



## 7 Day Animal-Based, High-Protein, Low Carbohydrate Meal Plan

Created by sanoMidLife



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sanoMidLife

## Overview:

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This 7-day meal plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of meals and snacks for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare all the meals and snacks.
- Each recipe includes directions, ingredients, helpful notes, and nutritional details per serving.
- Meals and snacks highlighted in grey represent leftovers, meaning you won't need to cook again - there will be enough prepared from the original dish for future meals.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

## 7 Day Animal-Based, High-Protein, Low Carbohydrate Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	BBQ Chicken & Cheesy Grits	BBQ Chicken & Cheesy Grits	BBQ Chicken & Cheesy Grits	Turkey & Cheese Breakfast Plate	Turkey & Cheese Breakfast Plate	2 Turkey & Egg Snack Box	2 Turkey & Egg Snack Box
	Air Fryer Broccoli & Cheddar Quiche Cups	Air Fryer Broccoli & Cheddar Quiche Cups	Air Fryer Broccoli & Cheddar Quiche Cups	Sweet Potato, Kale & Bacon Hash	Sweet Potato, Kale & Bacon Hash		
Lunch	Ham & Cheese Toast	Pork Chops & Peas	Beef Short Ribs with Carrots & Mashed Potatoes	Chicken & Artichoke Chickpea Pasta	Prime Rib with Mashed Potatoes	Mexican Street Corn Salad with Chicken Thighs	Whole Barbecued Chicken & Grilled Potatoes
						Air Fryer Pesto Chicken Skewers	Grilled Chicken Caesar Lettuce Wraps
Dinner	Pork Chops & Peas	Beef Short Ribs with Carrots & Mashed Potatoes	Chicken & Artichoke Chickpea Pasta	Prime Rib with Mashed Potatoes	Mexican Street Corn Salad with Chicken Thighs	Whole Barbecued Chicken & Grilled Potatoes	Tahini Chopped Salad
					Air Fryer Pesto Chicken Skewers	Grilled Chicken Caesar Lettuce Wraps	Spicy Sticky Meatballs

# 7 Day Animal-Based, High-Protein, Low Carbohydrate Meal Plan

82 items

## Fruits

- ☐ 1 1/2 Lemon
- ☐ 1 1/2 **tsps** Lemon Zest
- ☐ 2 Lime
- ☐ 4 Navel Orange

## Breakfast

- ☐ 1/2 **cup** Old Fashioned Grits

## Seeds, Nuts & Spices

- ☐ 1/4 **tsp** Black Pepper
- ☐ 1 **tsp** Chipotle Powder
- ☐ 2/3 **tsp** Garlic Powder
- ☐ 2 **tsps** Italian Seasoning
- ☐ 1/4 **tsp** Onion Powder
- ☐ 1/4 **tsp** Paprika
- ☐ 1 1/3 **tsps** Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 **tsp** Taco Seasoning

## Frozen

- ☐ 2 **cups** Frozen Peas

## Vegetables

- ☐ 4 **cups** Baby Spinach
- ☐ 1/2 **head** Boston Lettuce
- ☐ 1 1/2 **cups** Broccoli
- ☐ 2 1/2 **Carrot**
- ☐ 1 1/2 **stalks** Celery
- ☐ 1 **cup** Cherry Tomatoes
- ☐ 1 2/3 **tsps** Chives
- ☐ 1/4 **cup** Cilantro
- ☐ 2 **ears** Corn On The Cob
- ☐ 8 Cremini Mushrooms
- ☐ 1/4 **Cucumber**
- ☐ 3 1/3 **Garlic**
- ☐ 1 **stalk** Green Onion
- ☐ 1/2 **Jalapeno** Pepper
- ☐ 1 1/3 **cups** Kale Leaves
- ☐ 1 **tbsp** Mint Leaves
- ☐ 1/2 **Red Bell** Pepper
- ☐ 2 2/3 **Red** Potato
- ☐ 1/2 **head** Romaine Hearts
- ☐ 2/3 **Sweet** Potato
- ☐ 2/3 **Yellow** Bell Pepper
- ☐ 3/4 **Yellow** Onion
- ☐ 3 1/4 **Yellow** Potato

