

Healthy Menu

This week our healthy menu will focus on fresh berries, since they are in season, and some delicious sweet potato recipes. I hope you enjoy this healthy, nutritious menu and recipes along with a corresponding grocery list. Here is a printable version of the menu, recipes, and grocery list: [download this health menu](#).

Day 1

Breakfast: Two fried eggs over a bed of spinach

Lunch: Blueberry/cantaloupe/avocado salad

Snack: Berries with slivered almonds

Dinner: Red Snapper, baked potato (make extra for breakfast), spinach salad

Day 2

Breakfast: Home fries (from last night's baked potato) and scallions

Lunch: Sweet Potato Toast with almond butter and berries

Snack: Walnuts

Dinner: Fish stew

Day 3

Breakfast: Berry smoothie

Lunch: Left over Blueberry/cantaloupe/avocado salad

Snack: Cashews

Dinner: Steak, mushrooms, asparagus, romaine salad with red bell pepper, walnuts, and champagne dressing

Day 4

Breakfast: Sweet potato crust quiche

Lunch: Romaine salad

Snack: Pear

Dinner: Baked chicken with potato, carrots, leek, Brussel sprouts

Day 5

Breakfast: Left over quiche

Lunch: Moroccan salad

Dinner: Lobster, roasted acorn squash, sweet and sour cabbage

Grocery list

Eggs (2 dozen)

Coconut or almond milk

Berries (your choice of raspberries, blackberries, or organic strawberries)

Blueberries

Pear

Apple (1)

Cantaloupe

Beet (1)

Spinach

Potatoes for baking

Sweet potato (3)

Scallion

Butternut squash

Onion

Asparagus

Mushrooms (try a different variety like baby bella)

Romaine lettuce

Avocado (5)

Carrots (buy the long carrots, not the short processed ones)

Red bell pepper (3)

Leek (2)

Garlic

Celery

Parsley

Brussel Sprouts

Acorn Squash

Purple cabbage

Raw cashews

Slivered almonds

Walnuts

Cranberries

Dates

Girard's Champagne Dressing

Caraway seeds
Coriander
Cinnamon
Bay Leaf
Ground ginger
Clove
Kelp

Cornmeal
Almond flour
Honey or maple syrup
Stevia
Olive oil
Dijon mustard
Rice wine vinegar

Red Snapper fish
Steak
Lobster
Whole Baking Chicken

Recipes

Red Snapper

Red snapper
1 Tbs olive oil
1 Lemon, juiced
2 Tbs Rice wine vinegar
1 tsp Dijon mustard
1 Tbs honey
¼ cup scallions
1 tsp ground ginger

Rinse snapper under cold water, and pat dry. In a shallow bowl, mix together olive oil, lemon juice, rice vinegar, mustard, honey, green onions, and ginger.

Heat a non-stick skillet over medium heat. Dip snapper fillets in marinade to coat both sides, and place in skillet. Cook for 2 to 3 minutes on each side. Pour remaining marinade into skillet. Reduce heat, and simmer for 2 to 3 minutes, or until fish flakes easily with a fork.

Sweet Potato Toast

1 Sweet Potato
Almond butter

Berries

Slice a sweet potato very thin, lengthwise and toast in a toaster oven for three to five minutes; let cool. This is now your toast instead of bread.

Spread almond butter on top with berries.

Fish Stew

1 tablespoon olive oil

1 chopped onion or leek

2 chopped stalks celery

2 chopped carrots

1 clove minced garlic

1 tablespoon parsley

1 bay leaf

1 clove

$\frac{1}{8}$ teaspoon kelp or dulse (seaweed)

$\frac{1}{4}$ teaspoon salt

Fish—leftover, cooked, diced

2–3 cups chicken or vegetable broth

Add all of ingredients and simmer on the stove for 20 minutes.

Berry Smoothie

1 cup coconut or almond milk

1 cup frozen berries

1 teaspoon coconut oil

Stevia to sweeten

1 cup ice

Protein smoothie: add $\frac{1}{2}$ cup of nuts (almond, pecan, walnut) or 2 tablespoons of almond butter.

Green smoothie: add $\frac{1}{2}$ cup of spinach or kale.

Moroccan Salad

$\frac{1}{2}$ cup of roasted butternut squash

1 diced fresh beet

$\frac{1}{8}$ cup cranberries

1 hard boiled egg diced

1 diced avocado

2 diced carrots

1 diced red bell pepper

$\frac{1}{4}$ cup diced dates

1 heard of romaine lettuce

$\frac{1}{2}$ cup roasted almonds

2 cups chicken (left over from baked chicken)

$\frac{1}{2}$ tsp ground coriander

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{4}$ cup of champagne dressing

Toss all ingredients together.

Sweet and Sour Cabbage

1 tablespoon honey or maple syrup

1 teaspoon baking stevia

2 tablespoons water

1 tablespoon olive oil

¼ teaspoon caraway seeds

¼ teaspoon salt

⅛ teaspoon pepper

2 cups chopped red cabbage

1 diced apple

Cook all ingredients in a covered saucepan on the stove for 15 minutes.

Sweet Potato Crust Quiche

Crust

- 1 tablespoon olive oil
- 1 tablespoon cornmeal*
- 1 large grated sweet potato (> 2 cups)
- 1/2 teaspoon salt
- 1 large egg
- 1 tablespoon garlic powder
- 1/4 teaspoon ground cloves
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 cup super-fine almond flour

Quiche

- 8 large eggs
- 1/4 cup almond milk
- 1 large white onion, caramelized
- 2 cups fresh spinach, packed
- 1 red pepper, chopped
- 1/4 cup sun-dried tomatoes
- 2 oz. goat cheese crumbles

Instructions

Crust

1. Preheat oven to 425°F and wipe a 9-inch circular pan (we used a cast iron that is 2.5-inches in depth) with olive oil and sprinkle with cornmeal. Set aside.

2. Start your crust by placing grated sweet potato in a medium-sized bowl. Sprinkle with 1/4 teaspoon salt and let sit for 15-20 minutes. You do this to draw the moisture out of the sweet potato before forming our crust.
3. Place sweet potato in the middle of two paper towels and twist. You should be able to wring out any excess liquid. Note that some sweet potatoes are moister than others.
4. Next, place sweet potato in a medium-sized bowl with all other crust ingredients and mix well. Use your hands to form a ball with the sweet potato mixture.
5. Place sweet potato ball onto the pan and use your hands to flatten the sweet potato ball into a crust for your frittata. It should cover the bottom and halfway up the sides.
6. Place in the oven and bake at 425°F for 20 minutes.

Frittata

1. Remove crust from oven and let cool.
2. While crust is cooling, prep all vegetables for the frittata. Measure out 2 cups of packed spinach, caramelize a large white onion, and chop a red pepper. Set aside.
3. Place 8 eggs and 1/4 cup of almond milk into a medium-size bowl and whisk.
4. Next, place caramelized onion, spinach, and red pepper on top of the sweet potato crust and pour egg mixture over the veggies. Use your hands or a spatula to make sure the veggies are submerged in the eggs.
5. Top eggs and veggies with sun-dried tomatoes and goat cheese.
6. Cover with tin foil and bake for 20 minutes at 425°F. Remove tin foil and bake for an additional 10-15 minutes.