



# Monthly Meal Plan

**Grain-Free, Dairy-Optional**

**WellnessMama.com**

## Wellness Mama Meals - Four Week Meal Plan

### Week One:

- Chipotle Style Burrito Bowls
- Beef and Sweet Potato Curry
- Breakfast for Dinner
- Pineapple Chicken Salad with Citrus Vinaigrette
- Baked Fish w/ Garlic Cauliflower Mash and Green Beans
- Taco Soup
- Dessert Pot Roast

### Week Two:

- Chicken Picatta with Baked Tomatoes and Broccoli
- Meatza
- Mushroom glazed Pork Chops with Baked Apples
- Easy Goulash
- Fish Burgers with Baked Winter Squash
- Chicken Cordon Bacon
- Stuffed Sweet Potatoes

### Week Three:

- Roasted Chicken and Vegetables
- Sausage and Cabbage Soup
- Beef and Broccoli Stir Fry
- Spinach and Artichoke Crock Pot Chicken
- Grain Free Eggplant Parmesan
- Bacon Cheese Burgers (bunless) with Sweet Potato Fries
- Baked Pork Chops

### Week Four:

- Mini Meatloaf Cupcakes with Sweet Potato “Frosting”
- Hearty Chicken Soup
- Stuffed Pork Loin
- Easy Pumpkin Chili
- Grilled Salmon with Hollandaise and Asparagus
- Chicken Kale Stir Fry
- Sausage, Apple and Cabbage Hash

## **Wellness Mama Meals Meal Plan - Week One**

### **Day 1: Chipotle Style Burrito Bowls [Easy, crock-pot]**

#### **You Need per serving:**

- 1 chicken breast or 2 thighs (xFN- 3-4 per family of 4) or 1 whole chicken
- 1/2 onion (xFN- 2 onions per family of 4)
- 1/2 sweet pepper (xFN- 2 per family of 4)
- 1 teaspoon lime juice (1-2 tablespoons per family of 4)
- Mexican spices to taste 1/2 tsp of each: cumin, chili powder, salt, pepper , garlic, rosemary, etc
- large handful of shredded lettuce (per person)
- Optional toppings: salsa, cheese, sour cream
- 1 avocado or pre-made guacamole

#### **Instructions:**

1. Put the chicken in the crock pot.
2. Slice onions and garlic and place on top of chicken,
3. Sprinkle all with spices and lime juice.
4. Cover crock pot and cook on low for 4-6 hours or until chicken is done.
5. Serve as burrito bowl with meat on bottom and desired toppings on top (can put lettuce under chicken, if you prefer)

TIP: This recipe will make extras for leftovers. If you are single or have a small family, keep the extra for use in omelets, soups, and casseroles.

## **Day 2: Beef and Sweet Potato Curry [Easy, fast]**

### **You Need per person/serving:**

- 1 tablespoon coconut oil or butter (1/4 cup/family of 4)
- 1/2 of an onion, chopped (2 onions/family of 4)
- 1 clove of garlic, or 1/2 tsp minced garlic or garlic powder
- 1/4 pound ground beef (1 pound/family of 4)
- 1 teaspoon of curry powder (1-2 tablespoons/family of 4)
- 1 teaspoon of sea salt or himilayan salt (1-2 tablespoons/family of 4)
- Other spices to taste: ginger, turmeric, cinnamon, pepper, etc
- 1/4 of a 14 or 15 ounce can of diced tomatoes (1 can/family of 4)
- 1 medium sweet potato
- 1/2 cup of frozen peas (1 bag frozen per family of 4)

### **Instructions:**

1. Melt the butter or coconut oil in a large soup pot.
2. Chop the onion and mince the garlic and add to pot.
3. Saute until they begin to soften.
4. Add the meat and cook until browned.
5. Add spices and stir well to incorporate.
6. Peel and dice sweet potatoes (small cubes) and add to pan.
7. Add canned tomatoes (with liquid) and bring to a full boil.
8. Reduce to a simmer and simmer 20 minutes until potatoes are soft .
9. Add peas (or green beans) and cook until they are heated.

### **Day 3: Breakfast for dinner [Fast and Easy]**

#### **You Need per person/serving (makes leftovers!):**

- 2-3 slices of nitrate free ham or turkey (xFN)- circular is best
- 2-3 eggs (xFN)
- 2-3 coconut flour biscuits (recipe below)
- fruit (optional)
- 1 green onion, thinly sliced
- feta cheese (optional)

#### **What to do:**

1. Preheat oven to 400 degrees.
2. Prepare coconut flour biscuits and put into oven for 15-18 minutes
3. Line each compartment of a muffin tins with a piece of ham/turkey
4. Crack an egg inside each piece of ham/turkey
5. Put in oven for 10-12 minutes or until yolks are your desired consistency
6. Remove biscuits and ham muffins from oven.
7. Top ham muffins with feta and thinly sliced green onions and serve with (or on top of) coconut flour muffins.
8. Serve with fruit on the side if using.

#### **Coconut Flour Biscuits Ingredients:**

- 1/3 cup Coconut Flour
- 1/4 cup Butter or Coconut Oil, softened but not melted
- 4 eggs
- 2 TBSP honey (optional)
- dash of salt
- 1/2 tsp baking powder

#### **How to Make Coconut Flour Biscuits:**

1. Preheat oven to 400 degrees F
2. Put all ingredients into medium sized bowl and mix well with immersion blender or hand mixer until well incorporated
3. Using your hands, carefully form into nine small balls and mash each one down with a spoon to make it about 1/2 inch thick.
4. Bake for 12-15 minutes until just starting to brown.

## **Day 4: Pineapple Chicken Salad with Citrus Vinaigrette**

### **You need per person/serving:**

- 1 chicken breast or 2 thighs (xFN)
- 1/4 of a fresh pineapple or 1/4 of a 20-ounce can (xFN)
- 1 tablespoon of raisins
- 1/4 of a sweet red pepper
- 1/4 cup pecans (optional)
- sea salt, pepper and garlic powder
- Oil to coat while cooking: tallow, lard or coconut oil
- Citrus Vinaigrette Ingredients (recipe below): 1/4 cup fresh squeezed orange juice, 1/4 cup olive oil, apple cider vinegar, honey (optional) orange zest, basil,
- Lettuce or spinach (enough for family)

### **What to do:**

1. Heat oil in a large pan until melted.
2. Add chicken, sprinkle with salt, pepper and garlic and cook until browned and cooked in the middle.
3. While chicken is cooking, thinly slice the red pepper and cut pineapple into chunks if using fresh.
4. Prepare vinaigrette.
5. Put a serving of lettuce or spinach on plates.
6. Top with red peppers, raisins, pecans and pineapple.
7. Slice chicken and place on top of fruit.
8. Drizzle with dressing and serve.

Tip: Leftovers are great cold for lunches so consider cooking more. If using for lunch, put in a mason jar... layer with dressing on bottom, followed by pineapple, chicken, peppers and lettuce/spinach. As long as you keep the dressing on the bottom, the lettuce won't wilt, and you can dump upside down onto a plate to eat and it will be in the right order.