## Boxed & Canned

- ☐ 1 1/4 **cups** Beef Broth
- ☐ 1 **tbsp** Bread Crumbs
- ☐ 2 1/2 **cups** Chicken Broth, Low Sodium
- ☐ 142 **grams** Chickpea Pasta

## Baking

- ☐ 1 1/8 **tsps** Honey
- ☐ 1 **tbsp** Raw Honey

## Bread, Fish, Meat & Cheese

- ☐ 2 2/3 **slices** Bacon
- ☐ 3 **slices** Bacon, Cooked
- ☐ 454 **grams** Beef Short Ribs, Bone-In
- ☐ 196 **grams** Cheddar Cheese
- ☐ 680 **grams** Chicken Breast
- ☐ 113 **grams** Chicken Breast, Cooked
- ☐ 567 **grams** Chicken Thighs
- ☐ 1/4 **cup** Cotija Cheese
- ☐ 113 **grams** Extra Lean Ground Beef
- ☐ 2 **slices** Gluten-Free Bread
- ☐ 1/2 **cup** Parmigiano Reggiano
- ☐ 454 **grams** Pork Chop
- ☐ 567 **grams** Prime Rib, Bone-In
- ☐ 113 **grams** Sliced Ham
- ☐ 452 **grams** Sliced Turkey Breast
- ☐ 140 **grams** Swiss Cheese
- ☐ 227 **grams** Turkey Breast
- ☐ 2 **slices** Whole Grain Bread
- ☐ 604 **grams** Whole Roasting Chicken

## Condiments & Oils

- ☐ 3/4 **cup** Artichoke Hearts
- ☐ 1 **tbsp** Avocado Oil
- ☐ 2 **grams** Avocado Oil Spray
- ☐ 1/4 **cup** Barbecue Sauce
- ☐ 2 1/8 **tsps** Dijon Mustard
- ☐ 1/2 **cup** Extra Virgin Olive Oil
- ☐ 1 **cup** Kimchi
- ☐ 1/4 **cup** Passata
- ☐ 2 **tsps** Pesto
- ☐ 1 1/8 **tsps** Rice Vinegar
- ☐ 1 1/2 **tsps** Sriracha
- ☐ 1 **tbsp** Tahini
- ☐ 1 1/8 **tsps** Tamari

## Cold

- ☐ 3 1/16 **tsps** Butter

- ☐ **2/3 cup** Cow's Milk, Whole
- ☐ **1/2 cup** Cream, Half & Half
- ☐ **18 1/4** Egg

#### Other

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- ☐ **4** Barbecue Skewers
- ☐ **3/4 cup** Water



# BBQ Chicken & Cheesy Grits

9 ingredients · 25 minutes · 3 servings



## Directions

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1. Bring the chicken broth and garlic powder to a boil in a medium pot.
2. Add the grits and cook uncovered for 18 to 20 minutes, or until thickened.
3. Meanwhile, add the chicken to a nonstick skillet over medium-high heat. Spread the chicken out so it isn't crowded. Cook for seven to eight minutes per side or until cooked through and browned. Add a splash of water as needed. Remove from the pan and shred with two forks.
4. Add the chicken back to the pan along with the barbecue sauce. Toss until warmed through.
5. Remove the grits from heat. Stir in the cheddar cheese and butter until melted. Season with salt and pepper. Serve the chicken over the cheesy grits. Top with green onions and enjoy!

## Notes

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### Leftovers

Refrigerate the chicken in an airtight container for up to three days. The grits are best served immediately but can be refrigerated in an airtight container for up to four days.

### Cooked Chicken

Speed things up by using leftover, cooked chicken. Toss in a nonstick pan with the barbecue sauce for five minutes or until warmed through.

