hard-boiled egg, quartered, 2 slices turkey bacon, chopped, 10 black olives, drizzled with red wine vinegar, 2 tbsp sunflower seeds, served with 1 small WW pita.

PORK ROAST

Roasted pork with apples and potatoes with green beans (Pre-heat oven to 500. Rub 1 lb. pork tenderloin with 2 tbsp EVOO, fresh thyme, rosemary, salt and pepper. Reduce to 450, bake for 5 mins. Coat 1 lb. Yukon gold potatoes, cut into 2 in wedges, and 1 a large braeburn apple cut into wedges, with 1 tbsp EVOO and same fresh spices add to pork pan in oven, cook until pork reaches 140 degrees, about 13 minutes. Add 6 oz. French green beans, trimmed to pan. Cook about 10 more minutes. 4 servings)

GRILLED HALIBUT

Grilled halibut with pomegranate-orange salsa – Combine 1 cup chopped orange sections, 1 cup pomegranate seeds, ¼ cup minced shallot, 2 tbsp jalapeno, chopped, ¼ cup fresh cilantro. Sprinkle 4 halibut filets with salt and pepper. Grill or bake at 350 for 18 mins. Top with ¼ of the salsa. (Makes 4 servings) Serve with 2 cups baby spinach topped with ½ cup sliced strawberries, 2 tbsp sliced almonds, 1 tbsp fresh mint, drizzled with balsamic vinegar.

LUNCH & DINNER

SPICY SCALLOPS

Spicy scallops with watermelon salsa and quinoa – ¼ tsp each dry mustard, ground coriander, onion and garlic powder, cayenne pepper, black pepper, 1/8 tsp kosher salt; Combine together and sprinkle over 1 ¼ lb. scallops that you pat dry with a paper towel. Heat a large cast iron skillet with 2 tsp EVOO. Add scallops, cook 2 mins each side. Toss together 2 cups diced watermelon, 2 tbsp diced red onion, ¼ cup chopped mint, 1 tbsp lime juice, 2 tsp EVOO and 1/8 salt in a bowl. Combine 2 cups cooked quinoa, ¼ cup pine nuts, ¼ cups sliced scallion, 2 tsp EVOO, 2 tbsp mint, 1 tbsp lime juice. Serve scallops over quinoa topped with salsa (Serves 4).

HAWAIIAN SHRIMP

Hawaiian Shrimp with 1 cup steamed broccoli (Preheat oven to 450, Spread 2 cups cooked jasmine rice mixed with 1 tbsp EVOO evenly on a sheet pan, bake for 5 mins, stir; top with 2 cups chopped, fresh pineapple, 1 large red bell pepper, chopped, bake 5 mins, arrange 1.25 lbs. large, raw, peeled and deveined shrimp on top, bake about 6 mins, until shrimp cooked through. Mix 3 tbsp soy sauce, 1 tbsp honey, 1.5 tbsp rice wine vinegar, together, microwave for 45 seconds, whisk until completely blended, drizzle over pan, sprinkle with pepper and cover with fresh cilantro (4 servings)

SEARED STEAK AND ROASTED VEGGIES

Seared Steak and Roasted Veg Bowl (½ cup cooked barley, 3 brussel sprouts halved, ½ cup each chopped sweet potato, cauliflower, sliced beets, 2 tsp EVOO, 3 oz. skirt steak, ½ shallot, chopped, 3 tbsp chopped fresh parsley and dill, 1 tbsp lemon juice – bake veggies (separated on a sheet pan) at 425 for 20 mins; heat ½ tsp EVOO in large skillet, season steak with salt and pepper, add cooking 6-8 mins, let rest 5 mins and slice against the grain. Stir herbs, shallot, lemon, remaining oil with salt pepper into barley, serve with veggies and steak and sprinkle with more herbs. (1 serving)

GARLIC MISO PORK NOODLE BOWL

Cook 8 oz. brown rice noodles per package (without any added salt or fat) Drain and divide into 4 servings. Heat a large skillet, add 1 lb. ground pork, 3 tbsp grated yellow onion, 1 8 oz. package sliced mushrooms of choice. Cook until pork is cooked and mushrooms tender. Stir in 2 tbsp white miso, 1 tbsp chili garlic sauce, 2 cups unsalted beef stock, 1 cup matchstick cut carrots. Bring to boil, cook until carrots are tender, about 3 mins. Top noodles with pork mixture, drizzle with 1 tbsp soy sauce and ½ cup scallions. (4 servings)

LUNCH & DINNER

CHICKEN STIR-FRY

Put a deep skillet over high heat; 1 tsp EVOO and swirl it around, then add 1 clove minced garlic and 1 tbsp minced ginger. Cook for about 20 seconds, then add ½ chopped onion and cook for 2 minutes more. Add ¾ cup each broccoli and carrots and snow peas ¼ cup water chestnuts and cook until crisp-soft, about 5 minutes. Turn the heat down to low, and remove the vegetables to a bowl. Add another tsp of EVOO to the pan, turn the heat to high. Add 2 chicken breast cut into bite size pieces. Toss and stir the chicken is cooked through, about 5 minutes. Add the vegetables back into the chicken, then add 1 tbsp soy sauce, and salt and pepper to taste. Stir until most of the liquid is absorbed, just a minute or two more. Serve over ½ cooked brown rice. (Serves 2)

