

WEEKLY MENU

Breakfast: Egg Muffin Cups Yield: 6 servings

- 1 C. spinach chopped
- 1 Roma tomato diced
- ½ C. mushrooms (optional)
- 6 eggs
- 1/8 C. Almond Milk (unsweetened)
- ¼ tsp. salt Black Pepper to taste
- Optional: ½ C. shredded organic cheese

Directions: Preheat oven to 350 degrees. Spray a muffin tin with nonstick cooking spray or insert liners. Chop/dice vegetables (you can really use any vegetables you want). Divide the vegetables between 6 muffin tins. Crack eggs into a bowl, add milk and whisk. Fill each muffin tin about ¾ way full with egg mixture, pouring on top of the veggies. *If using cheese - add a sprinkle on top of each muffin. Bake 25-30 minutes until eggs are set, not runny. Let muffins cool for about 5 minutes, remove and serve. Refrigerate leftovers for another day!

Lunch: APPLE CRANBERRY CHICKEN SALAD Yield: 4 servings

- 12 oz. cooked and cubed or shredded chicken (about 3 cups)
- 1 cup finely diced apple
- 1/2 cup toasted pecans
- 1/3 cup finely diced celery
- 1/3 cup dried cranberries*
- 1/3-1/2 cup mayonnaise*
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. salt
- 1/4-1/2 tsp. pepper
- Optional: 1-2 Tbsp fresh herbs, like tarragon, dill, or parsley.

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INSTRUCTIONS

1. In a large bowl, combine chicken, apple, pecans, celery and cranberries.
2. Add 1/3 cup mayo along with the lemon juice, salt, and pepper (and herbs, if using). Stir to combine, adding a few more tablespoons of mayo, if desired, depending on how well-dressed you prefer your chicken salad.
3. Taste and add additional salt or seasonings, to taste.
4. Store chicken mixture in an airtight container in the fridge up to 4 days.



WEEKLY MENU

MONDAY

Fully Loaded Burger Bowls

TUESDAY

Crockpot Chicken Fajita

WEDNESDAY

Beef Stroganoff

THURSDAY

Left over Chicken Fajitas on Nachos

FRIDAY

Zucchini Pizza Casserole