## Ingredients

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**2 cups** Chicken Broth, Low Sodium

**1/4 tsp** Garlic Powder

**1/2 cup** Old Fashioned Grits

**227 grams** Chicken Breast (boneless, skinless, cubed)

**1/4 cup** Barbecue Sauce (store-bought or homemade)

**125 grams** Cheddar Cheese (grated)

**1 tbsp** Butter

Sea Salt & Black Pepper (to taste)

**1 stalk** Green Onion (thinly sliced)

# Air Fryer Broccoli & Cheddar Quiche Cups

6 ingredients · 20 minutes · 3 servings



## Directions

1. Preheat the air fryer to 300°F (150°C) and grease ramekin(s) with oil spray.
2. Season the whisked eggs with salt and pepper. Add the broccoli, 3/4 of the cheese, and the bacon to the eggs and mix to combine.
3. Divide the egg mixture evenly between the ramekin(s) and place in the air fryer. Bake for 13 to 14 minutes, until cooked through.
4. Top with the remaining cheese and increase the temperature to 380°F (195°C). Bake for two minutes longer or until the cheese has melted.
5. Carefully remove from the air fryer. Enjoy!

## Notes

### Leftovers

Cover and refrigerate for up to three days. Reheat in the microwave or air fryer on low until warmed through.

### Serving Size

One ramekin is equal to one serving. Each ramekin is eight ounces (120-mL).

### Additional Toppings

Top with green onions, chives, or parsley.

### Dairy-Free

Use dairy-free cheese.

### Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

## Ingredients

**2 grams** Avocado Oil Spray

**6** Egg (whisked)

Sea Salt & Black Pepper (to taste)

**1 cup** Broccoli (florets, chopped very small)

**71 grams** Cheddar Cheese (grated, divided)

**3 slices** Bacon, Cooked (chopped)



# Turkey & Cheese Breakfast Plate

6 ingredients · 15 minutes · 2 servings



## Directions

1. Heat the oil in a pan over medium heat. Crack the egg and cook until the whites are set and the yolk is cooked to your liking. Set aside.
2. In the same pan, add the spinach and cook until wilted, about two to three minutes. Add a bit of water if needed.
3. Arrange the fried egg, spinach, turkey breast, toast, and cheese on a plate. Enjoy!

## Notes

### Leftovers

Best enjoyed immediately.

### Gluten-Free

Use gluten-free bread.

### Dairy-Free

Omit the cheese.

### More Flavor

Add mayonnaise, salt, or black pepper.

### Additional Toppings

Add tomatoes, olives, pickles, or sauerkraut.

## Ingredients

**1 tsp** Avocado Oil

**2** Egg

**4 cups** Baby Spinach

**227 grams** Turkey Breast (cooked)

**2 slices** Whole Grain Bread (toasted)

**84 grams** Swiss Cheese (sliced)



# Sweet Potato, Kale & Bacon Hash

5 ingredients · 20 minutes · 2 servings



## Directions

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1. Heat a pan over medium heat. Add the bacon and cook for four to six minutes or until crispy. Remove the bacon and keep the fat in the pan.
2. Add the sweet potato and water to the pan. Cover and cook on medium heat for five to seven minutes or until the sweet potato has softened.
3. Remove the lid from the pan and let the sweet potato brown for three to five minutes. The water will cook off, and the fat from the bacon will crisp up the sweet potato.
4. Add the kale and salt to the pan and mix well. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is approximately 1 1/2 cups.

### More Flavor

Add minced garlic and shallots while the sweet potato cooks.

### Additional Toppings

Green onions, hot sauce, and/or chopped cilantro.