### **Citrus Vinaigrette:**

In a mason jar or other container with a tight lid, mix 1/4 cup of freshly squeezed orange juice, 1/4 cup olive oil, 2 tablespoons of apple cider vinegar, 1 tablespoon of honey (optional), the zest of the orange (if organic), and 1/4 tsp basil (optional). Shake well until mixed and serve. Can be stored in the fridge up to 1 week if tightly covered.

## Day 5: Baked fish with Garlic Cauliflower Mash and Green Beans

You Need per person/serving:

- 1 piece of fish of choice (about 1/4 to 1/3 lb)(xFN)
- 1 egg per every 2 people
- 2 tablespoons of almond flour or finely ground almonds per person
- 1/2 tsp sea salt per person
- pepper and garlic to taste (about 1/4 tsp per person of each)
- 1/4 of a head of fresh cauliflower (xFN)
- 1 tablespoon of butter (xFN)
- 1/4 tsp sea salt (xFN)
- 1/4 tsp garlic powder
- 1/2 lb of fresh green beans (or canned) (xFN) (This will make leftovers for tomorrow's soup)
- 1 tablespoon of butter
- sprinkle of sea salt

What to do:

1. Preheat oven to 400 degrees.
2. Beat eggs with 1/2 tsp (per egg) of water to emulsify.
3. Mix almond flour with sea salt, garlic and pepper.
4. Dredge fish in egg mixture and then dip in breading mix.
5. Grease a large baking dish with butter or oil and place fish in it once it has been dipped in breading mix.
6. Place in oven and set timer for 15 minutes, then check to see if it is done.
7. While fish is cooking, boil 2 quarts of water and cook cauliflower until soft.
8. Remove with a slotted spoon and put into medium bowl.
9. Add green beans to the water once cauliflower is removed and cook until done.
10. Using an immersion blender, mash cauliflower with butter, sea salt and garlic and cover to keep warm.
11. When green beans are done, pour water off, toss the green beans with butter, sprinkle with salt and cover to keep warm.
12. Remove fish and serve all together.

## **Day 6: Taco Soup [Fast and Easy]**

### **You need per serving:**

- 1/4 lb ground beef (1 lb/family of 4)
- 1/2 of an onion (2/family of 4)
- 1 cup of chicken or beef broth (1 quart/family of 4)
- 1/4 (15 ounce) can of diced tomatoes (1 can/family of 4)
- 1/4 can diced tomatoes with green chilies (mild if you don't like spicy foods!) (1 can/family of 4)
- 1/4 (small) can of enchilada sauce (check ingredients)(1 can/family of 4)
- 1/2 tsp cumin (2 tsp/family of 4)
- about 1/4 tsp each of garlic powder, salt and pepper
- 1 rib of celery (4/family of 4)
- leftover green beans from the night before (if you have any)
- 1/2 avocado (2/family of 4) or pre-made guacamole
- Optional: sour cream and cheese for toppings.

### **What to do:**

1. In a large soup pot, brown meat until cooked.
2. Add onions and celery and cook until starting to soften.
3. Add broth, diced tomatoes, tomatoes with chilies, enchilada sauce, spices and leftover green beans.
4. Bring to a boil, reduce heat and simmer for at least 20 minutes.
5. Top with chopped avocado or guacamole and sour cream/cheese (if using) and serve.



## Day 7: Dessert Pot Roast

**Note: Don't worry, we aren't putting ice cream in your dinner, but there are some sophisticated undertones that are typically found in dessert foods! Red wine, chocolate and coffee... read on!**

You need per serving:

- beef roast (chuck roast, pot roast, etc) about 1- 1.5 lbs per person
- 1/2 of an onion (xFN- 2/family of 4)
- spices: salt, pepper, garlic, and sweet basil (about 1/4 tsp of each per serving)
- 2-3 Tablespoons of strong coffee (decaf if you have kids!) or about 1/2 cup-2/3 cup per family of 4 (optional, but recommend)
- 1 tablespoon of red wine (1/4 cup/family of 4) (can sub balsamic vinegar or omit if you don't like cooking with alcohol)
- 1/4 tsp of pure cocoa powder, organic if possible (1 tsp per family of 4)
- 2 carrots (xFN)
- Ingredients for salad of choice or leftover vegetables from another night)

What to do:

1. In the morning (or even the night before), put roast in crock pot and sprinkle with salt, pepper, garlic and basil.
2. Thinly slice onions and put on top of roast.
3. Pour coffee and red wine (or vinegar) over the roast.
4. Dust with the cocoa powder and cover.
5. Cook on low for 9-10 hours (preferred) or on high for 5-7 (not recommended) Check after 6-7 hours (low) to see how done it is and reduce heat if needed.
6. Add carrots 1.5 to 2 hours before meat is done. If you aren't home and can't add them at this point, just boil them until soft and toss in the meat juice before serving.
7. Enjoy :-)

## Wellness Mama Meals Shopping List Week One

### Meat:

- \_\_\_\_\_ chicken breasts (2xFN) or thighs (4xFN) or 2 whole chicken (1 per every 3-4 people)(1,4)
  - \_\_\_\_\_ pounds ground beef (1/2 x FN + Leftovers)(2,6)
  - \_\_\_\_\_ Pieces of fish (1/4-1/3 lb xFN plus extra if you want)(5)
  - \_\_\_\_\_ pieces of nitrate free ham or turkey-round slices (3xFN plus extra if you want leftovers)(3)
  - \_\_\_\_\_ pounds of beef roast (pot roast, chuck roast, etc)(1-1.5 lbs xFN)(7)
- Enough extra meats for breakfasts and lunches throughout the week

### Produce:

- \_\_\_\_\_ medium to large onions (2.5xFN) (1,2,6,7)
- \_\_\_\_\_ heads cauliflower (1 large head per every 3-4 people or 2-3 bags frozen per 4 people)(5)
- \_\_\_\_\_ 1 sweet pepper (xFN)(1,4)
- \_\_\_\_\_ sweet potatoes (1xFN)(2)
- \_\_\_\_\_ pounds of fresh green beans (1/2 xFN)(5)
- \_\_\_\_\_ Avocados or premade guacamole (1xFN)(1,6)
- \_\_\_\_\_ oranges (1xFN)(4)
- \_\_\_\_\_ Carrots (2 xFN)(7)
- 1 head of celery
- 1 bulb of fresh garlic
- 1 bunch of green onions
- 1 fresh pineapple or 1 (20 ounce) can in juice
- Enough salad for lunches and dinners- will need for (1,4,7)
- Fruit of choice (for breakfast for dinner on 3)
- other veggies like cucumber, peppers, celery, etc for snacks
- apples, oranges or other desired fruits

### Other:

- 5 eggs (xFN)(3,5) plus breakfasts all week
- \_\_\_\_\_ pounds of butter (1/2xFN + for cooking eggs for breakfasts and dinners)
- chicken or beef broth/stock (1 cup per person/serving)(6)
- 1/4 cup cheese (xFN)(optional-cheddar and gouda are great)(1,6)
- sour cream (optional)(1,6)
- feta cheese (optional)(3)
- 2 (15 ounce) cans of regular diced tomatoes (per 4 people)(2,6)
- 1 can of diced tomatoes with green chilies (mild if you don't like spicy) (per 4 people)(6)
- 1 can of enchilada sauce (check ingredients) (per 4 people)(6)
- salsa (optional but recommended)
- 1/4 cup of pecan halves or pieces (xFN)(4)
- small bag of raisins (optional)(4)
- almond flour or almonds to grind into powder (5)

**Snack options:** nuts of choice, more eggs for deviled eggs, avocado or guacamole (highly recommend), tuna, canned wild caught salmon, almond butter, celery, apples, cream cheese, cucumbers, etc.