CITRUS SALMON

Citrus Salmon with prosciutto and brussel salad – Pre heat oven to 350. Combine juice from 1 lemon and 1 orange with 2-3 tbsp apple cider and 1 minced shallot, ½ cup EVOO and ¼ tsp salt, whisk until creamy looking. Drizzle 2 tsp dressing on 2 5 oz. salmon filets. Bake 20 mins or until desired doneness. Shave 20 brussel sprouts with a mandolin very thinly. Pulse ½ cup raw almonds in a food processor until finely chopped. Coarsely chop 6 slices prosciutto. Toss all together, top with 3 tbsp dressing and toss to coat. Serve together with a toasted whole wheat roll. (serves 2)

TOASTED KALE SALAD

Toasted kale salad with chicken and croutons – Pre heat oven to 450. Cut 1 slice WW bread into 1 inch pieces, toss with 1 tsp EVOO, salt and pepper until coated. Place on baking sheet, bake 10-12 min until dry and crunchy. Sprinkle 1 5 oz chicken breast cut into strips with ¼ tsp chili powder. Heat a skillet, add chicken, stirring frequently, 6-8 mins, until cooked. Remove from pan. Add 1 bunch of kale (6 oz) torn into pieces, cook 4-5 mins until crispy and lightly charred. Transfer to plate, top with chicken, croutons, drizzle with fresh lemon juice and EVOO.

FETA TURKEY BURGER

Two 4oz turkey burgers, seasoned with salt and pepper. Place on a foil lined broiler plate, broil for 4-6 mins each side, until no longer pink. Top with 2 tbsp each feta cheese, return to broil for a minute. Place on a WW hamburger bun, top with ¼ cup baby spinach. Serve with spinach salad topped with 2 medium sliced cooked beets, 2 tbsp pecans, drizzle with balsamic vinegar. (Makes 2 servings)

TURKEY SANDWICH

Turkey sandwich – 2 slices of WW bread, ¼ avocado ½ cup romaine lettuce, ½ sliced tomato

LUNCH & DINNER

DIJON BROILED PORK LOIN

¾ lb. tenderloin – broiled 16-20 min turning every 3-4 min until done. Once cooked, coat with 2 tsp each mixed Dijon and whole grain mustard and EVOO. Let rest 10 mins and then slice. – 2 servings), ½ cup wild rice, 1 cup roasted summer squash

LEMON ROSEMARY CHICKEN

Grilled lemon rosemary chicken and leeks with couscous. Pre Heat Grill to 450. Combine 1 tbsp lemon zest, 2 tbsp lemon juice, 2 tsp chopped rosemary, ½ tsp salt, ¼ tsp pepper, 1 tbsp EVOO in large zip lock bag. Add 4 4oz chicken cutlets, seal and turn to coat. Set aside a room temp. Brush 4 large leek, trimmed and halved with 1 tbsp EVOO. Place leeks, cut side down on grill, about 7 minutes. Transfer to aluminum foil, add 1 tbsp butter, 2 cloves garlic, minced. Fold up foil to seal. Leave foil packet on grill. Place chicken cutlets, 1 halved lemon on grill. Cook chicken through, about 3 min per side. Squeeze lemon over chicken and leeks, sprinkle with fresh chopped rosemary. Serve with ½ cup cooked whole wheat couscous.

SWEET CHILI SALMON

Sweet chili salmon with broccolini and quinoa – Preheat oven to 400. Mix ½ tbsp. chili powder, 1/2 tbsp fresh dill, 1/2 tsp garlic powder and cumin, ½ tsp onion powder in a bowl. Rub into salmon. Add salt and pepper. Place on a baking sheet, cover with foil bake 15 mins. Meanwhile, steam broccolini in a pan with a small amount of water, drain, season with salt and pepper. Squeeze fresh lemon juice over salmon. Serve with ½ cup cooked quinoa.

AVOCADO AND RICOTTA TARTINE

Avocado and ricotta tartine (Toast 1 slice WW toast. Mix together, ¼ cup ricotta cheese, 1 tbsp lemon zest, ½ tsp EVOO, salt and pepper. Spread on the toast. Top with ¼ avocado sliced, ¼ shallot, sliced into rings, sprinkle with ½ tsp sesame seeds, flaky sea salt and 2 tbsp preserved lemons, finely chopped (sub capers if you don't have!). Serve with a side salad of chopped romaine, ¼ baby carrots, ½ chopped tomato and ¼ chopped cucumbers and drizzle with Red wine vinegar. 2 soft medium boiled eggs.