## Ingredients

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**2 2/3 slices** Bacon (chopped)  
**2/3** Sweet Potato (large, cubed)  
**2 2/3 tbsps** Water  
**1 1/3 cups** Kale Leaves (chopped)  
**1/16 tsp** Sea Salt

# Turkey & Egg Snack Box

6 ingredients · 5 minutes · 4 servings



## Directions

1. Heat the avocado oil in a skillet over medium-low heat. Add the eggs to the pan and move around with a spatula continuously until fluffy, about two minutes.
2. Arrange the scrambled eggs, kimchi, turkey breast, tomatoes, and orange in a container and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Add sliced green onions, avocado, nuts, cheese, or crackers.

### No Kimchi

Use sauerkraut, pickles, salsa, or olives instead.

## Ingredients

- 2 **tsps** Avocado Oil
- 8 Egg
- 1 **cup** Kimchi
- 452 **grams** Sliced Turkey Breast
- 1 **cup** Cherry Tomatoes
- 4 Navel Orange

# Ham & Cheese Toast

5 ingredients · 10 minutes · 1 serving



## Directions

1. In a medium pan, heat the oil over medium heat.
2. Crack the eggs in the pan and cook until the whites are set and the yolk is cooked to your liking. Set aside.
3. Top the bread with swiss cheese, ham, and eggs. Enjoy as-is, or toast in the oven until the cheese is melted.

## Notes

### Leftovers

This recipe is best enjoyed immediately, but can be refrigerated in an airtight container for up to one day.

### Dairy-Free

Use vegan cheese instead of swiss cheese, or omit completely.

### Additional Toppings

Avocado, spinach, arugula, sprouts, or cucumber slices.

## Ingredients

**1/4 tsp** Extra Virgin Olive Oil

**2** Egg

**2 slices** Gluten-Free Bread

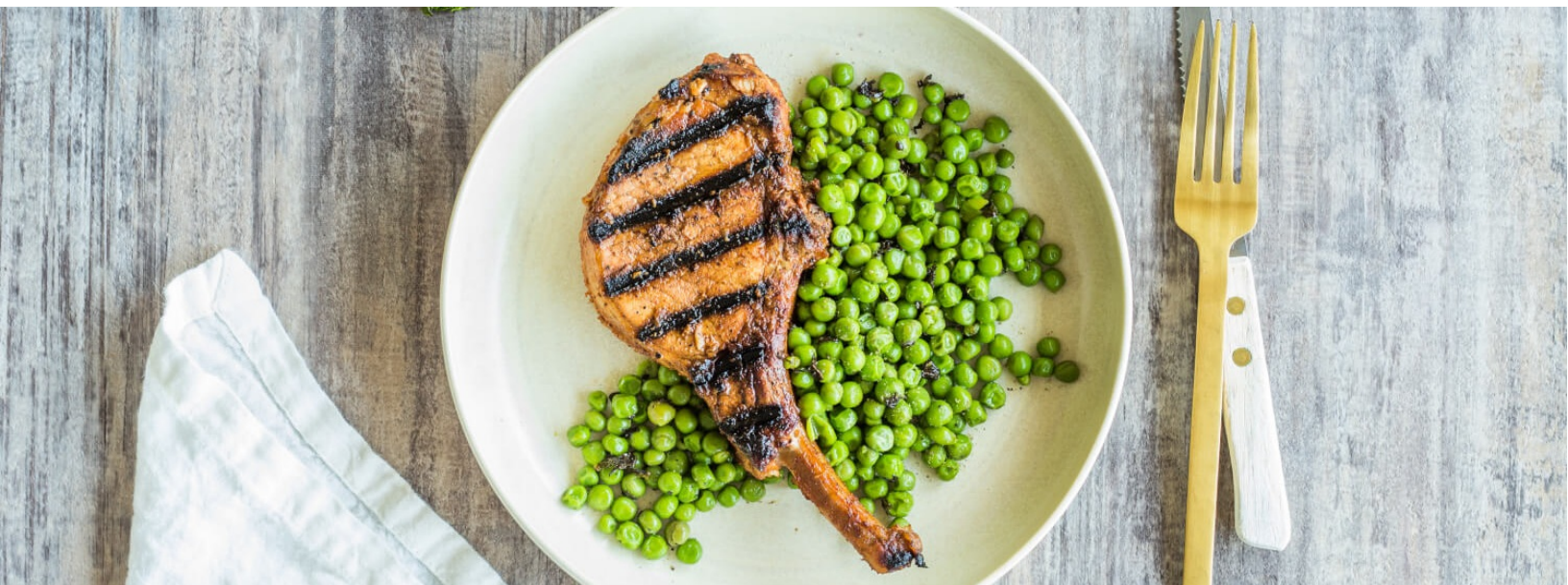
**56 grams** Swiss Cheese (sliced)