Other: \_\_\_\_\_

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**Make sure you have:** lime juice, cumin, chili powder, salt, pepper, garlic powder, coconut oil, coconut flour, olive oil, apple cider vinegar, coffee, cocoa powder, red wine

## Wellness Mama Meals Meal Plan - Week Two

### Day 1: Grain Free Chicken Picatta with Baked Tomatoes and Broccoli [Fast, Easy]

You Need per serving:

- 1 chicken breast or 2 thighs (xFN- 3-4 per family of 4)
- 2 tablespoons of almond or coconut flour (xFN- 1/2 cup/family of 4)
- 1 egg (1/2 XFN - 2 eggs/family of 4)
- 1 tsp water per egg
- 2 tablespoons of dry white wine (xFN 1/2 cup/family of 4) (can sub chicken broth)
- 1 teaspoon of capers (optional) (2 tbsp/family of 4)
- 1 slice of lemon or 1/2 teaspoon lemon juice
- 1 tablespoon oil/fat of choice
- 1 tomato (xFN-medium size)
- salt, pepper, basil and garlic powder
- 1/4 cup cheese (xFN- 1 cup/family of 4)(optional)
- 1/4 of a head or 1/2 of a bag of Broccoli (xFN) (1 head or 2 bags/family of 4)
- 1 tablespoon oil/fat of choice, at liquid state (coconut oil, tallow, lard, butter, etc)

Instructions:

1. Preheat the oven to 425 degrees.
2. Cut the tomatoes in half lengthwise and sprinkle with salt, pepper, basil and garlic powder- Place on a baking sheet or in a 13x9 baking dish.
3. Top each with about 2 tablespoons of cheese (if using) and put into oven.
4. Cut broccoli into small florets.
5. Toss with oil/fat and sprinkle with salt and pepper.
6. Place broccoli on another baking dish and place in the oven. (bake 15-20 mins)
7. In a large skillet, heat the oil or fat of choice until hot.
8. Cut the chicken in half lengthwise and pound with a meat hammer or your fist until about 1/4 inch thick.
9. Beat egg(s) and water together.
10. Dredge chicken in egg/water mix and then dip in almond/coconut flour and sprinkle with salt and pepper.
11. Sear chicken on both sides (about 2 minutes) until golden brown, then reduce heat and cook until chicken is cooked. (check vegetables)
12. Remove chicken (can keep warm in oven)
13. Deglaze pan with wine or chicken stock, and capers and lemon juice if using- simmer until reduced by about half.
14. Remove chicken, top with sauce, and serve with roasted vegetables.

## Day 2: Meatza [Fast, Easy]

You Need per person/serving:

- 1/2 pound of ground beef, turkey, bison, venison, etc (xFN-2 lbs/family of 4)
- seasonings of choice ( I use basil, oregano and garlic)
- 2 ounces of meat topping of choice PRECOOKED (pepperoni, sausage, etc)(optional)
- 1/4 pound of Mozzarella cheese (optional- can make up in other toppings)(xFN)
- 2 Tablespoons Parmesan Cheese (xFN-1/2 cup/family of 4) (optional)
- 3/4 cup Pasta or Pizza sauce in jar (check ingredients)(xFN-1 24-ounce jar/family of 4)  
Can also just slice tomatoes very thinly and use them!
- Veggies of choice for toppings: onion, peppers, spinach, mushrooms, olives, etc
- Ingredients for salad (optional)

Instructions:

10. Preheat oven to 450 degrees.
11. On a large baking sheet, mix the ground beef with spices (may need need two baking sheets if making for 4 or more people)
12. Spread the meat onto the cookie sheet and flatten using a rolling pin or side of a smooth glass. It needs to be about 1/4 inch thick.
13. Place in oven and cook 10-15 minutes or until well browned and cooked through.
14. Remove and drain off excess oil, if any.
15. Turn oven to broil.
16. Spread pasta sauce over the “crust”, then top with some of the vegetables.
17. Add Mozzarella (if using) and then put meat of choice and remaining vegetables on top (make sure meat is cooked).
18. I also very thinly slice some additional onions on the very top because they brown well.
19. Broil for 5 minutes or until cheese is melted and bubbly and vegetables are barely starting to brown (watch carefully!!)

Tip: This is even better cold the next day for lunches or even breakfast!

### **Day 3: Mushroom Glazed Pork Chops with Baked Apples and Salad**

You Need per person/serving (makes leftovers!):

- 1 pork chop (xFN)
- 1 tablespoon of butter or coconut oil
- salt, pepper, garlic and basil to taste (sprinkle of each)
- 2 tablespoons of real sour cream (organic, raw, if possible)(xFN- 1/2 cup/family of 4)
- at least 1 cup of mushrooms (xFN- 1 large package for family of 4)
- 1 apple (xFN)
- Sprinkle of cinnamon (1/4 tsp )
- 1 tsp of coconut oil or butter.
- Ingredients for salad of choice

What to do:

1. Preheat oven to 350.
2. Core apples, cut in half, and place in a baking dish. Top with pats of butter/ coconut oil and sprinkle of cinnamon.
3. Put in oven for 25+ minutes until desired softness.
4. Melt butter or oil in a large cast iron skillet or frying pan.
5. Sprinkle raw pork chops with seasonings to taste.
6. Pan sear each side of the pork chop until browned and remove to baking dish.
7. Place pork chops in the oven for 10-15 minutes.
8. Slice mushrooms and add to the skillet with more butter or oil if needed.
9. Cook until mushrooms are soft and then add sour cream.
10. Turn off heat and stir well.
11. Pour the mushroom mix over the pork chops and return to the oven for 20-25 minutes until cooked.
12. Serve with salad or saute spinach in the skillet to serve with it.

#### **Day 4: Easy Goulash [Fast, one-pan] (Makes leftovers for lunches)**

You need per person/serving:

- 1/2 pound ground beef, turkey, bison, etc (xFN- 2 lbs/family of 4)
- 1 small zucchini or yellow squash (xFN)
- 1/2 of an onion, diced (xFN)
- 1/2 of a diced sweet pepper (any color) (xFN)
- 1/4 of a can of diced tomatoes (xFN- 1 can/family of 4)
- 1 tablespoon of tomato paste (xFN- 1 6-ounce jar/family of 4)
- Spices to taste: chili powder, garlic, oregano, garlic powder, salt, pepper

What to do:

9. Brown meat in a large stock pot.
10. When starting to brown, add diced onions and peppers.
11. When they have softened, add the rest of the ingredients.
12. Continue cooking until zucchini has softened.
13. Spice to taste.
14. Enjoy!