**113 grams** Sliced Ham



# Pork Chops & Peas

9 ingredients · 20 minutes · 2 servings



## Directions

1. In a small bowl, combine the lemon zest, garlic, honey, chipotle powder, salt, and pepper. Rub the pork chops with the mixture and set aside at room temperature for 10 minutes.
2. Preheat the grill to medium-high heat.
3. Add the peas to a pot and add enough water to cover them. Bring to a boil over medium-high heat and cook for three minutes, or until tender. Drain, then return to the warm pot. Stir in the butter and toss until melted. Stir in the mint and season with salt and pepper to taste.
4. Grill the chops for four minutes on each side, with the lid closed. Set aside and allow the pork chops to rest covered, for five minutes before serving.
5. Divide the pork chops and peas evenly between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is one cup of peas with pork.

## Ingredients

- 1 1/2 **tsps** Lemon Zest
- 1 Garlic (clove, minced)
- 1 **tbsp** Raw Honey
- 1 **tsp** Chipotle Powder
- Sea Salt & Black Pepper (to taste)
- 454 **grams** Pork Chop (bone-in, about 1-inch thick)
- 2 **cups** Frozen Peas (thawed)
- 1 1/2 **tsps** Butter
- 1 **tbsp** Mint Leaves (chopped)



# Beef Short Ribs with Carrots & Mashed Potatoes

12 ingredients · 3 hours 5 minutes · 2 servings



## Directions

1. Place the potatoes in a large pot of salted water. Set aside. Preheat the oven to 350°F (175°C).
2. Generously season the short ribs with salt and pepper.
3. Heat the oil in a Dutch oven or oven-safe pot over medium heat. Add the short ribs and cook them for two to three minutes per side or until browned, working in batches if needed. Remove from the pot and set aside.
4. Add the onion, carrots, and celery. Season with salt and pepper. Sauté for three to four minutes, adding a splash of broth if needed.
5. Stir in the passata then add the short ribs back in. Add the remaining broth and water. Bring to a simmer then cover and place in the oven. Cook for two to 2 1/2 hours or until the ribs are tender.
6. When the short ribs are almost done, bring the potatoes to a boil. Boil for about 15 minutes or until the potatoes are fork tender. Drain and add the butter and milk. Mash with a potato masher until smooth and creamy.
7. Remove the short ribs from the oven. Divide the mashed potatoes, short ribs, and vegetables evenly between plates. Top with some juices from the short rib pot. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two short ribs, 1/2 cup of mashed potatoes, and 1/2 cup of vegetables.

### More Flavor

Add garlic, a splash of balsamic vinegar and/or bay leaves.

## Ingredients

2 Yellow Potato (large, peeled, quartered)  
454 grams Beef Short Ribs, Bone-In  
Sea Salt & Black Pepper (to taste)  
1 tbsp Extra Virgin Olive Oil  
1/2 Yellow Onion (medium, chopped)  
1 1/2 Carrot (peeled, chopped)  
1 stalk Celery (chopped)  
1 cup Beef Broth (divided)  
1/4 cup Passata  
1/2 cup Water  
1 tbsp Butter  
1/2 cup Cow's Milk, Whole

# Chicken & Artichoke Chickpea Pasta

10 ingredients · 20 minutes · 2 servings



## Directions

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1. Cook the chickpea pasta according to the package directions and set aside.
2. Heat the oil in a large pan over medium heat. Add the chicken and cook for six to seven minutes or until cooked through. Add half of the Italian seasoning and half of the lemon juice. Add a splash of broth if needed. Transfer the cooked chicken to a plate and set aside.
3. To the same pan, add the garlic and sauté for 30 seconds. Stir in the broth, cream, and remaining Italian seasoning. Once heated, turn off the heat and stir in the cheese until melted.
4. Add the chicken, artichoke hearts, and remaining lemon juice. Mix to combine. Divide evenly between bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups.

### Additional Toppings

Fresh herbs like parsley, cilantro, or basil.

## Ingredients

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**142 grams** Chickpea Pasta (dry)

**2 tbsps** Extra Virgin Olive Oil

**227 grams** Chicken Breast (boneless, skinless, cut into cubes)

**2 tbsps** Italian Seasoning (divided)

**1** Lemon (juiced, divided)

**1/2 cup** Chicken Broth, Low Sodium

**2** Garlic (clove, minced)

**1/2 cup** Cream, Half & Half

**1/2 cup** Parmigiano Reggiano (grated)

**3/4 cup** Artichoke Hearts (from the can, drained, chopped)

# Prime Rib with Mashed Potatoes

10 ingredients · 3 hours 20 minutes · 2 servings



## Directions

1. Add the potatoes to a large pot of salted water. Set aside. Preheat the oven to 500°F (260°C).
2. Add the prime rib to a roasting pan and generously season it all over with salt and pepper. Make sure the fat side is up (bone side down). Arrange the carrots, celery, and onion around the prime rib.
3. Add the broth to the pan creating about an inch (2.5 cm) of liquid all around the pan.
4. Place in the oven for 15 minutes then reduce the heat to 325°F (165°C) and cook for 2 1/2 to three hours, depending on desired doneness. Add more broth if needed.
5. When the prime rib is almost done, bring the potatoes to a boil. Boil for about 15 minutes or until the potatoes are fork tender. Drain and add the butter, garlic powder, and milk. Mash with a potato masher until smooth and creamy.
6. Remove the prime rib from the oven and let it rest for 30 minutes in the pan or on a cutting board. Slice against the grain.
7. Divide the mashed potatoes, sliced prime rib, and vegetables evenly between plates. Top with some juices from the prime rib pan. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 2/3 cup of beef, 1/3 cup of mashed potatoes and 1/3 cup of vegetables.

### More Flavor

Add garlic, rosemary, thyme, and/or any herbs of choice to the spice rub.

## Ingredients

- 1 1/4 Yellow Potato (medium, peeled, chopped)
- 567 grams Prime Rib, Bone-In
- Sea Salt & Black Pepper (to taste)
- 1/2 Carrot (large, chopped)
- 1/2 stalk Celery (large, chopped)
- 1/4 Yellow Onion (medium, quartered)
- 1/4 cup Beef Broth
- 1 1/2 tsps Butter
- 1/8 tsp Garlic Powder
- 2 tsps Cow's Milk, Whole

**Cooking Time**

The cooking time of the beef will vary depending on the size and desired doneness. For medium-rare, 20 to 25 minutes per pound (125°F/52°C internal temperature). For medium, 25 to 30 minutes per pound (135°F/57°C internal temperature). For medium-well, 30 to 35 minutes per pound (145°F/63°C internal temperature).