## Day 5: Fish Burgers and Baked Winter Squash with Salad

You Need per person/serving:

- 1/2 of a 15-ounce can of wild caught salmon (xFN-2/family of 4)
- 1/4 of an onion, very finely sliced (xFN- 1/family of 4)
- 1/4 tsp garlic powder
- 1 T parmesan cheese (optional)
- 1 tsp coconut flour or 1 TBSP almond flour (xFN)
- 1 egg (xFN)
- 1/2 tsp dijon mustard (optional but recommended)
- 1/2 of a medium winter squash (acorn, butternut, etc) (xFN)
- salt, pepper, cinnamon
- 1 tablespoon of butter
- 1 tablespoon of Parmesan cheese (optional)

What to do:

1. Preheat oven to 400 degrees.
2. Slice winter squash in half, scoop out seeds (save them to roast or plant!) and put upside down on a large baking dish with 1/2 inch of water.
3. Place in oven for 30-40 minutes (depends on size of the squash) or until soft.
4. While that is cooking, combine the salmon, onion, garlic powder, parmesan (optional), coconut or almond flour, eggs, dijon mustard and any other desired spices and mix well with your hands.
5. To cook, you can either (A) Form into patties and place on a large baking dish and add to oven or (B) Pan fry in coconut oil or tallow.
6. A- Bake 15-25 minutes or until cooked through; B- Heat oil and fry 2-5 minutes per side until cooked through.
7. When winter squash is soft, remove from oven and scrape out flesh. Discard the skin and top the flesh with butter, parmesan and cinnamon.
8. Serve with salmon burgers and salad.
9. Enjoy!

## Day 6: Chicken Cordon Bacon [Easy]

You need per serving:

- 1 chicken breast (xFN)
- 2 slices of bacon (xFN)
- 2 slices of ham (xFN)
- 1 large piece of provolone or swiss cheese (optional)
- salt and pepper
- 1/2 tsp dijon mustard (optional)
- 1 tsp homemade mayo (optional)
- 1/4 lb or 1/2 bag of brussels sprouts (xFN)
- 1 tablespoon tallow, coconut oil or lard, in liquid state
- spices to taste: garlic, salt, pepper, etc
- Salad of choice (optional)

What to do:

1. Preheat the oven to 375 degrees
2. Cut the chicken down the middle lengthwise, but don't cut all the way through (butterfly it) so that it opens and is roughly double the size.
3. With a meat hammer or your hand, flatten, the chicken until it is between 1/4 and 1/2 inch thick.
4. Roll the piece of cheese into a thin log, and make sure that it is shorter than the width of the chicken.
5. Wrap the pieces of ham around the cheese and roll it up, securing the ends, so the cheese won't ooze out. (can do this without the cheese)
6. Spread one side of the flattened chicken with the mustard and mayo and place the ham and cheese roll on one end of the chicken.
7. Roll the rest of the chicken up, Wrap with two slices of bacon and place in a 9x13 baking dish.
8. Put in oven for approximately 45 minutes or until completely cooked.
9. As soon as chicken is in, cut Brussels Sprouts in half and toss with melted oil and any desired spices (sea salt and garlic is good).
10. Put on large baking sheet and put into the oven for 35-40 minutes. It should be done at about the same time as the chicken.
11. Remove chicken first and let cool for 5 minutes
12. Remove Brussels Sprouts and serve both with salad (if desired)
13. Enjoy



## Day 7: Stuffed Sweet Potatoes

You need per serving:

- 1/4 lb ground sausage of choice (xFN - 1lb/family of 4)
- 1 handful of raw spinach (xFN- 1 bag/family of 4)
- 1/2 of an onion (xFN- 1 onion/family of 4)
- 1 medium to large sweet potato (xFN)
- salt, pepper, garlic powder, sage, and basil to taste
- 1 bunch of leeks- about 1/2 lb (per family, extra can be used in omelets or sautéed in butter)
- Optional toppings- raw, sharp cheddar cheese, sour cream

What to do:

1. Bake sweet potatoes for 45 minutes to an hour until soft (can be done ahead of time and re-heated)
2. Brown sausage in a large skillet.
3. When it is almost browned, dice onion and add.
4. Thinly cut leeks (white and light green parts only) into small slices and add.
5. Saute until all are cooked and spice to taste.
6. When sweet potatoes are soft, remove and cut in half lengthwise.
7. In a large baking dish or on a baking sheet, Flatten the sweet potato a little bit and add a big scoop of the stuffing mixture to the middle of the sweet potato, evenly dividing among them.
8. Top with cheese (if using)
9. Return to the oven for about 10 minutes to incorporate flavors and melt cheese.
10. Top with sour cream (optional) and serve.

## Wellness Mama Meals Shopping List Week Two

### Meat:

- \_\_\_\_\_ chicken breasts (2xFN) or thighs (4xFN) (1,6)(breasts for at least one of those)
  - \_\_\_\_\_ pounds ground beef (1 x FN + Leftovers)(2,6)
  - \_\_\_\_\_ cans of wild-caught salmon (1/2 xFN plus extra if you want)(5)
  - \_\_\_\_\_ pieces of nitrate free ham (2xFN plus extra if you want leftovers)(6)
  - \_\_\_\_\_ pieces of bacon (2xFN)(6)
  - \_\_\_\_\_ meat topping for Pizza: pepperonin, sausage, etc. (optional)(2)
  - \_\_\_\_\_ Pork chops (1xFN)(3)
- Enough extra meats for breakfasts and lunches throughout the week

### Produce:

- \_\_\_\_\_ medium to large onions (2xFN) (2,4,7)
- \_\_\_\_\_ heads Broccoli (1 large head per every 3-4 people or 2-3 bags frozen per 4 people)(5)
- \_\_\_\_\_ 1 sweet pepper (xFN)(2,4)
- \_\_\_\_\_ sweet potatoes, medium to large (1xFN)(7)
- \_\_\_\_\_ pounds of fresh Brussles Sprouts (or bags frozen) (1/2 xFN)(6)
- \_\_\_\_\_ apples (1xFN)(3)
- \_\_\_\_\_ tomatoes (1xFN)(1)(2 optional)
- \_\_\_\_\_ medium zucchini or yellow squash (4)
- \_\_\_\_\_ winter squash, small to medium (1/2xFN)(5)
- 1 bunch or bag fresh spinach (on top of salad ingredients)(7)
- 1 bunch of fresh leeks (optional)(7)
- 1 large package of mushrooms (3)
- Enough salad for lunches and dinners- will need for (1,3,6)
- Fruit of choice
- other veggies like cucumber, peppers, celery, etc for snacks
- apples, oranges or other desired fruits