# Mexican Street Corn Salad with Chicken Thighs

9 ingredients · 40 minutes · 2 servings



## Directions

1. In a bowl, add the chicken, taco seasoning, 1/3 of the lime juice and zest, half of the oil, half of the salt, and 1/4 of the cilantro. Mix well and let the chicken sit in the marinade for at least 20 minutes.
2. Meanwhile, heat a cast-iron pan or grill over medium-high heat. Cook the corn for one to two minutes per side until lightly charred on all sides. Once it is cooked, remove it and let it cool for about 10 minutes.
3. In a bowl, mix together the remaining lime juice and zest, oil, salt, and cilantro. Add the jalapeño and cotija cheese and stir to combine. Slice the kernels off the cob and transfer them into the bowl. Mix everything together until combined and set aside.
4. In the same cast-iron pan, cook the chicken over medium heat for about 12 to 15 minutes or until cooked through, flipping halfway.
5. Serve the chicken with corn salad and enjoy!

## Notes

### Leftovers

Refrigerate in separate containers for up to three days.

### Serving Size

One serving is equal to approximately one chicken thigh and one cup of corn salad.

### More Flavor

Add avocado and mayonnaise.

### No Cotija Cheese

Use feta cheese instead.

## Ingredients

**227 grams** Chicken Thighs (boneless, skinless)

**1 tsp** Taco Seasoning

**1 1/2** Lime (juiced and zested, divided)

**2 tbsps** Extra Virgin Olive Oil (divided)

**1 tsp** Sea Salt (divided)

**1/4 cup** Cilantro (chopped, divided)

**2 ears** Corn on the Cob (husk removed)

**1/2** Jalapeno Pepper (seeds removed, finely diced)

**1/4 cup** Cotija Cheese

# Air Fryer Pesto Chicken Skewers

6 ingredients · 20 minutes · 2 servings



## Directions

1. Preheat the air fryer to 390°F (200°C).
2. Add the chicken, bell pepper, and mushrooms to a bowl. Add the pesto and stir well. Season with salt and pepper.
3. Thread the chicken, bell pepper, and mushrooms evenly between skewers and place the skewers into the air fryer basket.
4. Cook for 10 to 12 minutes or until cooked through, flipping halfway through. Divide evenly between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to two eight-inch (20 cm) skewers.

### Wooden Skewers

Be sure to soak the skewers in water for at least thirty minutes prior to use.

## Ingredients

**340 grams** Chicken Thighs (boneless, skinless, cut into small cubes)

**2/3** Yellow Bell Pepper (medium, chopped)

**8** Cremini Mushrooms (medium)

**2 tbsps** Pesto

Sea Salt & Black Pepper (to taste)

**4** Barbecue Skewers



# Whole Barbecued Chicken & Grilled Potatoes

7 ingredients · 45 minutes · 2 servings



## Directions

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1. Preheat the grill to 375°F (190°C).
2. Par-boil the potatoes for 10 minutes or until just starting to soften. Drain and toss in 2/3 of the oil. Season with salt and pepper. Set aside while you prepare the chicken.
3. Next, mix together the mustard, garlic, remaining oil, salt, and pepper. Brush the mixture onto the chicken.
4. Grill the chicken for 15 minutes and flip. Add the potatoes to the grill and cook for 10 to 15 minutes or until they reach desired crispiness. Remove both from the grill once they are done cooking. The chicken should be cooked through and the skin should be browned.
5. Carve the chicken and serve with the potatoes. Garnish everything with chives. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 2/3 lb of chicken and five to six potato wedges.

### Additional Toppings

Ketchup and/or vinegar for the potato wedges.

## Ingredients

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- 2 2/3 Red Potato (cut into wedges)
- 1 **tbsp** Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper
- 2/3 **tsp** Dijon Mustard
- 1/3 Garlic (clove, minced)
- 605 **grams** Whole Roasting Chicken (spine removed)
- 2 **tsps** Chives (chopped)