### Other:

- 2eggs (xFN)(1,5) plus breakfasts all week
- \_\_\_\_\_ pounds of butter (1/2xFN + for cooking eggs for breakfasts and dinners)
- chicken or beef broth/stock (1/4 cup per person/serving)(1)
- 1/4 pound Mozzarella cheese (xFN)(optional)(2)
- 1/4 cup cheddar or gouda cheese (xFN optional)(2,5)
- 1/2 cup sour cream (xFN optional)(1,3,7)
- 1 big slice of provolone, swiss or cheddar cheese (xFN- optional)(6)
- 1 (15 ounce) cans of regular diced tomatoes (per 4 people)(4)
- 1 small jar tomato paste (per 4 people)(4)
- 1 -24 ounce jar of pasta/pizza sauce (check ingredients) (per 4 people)(2)
- 2 tablespoons dry white wine (xFN)(optional- can sub broth instead)(1)
- 1 small jar of capers (optional) (1)
- almond flour or coconut flour or almonds to grind into powder (1,5)
- Dijon mustard (optional)(5,6)

**Snack options:** nuts of choice, more eggs for deviled eggs, avocado or guacamole (highly recommend), tuna, canned wild caught salmon, almond butter, celery, apples, cream cheese, cucumbers, etc.

Other: \_\_\_\_\_

**Make sure you have:** lemon juice, salt, pepper, garlic, oregano, basil, homemade mayo (optional), lemon juice, tallow, lard or ghee to cook in, coconut oil, coconut or almond flour

## **Wellness Mama Meals Meal Plan - Week Three**

### **Day 1: Roasted Chicken and Vegetables**

You Need per person/serving:

- 1 Whole chicken for every 3-4 people or more for leftovers (2 for family of 4)
- 2 tablespoons of butter or healthy oil
- 1/2 lb of Brussels sprouts (1/2xFN- about 2 pounds or 2 bags frozen/family of 4)
- 1/4 of a medium onion (1 per family of 4)
- 2 carrots (FN)
- 1/2 tsp or more of garlic powder, salt, pepper, Italian Seasoning or other herbs of choice
- 1 sweet potato
- butter and sea salt for sweet potatoes

Instructions:

20. Preheat oven to 375.
21. Rinse chicken and pat dry.
22. Place chicken in large roasting pan or baking dish (I roast two in my turkey roaster)
23. Slice Brussels sprouts in half and slice onion and carrots into thick slices.
24. Place vegetables (not including sweet potatoes) around chicken.
25. Rub butter over chicken and sprinkle spices of choice over chicken and vegetables.
26. Place chicken/vegetables and sweet potatoes in the oven.
27. Roast for 60-80 minutes to an internal temperature of at least 170.
28. Toss vegetables several times during baking if possible.
29. Remove and serve.

Tip: Save extra chicken and bones for chicken soup, or make chicken salad with leftover chicken meat.

## Day 2: Sausage and Cabbage Soup

You Need per serving:

- 1/4 pound sausage (ground or links) (xFN)
- 2 cups chicken broth (xFN 2 quarts/family of 4)
- 1/4 head of cabbage (xFN- head/family of 4)
- 1/4 bunch of swiss chard or kale, rough chopped (xFN- 1 bunch per family of 4)
- 1/4 onion (xFN- 1 onions/family of 4)
- 1/2 of a 15 ounce can stewed or diced tomatoes (xFN- 2 cans/family of 4) Can use jar tomatoes or home canned if you have them
- Seasonings of choice (about 1/4 tsp each per person) basil, thyme, garlic powder, salt, pepper, cayenne, etc.

Instructions:

1. Brown sausage in large soup pot.
2. Remove any extra fat (if any).
3. Chop all vegetables and add to pot.
4. Add broth, diced tomatoes and seasonings and bring to a boil.
5. Reduce heat and simmer 20-25 minutes or until vegetables are soft.
6. Enjoy!

TIP: This recipe will make extras for leftovers.

### **Day 3: Beef and Broccoli Chinese Stir Fry**

You Need per serving:

- 1/4-1/2 lb flank steak (1-2 lbs per family of four)
- 1/2 bag frozen broccoli or 1/2 head fresh (2 bags or 2 heads/ family of 4)
- 1 tablespoon butter
- 1/4 of a large onion, chopped (1 large onion/family of 4)
- About 1/4 tsp each of garlic, salt, pepper, and ginger (optional)
- 1 tablespoon fermented soy sauce or coconut aminos to taste (1/4 c/family of 4)
- 1 tablespoon honey (1/4 c/family of 4)(optional)
- 1 tablespoon beef broth (1/4 cup/family of 4)
- Salad and dressing of choice.

Instructions:

1. Very thinly slice steak and sprinkle with salt, pepper, garlic, ginger and a little soy sauce.
2. Cut broccoli into florets and thinly slice onions.
3. Heat oil in Wok or very large skillet.
4. When hot, add meat and cook until browned.
5. Add onions and broccoli and cook until softened.
6. Mix honey, soy sauce, and additional spices in a bowl.
7. Add sauces to pan and simmer for 1-2 minutes to incorporate flavors.
8. Optional- Add additional butter at the end for extra good fats.
9. Serve with salad (optional)

TIP: This recipe is easy to make extra to eat for lunches the next day, so consider this when planning your list.

## **Day 4: Spinach and Artichoke Chicken Crock Pot with Green Beans and Salad[Easy]**

### Ingredients:

- 1/2 pound of chicken breast, thighs or strips (or one of those bags of frozen chicken)(xFN) NO BONES!
- 1/4 of a package of frozen chopped spinach, very well drained (xFN- 1 package, family of 4)
- 1 large (about 15 ounce) jar of marinated artichoke hearts per every 4 people (save extras for salads or omelets if any extra)
- 2 ounces of cream cheese (optional)(xFN-one 8-ounce package of cream cheese/family of 4)
- 2 Tablespoons Parmesan cheese (xFN-1/2 cup/family of 4)(optional)
- 1/4 cup Mozzarella Cheese (optional)(xFN)
- Garlic powder, salt, pepper
- 1/2 pound fresh or 1/2 bag (frozen) green beans (xFN)
- 1 tablespoon of butter.

### How to Make:

1. Chop chicken into bite sized pieces, season with garlic, salt and pepper and place in crock pot for 2 hours (on high) or 4 hours (on low) [Note: This can vary by crock pot.]
2. When chicken is almost cooked, add the well drained spinach, can of artichoke hearts, cream cheese, and parmesan cheese.
3. Cook for another 1/2 hour to an hour until cheeses are well melted and stir to incorporate flavors.
4. Boil 2 quarts of water in a medium saucepan and add green beans. Boil until cooked and strain.
5. Top green beans with butter.
6. Top chicken mixture with mozzarella cheese and serve.

## Day 5: Grain Free Eggplant Parmesan with Salad

### Ingredients

- 1 small to medium sized eggplant (xFN)
- salt
- about 2 Tablespoons of coconut flour (or 1/4 cup almond flour)(xFN)
- garlic, salt, pepper and basil leaf
- 1 eggs (xFN)
- 1 teaspoon heavy cream or water(optional)(xFN)
- 6 ounces of pasta sauce (check ingredients!)(xFN- 1 24-ounce/family of 4)
- 2 tablespoons Parmesan cheese (xFN-optional)
- 1/4 cup Mozzarella cheese (xFN-optional)
- tallow, lard or coconut oil

### How to Make Healthy Eggplant Parmesan

1. Optional Step (recommended): About an hour before preparing, peel eggplant and slice into 1/4 to 1/2 inch slices. Place eggplant in strainer and sprinkle heavily with salt. Let sit for 45 mins to 1 hour. This sweats the eggplant and makes it much less bitter. Rinse well with water and pat dry
2. Put lard, tallow or coconut oil (about 1-2 cups) in a large skillet and turn on medium heat.
3. Preheat oven to 350 degrees
4. Mix coconut or almond flour, 1 T parmesan (per person) and spices in large bowl or on a large plate
5. Beat eggs with heavy cream, if using
6. Dip eggplant in egg mixture, then in coconut flour mixture and place in hot oil in skillet
7. Cook approximately 4 minutes per side until browned
8. As eggplant is finished, place in a 13×9 baking dish
9. Pour pasta sauce over the eggplant and then top with parmesan and mozzarella, if desired
10. Heat in oven until cheese is melted and sauce is heated.

## Day 6: Bacon Cheese Burgers with Baked Sweet Potato Fries

You need per person per serving:

- 1/4 lb or more ground beef or bison (xFN)
- 2 pieces of bacon (xFN)
- 1/4 of an onion, finely minced (xFN)
- salt and pepper to taste
- 1 tablespoon Worcestershire sauce (xFN)(optional)
- 1/4 of a tomato (sliced)(xFN- 1 tomato/family of 4)
- 1 head of romaine or iceberg lettuce per family of 4
- Other toppings: thinly sliced onion, avocado, pickles, mustard, ketchup, homemade mayo, etc
- 1 medium sweet potato
- 1 tablespoon lard, tallow or coconut oil
- sea salt, pepper and cinnamon (optional) - about 1/2 tsp each per person

What to do:

1. Preheat oven to 375 degrees.
2. Grease a large baking sheet with the tallow, lard or coconut oil.
3. Peel sweet potatoes and cut into “fries” and place on baking sheet.
4. Sprinkle with sea salt, pepper, and cinnamon(if using) and place in oven for about 35-40 minutes.
5. In large skillet or wok, Cook bacon over medium high heat until cooked.
6. While it’s cooking, mix ground meat, minced onion, salt, pepper and Worcestershire (if using) and form into enough burgers for your family.
7. When bacon is cooked, remove from pan and place burgers in the same pan (or grill if you’d prefer) and cook 4-7 minutes per side until done.
8. Rinse lettuce and assemble ingredients for burger toppings.
9. Remove fries from oven, and let everyone assemble burgers with their desired toppings, using the lettuce as buns.
10. Enjoy!



## Day 7: Easy Baked Pork Chops

You need per person/serving:

- 1 pork chop (1xFN)
- 1 apple, peeled and thinly sliced
- 1 tablespoon of balsamic vinegar (optional)
- salt, pepper and rosemary to taste
- 1 tablespoon of butter or oil
- 1 small zucchini

What to do:

1. Preheat oven to 350 degrees.
2. Melt butter in baking dish and place pork chops in dish.
3. Season with salt, pepper, rosemary and any other desired spices and drizzle with balsamic vinegar.
4. Top with thinly sliced apples (can saute them in butter first to soften, if desired)
5. Slice zucchini and place on a well buttered or oiled baking sheet and sprinkle with spices.
6. Bake 20-30 minutes or until meat has an internal temperature of at least 140.

Tip: Can sub chicken if you don't eat pork.

## Wellness Mama Meals Shopping List Week Three

### Meat:

- \_\_\_\_\_ chicken breasts (1xFN) or thighs (2xFN) (4)NO BONES!
- \_\_\_\_\_ whole chickens (1 for every 3-4 people)(1)
- \_\_\_\_\_ pounds ground beef (1/4 lb x FN + Leftovers)(6)
- \_\_\_\_\_ pounds flank steak (1/4 to 1/2 lbsxFN)(3)
- \_\_\_\_\_ pounds ground or link sausage (1/4 lb xFN)(2)
- \_\_\_\_\_ pork chops (1xFN)(7)
- 1 package of bacon
- \_\_\_\_\_ Enough extra meats for breakfasts and lunches throughout the week

### Produce:

- \_\_\_\_\_ medium to large onions (2xFN) (1,2,3,6)
- \_\_\_\_\_ pounds Brussles Sprouts (1/2 lb xFN)(1)
- \_\_\_\_\_ 1 head fresh pineapple or 1-15 ounce can in juice per 4 people)(2)
- \_\_\_\_\_ sweet potatoes (2xFN)(1,6)
- \_\_\_\_\_ salads for dinners (2,5)
- \_\_\_\_\_ heads cabbage (1/4 xFN)(2)
- \_\_\_\_\_ heads of Romaine Lettuce (1/4 xFN)(6)
- \_\_\_\_\_ carrots (2-3 per person)(xFN)(1)
- \_\_\_\_\_ avocados (1/2 xFN- optional, for toppings) (6)
- \_\_\_\_\_ bunches of Kale (1/4 xFN)(2)
- \_\_\_\_\_ heads of broccoli (about 1/4 xFN)or 1/2 bag frozen (xFN)(3)
- \_\_\_\_\_ pounds of green beans (1/2xFN) or 1/2 bag frozen (xFN)(4)
- \_\_\_\_\_ small eggplants (1xFN)(5)
- 1 tomato (optional, for toppings)(6)
- \_\_\_\_\_ apples (1xFN)(7)
- \_\_\_\_\_ zucchini(1xFN)(7)

Enough salad for lunches and dinners  
other veggies like cucumber, peppers, celery, etc for snacks  
fruit for snacks

### Other:

- leggs (xFN)(5) plus breakfasts all week
- \_\_\_\_\_ pounds of butter (1/2xFN + for cooking eggs for breakfasts and dinners)(or coconut oil)
- 1 package of frozen spinach per 3-4 people (4)
- 1/4 cup Parmesan Cheese (xFN optional)(4)
- 1/2 cup Mozzarella Cheese (xFN)(optional,4)
- 1 package cream cheese (optional, 4)
- honey or maple syrup or molasses (3)
- 6 ounces of pasta sauce (xFN)(5)
- 1/2 (15 ounce) can diced tomatoes (xFN)(2)
- 2 cups chicken broth (xFN)(2)
- Fermented soy sauce or coconut aminos
- 1 (about 15 ounce) can or jar of marinated artichoke hearts per 4 people(4)
- 1 tablespoon beef broth (xFN)(opt, can sub chicken broth)
- Snack options:** nuts of choice, more eggs for deviled eggs, avocado or guacamole (highly recommend), tuna, canned wild caught salmon, almond butter, celery, apples, cream cheese, cucumbers, etc.
- Other: \_\_\_\_\_