# Grilled Chicken Caesar Lettuce Wraps

13 ingredients · 40 minutes · 2 servings



## Directions

1. Preheat the grill over medium heat.
2. Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap tightly with foil and place on the grill for 30 minutes.
3. In a small bowl, combine the paprika, black pepper, onion powder, garlic powder and sea salt. Mix well.
4. Toss the chicken breast in lime juice then coat with your spice mixture on both sides. Place chicken on the grill with the garlic and grill for 10 to 15 minutes per side or until chicken is cooked through.
5. Remove roasted garlic from the grill and carefully open up the foil. Let cool. In a blender or food processor, add your lemon juice, olive oil and dijon mustard and then squeeze the flesh of the roasted garlic in as well. Discard the skin. Season the dressing with sea salt and black pepper and blend well until smooth and creamy.
6. Remove chicken from the grill and dice with a knife.
7. Plate lettuce wraps and top with diced chicken. Drizzle with roasted garlic dressing, wrap and enjoy!

## Notes

### Time Saver

Make the roasted garlic dressing up in advance. Store in the fridge up to a week. Chicken can also be grilled in advance.

### No Grill

Use an oven pre-heated to 400°F (204°C) instead.

### More Carbs

Add quinoa to your wraps.

### Vegan

Use roasted chickpeas instead of chicken.

## Ingredients

1/2 Garlic (whole bulb)  
Sea Salt & Black Pepper (to taste)  
1/4 tsp Paprika  
1/4 tsp Black Pepper  
1/4 tsp Onion Powder  
1/4 tsp Garlic Powder  
1/4 tsp Sea Salt  
1/2 Lime (juiced)  
227 grams Chicken Breast  
1/2 Lemon (juiced)  
2 tbsps Extra Virgin Olive Oil (plus some extra for roasting garlic)  
1 1/2 tsps Dijon Mustard  
1/2 head Boston Lettuce (washed and pulled apart into leaves)



# Tahini Chopped Salad

10 ingredients · 10 minutes · 1 serving



## Directions

1. Add the tahini to a small bowl and stir in the water. Add the chives and season with salt and pepper to taste.
2. Divide the lettuce between bowls and top with cucumber, carrot, red pepper, broccoli, and chicken. Pour the dressing over top and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Serve with lemon wedges or add fresh lemon juice or maple syrup to the dressing.

### Additional Toppings

Add other chopped veggies or fresh herbs.

### No Cooked Chicken

Use cooked shrimp, salmon, or tofu instead.

### No Chives

Use fresh parsley instead.

## Ingredients

**1 tbsp** Tahini

**1 1/2 tbsps** Water

**1 tbsp** Chives

Sea Salt & Black Pepper

**1/2 head** Romaine Hearts (chopped)

**1/4** Cucumber (medium, chopped)

**1/2** Carrot (medium, peeled and chopped)

**1/2** Red Bell Pepper (medium, chopped)

**1/2 cup** Broccoli (chopped)

**113 grams** Chicken Breast, Cooked (chopped)

# Spicy Sticky Meatballs

8 ingredients · 35 minutes · 1 serving



## Directions

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1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Whisk the egg in a large bowl. Add the beef and bread crumbs and season with salt and pepper. Mix until just combined.
3. Roll the beef into roughly one-inch balls and place them on the baking sheet. Bake in the oven for 20 to 25 minutes or until cooked through.
4. Meanwhile, in a small pot over medium-low heat, combine the sriracha, tamari, rice vinegar, and honey. Bring to a low simmer and whisk until combined and thickened slightly, about four to five minutes.
5. Add the cooked meatballs to the pot and toss to combine. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is about five meatballs.

### More Flavor

Add garlic and/or ginger to the meatballs or the sauce.

### Additional Toppings

Top with fresh cilantro or green onions, and/or sesame seeds.

### Gluten-Free

Use gluten-free bread crumbs.

### Serve it With

Serve as an appetizer or with lettuce cups or over rice.

## Ingredients

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**1/4** Egg

**113 grams** Extra Lean Ground Beef

**1 tbsp** Bread Crumbs

Sea Salt & Black Pepper (to taste)

**1 1/2 tsps** Sriracha

**1 1/8 tsps** Tamari

**1 1/8 tsps** Rice Vinegar

**1 1/8 tsps** Honey