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**Make sure you have:** Almond flour or coconut flour, basil, garlic powder, minced onion, parsley, apple cider vinegar, olive oil, tallow or coconut oil or lard, oregano, sea salt, pepper, other spices to taste, worcestershire sauce, pickles, mustard, ketchup and other desired burger toppings

## **Wellness Mama Meals Meal Plan - Week Four**

### **Day 1: Mini-Meatloaf Cakes with Sweet Potato “Frosting” with Broccoli**

You Need per serving:

- 1/3 pound (or more for leftovers) of ground beef, turkey, venison, bison, etc (xFN)
- 1 egg per every 2 people (xFN)
- 1 tsp coconut flour or 1 tbsp almond flour (xFN)
- 1/2 tsp dried basil (xFN)
- 1/2 tsp garlic powder (xFN)
- 1/4 of an onion (xFN)
- 1 tablespoon Worcestershire sauce (optional)
- salt and pepper to taste
- 1 sweet potato (xFN)
- 1 tablespoon of butter or coconut oil (xFN)
- 1/4 large head or 1/2 bag (frozen) broccoli (xFN)
- 1 pat of butter (xFN)

Instructions:

1. Preheat the oven to 375 degrees
2. Finely dice the onion or puree in a blender or food processor.
3. In a large bowl, combine the meat, eggs, flour, basil, garlic powder, pureed onion, Worcestershire sauce, and salt and pepper and mix by hand until incorporated.
4. Grease a muffin tin with coconut oil or butter and evenly divide the mixture into the muffin tins to make 2-3 meat “muffins” per person. If you don’t have a muffin tin, you can just press the mixture into the bottom of an 8x8 or 9x13 baking dish.
5. Put into oven on middle rack, and put a baking sheet with a rim under it, in case the oil from the meat happens to spill over (should only happen with fattier meats if at all)
6. For sweet potatoes: if they are small enough, you can put them into the oven at the same time, if not you can peel, cube and boil them until soft.
7. When meat is almost done, make sure sweet potatoes are cooked by whichever method you prefer, and drain the water if you boiled them.
8. Mix with butter and salt or pepper if desired and mash by hand or with an immersion blender.
9. Boil water and cook broccoli until soft. Pour off water, toss with butter.
10. Remove meat “muffins” from the oven and remove from tin. Top each with a dollop of the mashed sweet potatoes to make it look like a cupcake.

## Day 2: Hearty Chicken Soup [Easy, Pretty fast]

You Need per person/serving:

- 1 bone in chicken breast, 2 thighs or drumsticks, or a whole chicken for the family
- 2 -3 ribs of celery (xFN)
- 1/2 of an onion (xFN)
- 2-3 carrots (xFN)
- 2-3 cloves of garlic (xFN)
- about 1 cup of chopped kale (xFN)
- 1/2 tsp of each of the following spices or to taste: garlic powder, turmeric, sea salt, basil, thyme, oregano, and marjoram

Instructions:

30. Put meat in slow cooker a large stock pot and add 2-3 cups of water per person- at least enough water to cover the meat. This will be your stock, so just make sure there is enough liquid, but you will be adding a lot more to it, so save room.
31. Bring to a boil and cook 20-30 minutes (or more for whole chicken) or until meat is cooked and starting to pull away from bone.
32. Remove chicken.
33. Wash and rough chop the carrots, celery, onion and garlic and add to pot.
34. Add spices and return to a boil.
35. Boil 10 minutes or until vegetables are starting to soften.
36. Add kale and cook an additional 10-15 minutes or until softened.
37. While the vegetables are cooking, remove chicken from the bones and chop into small cubes.
38. Add the chicken to the pan and continue cooking until all vegetables are soft and chicken is well-heated.
39. Serve warm topped with cheese or sour cream (optional)

### Day 3: Stuffed Pork Loin with Salad

You Need per person/serving (makes leftovers!):

- pork loin (use 1/2 to 1 pound per person) can sub turkey loin if you don't eat pork
- 1/2 of an apple (xFN)
- 1/2 of an onion (xFN)
- 2 tablespoons of chopped, toasted pecans (xFN) (can toast your own for a few minutes in a 350 degree oven)
- 2 tablespoons of goat cheese (xFN) can sub Feta if you can't find goat (optional)
- 1 tablespoon Parmesan cheese (xFN)(optional)
- about 1/4 cup packed (a small handful) of frozen spinach (well drained) (xFN)
- 1 tablespoon of butter or coconut oil (xFN)
- 1 tsp dijon or whole grain mustard
- 1 tsp honey or maple syrup
- Salt, pepper, and garlic powder to taste

What to do:

1. Preheat oven to 400 degrees.
2. Butterfly the pork loin by cutting down the middle vertically along the longest point (cut almost in half but not completely). Use a meat hammer or other utensil to pound the pork loin to under an inch thick and lay flat on a baking sheet or 9x13 baking dish with the fattier side down.
3. Dice the onions and apple and saute with the butter in a skillet until starting to soften.
4. Turn off heat and remove the pan from the heat.
5. Add spinach, goat cheese and parmesan cheese and mix well.
6. Evenly spread on the flattened pork loin and carefully roll the pork up until all the filling is in the middle, Pin with toothpicks if needed and place in the middle of the baking dish or baking sheet.
7. Mix the mustard and the honey or maple syrup and rub on the outside of the pork loin.
8. Place in the oven for 25-30 minutes at 400 degrees and then reduce the heat to 350 and cook for 20-30 minutes more per pound until well cooked (internal temp of 145-150). If the outside starts to dry out too much, cover with foil.
9. Remove from oven and serve with salad of choice (feta is great on top of salad!)

#### **Day 4: Easy Pumpkin Chili (fast and easy!)**

You need per person/serving:

- 1/3 pound of ground beef (xFN)
- 1/2 of an onion (xFN)
- about 1/2 cup pureed pumpkin (either fresh or canned) (xFN- about one 15 ounce can per family of 4)
- 1/2 of a 15 ounce can of diced tomatoes (xFN)
- 1/4 cup tomato sauce (xFN)
- 1/4 cup chicken or beef stock (can sub water and some garlic powder if needed) (xFN)
- spices to taste. I recommend about 1 teaspoon per person each of: chili powder, cumin, salt, paprika, garlic and cayenne if you like spicy
- Optional toppings: sour cream, cheese, avocado

What to do:

1. Brown beef in large stock pot.
2. When beef is almost completely cooked, add the onions and cook until soft.
3. Add the pureed pumpkin, diced tomatoes, tomato sauce, stock and spices.
4. Simmer for 10-15 minutes or until heated through and flavors are incorporated.
5. Top with sour cream, cheese or avocado slices if desired and enjoy!

## Day 5: Grilled Salmon with Hollandaise and Asparagus [Fast, easy]

You Need per person/serving:

- 1 piece of salmon (wild caught if possible) (xFN)
- salt, pepper, and dill, to taste
- 1 egg yolk (keep the whites for breakfasts)
- 2 tablespoons of melted butter
- 1 tsp fresh squeezed lemon juice
- salt and pepper to taste
- 1/4 to 1/2 pound of asparagus spears
- dash of oil or fat of choice
- optional salad with toppings of choice

What to do:

1. Preheat oven to 400 degrees.
2. Place fish on an oiled baking dish and sprinkle with salt, pepper and dill.
3. Put into oven.
4. Break off rough bottoms of asparagus (hold each end lightly, they will naturally break at the right point) and toss with sea salt and oil/fat of choice and place on a baking sheet.
5. Place asparagus in the oven with the salmon.
6. Cook asparagus and salmon for 15-20 minutes (or less depending on thickness) or until salmon is cooked through and starting to flake and asparagus has started to soften and brown slightly.
7. While those are cooking, melt the 2 tablespoons of butter per person.
8. Whisk egg yolks with lemon juice in a bowl until smooth.
9. Put the bowl with the egg yolks on top of a small pan of boiling water or in a double boiler.
10. Whisk the egg yolks constantly until they start to barely thicken with the heat.
11. While continuing to whisk, slowly add the melted butter in and whisk for 2-3 more minutes or until starting to thicken.
12. Remove salmon and asparagus from oven and top with hollandaise sauce.
13. Serve immediately with salad (optional)
14. Enjoy!

## Day 6: Chicken Kale Stir Fry [Fast, Easy]

You need per person per serving:

- 1 chicken breast or 2 thighs (xFN)
- 1 tablespoon of butter (xFN)
- 1/4 of an onion (xFN)
- 1-2 green onion stalks (or chives) finely sliced (xFN)
- 1 cup (or more) of chopped kale (xFN)
- about 1/2 tsp of each or to taste: garlic powder, basil, salt, pepper and thyme
- 1/2 teaspoon of vinegar of choice (balsamic, apple cider or wine) (xFN)(optional)

What to do:

1. In large skillet or wok, heat the butter until melted.
2. Chop the chicken into bite sized pieces and add to heated pan.
3. Cook chicken until well cooked.
4. Add diced onions and green onions.
5. Add the spices and the vinegar to de-glaze the pan.
6. Add the chopped kale and continue to cook, stirring often, until greens are wilted and cooked.
7. Serve immediately and enjoy!



## Day 7: Sausage, Apple and Cabbage Hash [Fast and Easy]

You need per person per serving:

- 1/4 pound ground sausage (breakfast sausage will work- nitrate free if possible)(xFN)
- 1 apple, peeled and thinly sliced (xFN)
- 1 cup (about 1/4 of a head) of thinly sliced cabbage (red cabbage works great, or a mix!) (xFN)
- 1/4 of an onion, thinly sliced (xFN)
- 1 tablespoon of butter (xFN)
- sea salt and pepper to taste
- A small dash of sage and nutmeg (don't overdo it!)

What to do:

1. In large skillet or wok , brown the sausage until cooked and remove from pan.
2. Make sure cabbage, onion and apple are all thinly sliced.
3. Heat the butter in the pan until melted and add onion and apple.
4. Cook for 3-5 minutes until starting to soften.
5. Add cabbage and continue cooking until cabbage is soft (may need to add a couple tablespoons of water and cover for a couple minutes to speed the softening, especially with red cabbage)
6. Spice to taste and add sausage back to pan.
7. Serve immediately.

## Wellness Mama Meals Shopping List Week Four

### Meat:

- \_\_\_\_\_ chicken breasts (2xFN) or thighs (4xFN) (2,6)(or whole chicken for one of the nights)
- \_\_\_\_\_ pounds ground beef (2/3 x FN + Leftovers)(1,4)
- \_\_\_\_\_ pounds pork loin (.5-1 lbsxFN)(3)
- \_\_\_\_\_ pounds of ground sausage (breakfast is good- nitrate free)(xFN)(7)
- \_\_\_\_\_ pieces of wild-caught salmon (xFN plus extra if you want)(5)
- \_\_\_\_\_ Enough extra meats for breakfasts and lunches throughout the week

### Produce:

- \_\_\_\_\_ medium to large onions (2.5xFN) (1,2,3,4,6,7)
- \_\_\_\_\_ heads Broccoli (1 large head per every 3-4 people or 2-3 bags frozen per 4 people)(1)
- \_\_\_\_\_ apples (2xFN)(3,7)
- \_\_\_\_\_ 1 sweet potato (xFN)(1)
- \_\_\_\_\_ heads or Romaine Lettuce (1/2 xFN)(4)
- \_\_\_\_\_ bunches of kale (around 1 large handful per person-2 bunches/family of 4))(2,)
- \_\_\_\_\_ about 1/4 of a block of frozen spinach (1/4 xFN)(3)
- \_\_\_\_\_ carrots (2-3 per person)(xFN)(2)
- \_\_\_\_\_ avocados (1/2 xFN- optional, for toppings) (4)
- \_\_\_\_\_ pounds of asparagus (1/4 to 1/2 pound per person xFN)(5)
- \_\_\_\_\_ heads of cabbage (about 1/4 xFN)(red cabbage works well here or a mix of green and red)(7)
- 1 head of celery (per every 3-4 people)(2)
- 1 bulb of garlic(2)
- 1/2 of a lemon (xFN)(5)
- 2-3 stalks of green onion (xFN)(1 bunch per family of 4)(6)
- Enough salad for lunches and dinners
- other veggies like cucumber, peppers, celery, etc for snacks

### Other:

- 2eggs (xFN)(1,5) plus breakfasts all week(3)
- \_\_\_\_\_ pounds of butter (1/2xFN + for cooking eggs for breakfasts and dinners)(or coconut oil)
- chicken or beef broth/stock (1/4 cup per person/serving)(4)
- 2 tablespoons of chopped pecans (xFN-1/2 cup/family of 4)(3)
- 1 tablespoons Parmesan Cheese (xFN optional)(3)
- 2 tablespoons of goat cheese or feta cheese (optional)(xFN)(3)
- about 1/2 cup of pureed pumpkin (fresh or canned)(xFN)(4) (one 15 ounce can per 4 people)
- 1/4 cup tomato sauce (xFN)(4)
- sour cream (xFN optional)(4)
- Cheddar or other cheese for topping (4)
- \_\_\_\_\_ (15 ounce) cans of regular or fire roasted diced tomatoes (1 per 2 people)(4)
- dijon or whole grain mustard (3)
- honey or maple syrup (3)

**Snack options:** nuts of choice, more eggs for deviled eggs, avocado or guacamole (highly recommend), tuna, canned wild caught salmon, almond butter, celery, apples, cream cheese, cucumbers, etc.

Other: \_\_\_\_\_

**Make sure you have:** salt, pepper, garlic, oregano, basil, tallow, lard or ghee to cook in, coconut oil, rosemary, thyme, turmeric, cumin, chili powder, dill, coconut flour or almond flour, worcestershire sauce, sage, nutmeg