Optimal Health Week 3

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Overnight Bircher Muesli	Overnight Bircher Muesli	Overnight Bircher Muesli	Monster Breakfast Cookies	Monster Breakfast Cookies	Zucchini Turkey Breakfast Skillet	Zucchini Turkey Breakfast Skillet
Snack 1	Coconut Brownie Bites	Coconut Brownie Bites	Coconut Brownie Bites	Coconut Brownie Bites	Coconut Brownie Bites		
Lunch	Orange Beef Stir Fry	Orange Beef Stir Fry	Chickpea, Avocado & Feta Salad Flex meal! Make whichever recipe you want with the foods on this plan. Whatever you have extra of in your	Chickpea, Avocado & Feta Salad	Chickpea, Avocado & Feta Salad	Open-Face Tuna Melt Grain-Free Flax Bread	Open-Face Tuna Melt Grain-Free Flax Bread
Snack 2	Baby Carrots & Hummus	Baby Carrots & Hummus	Apple with Peanut Butter	Apple with Peanut Butter	Apple with Peanut Butter	Coconut Brownie Bites	Coconut Brownie Bites
Dinner	Red Thai Coconut Curry Chicken Brown Rice	Red Thai Coconut Curry Chicken Brown Rice	Steak with Balsamic Jus Coconut Brownie Bites	Steak with Balsamic Jus Coconut Brownie Bites	Winter Buddha Bowl	Winter Buddha Bowl	Winter Buddha Bowl

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76 items

Fruits

- [ ] **7 1/2** Apple
- [ ] **1 1/2** Avocado
- [ ] **2** Banana
- [ ] **2** Lemon
- [ ] **1 1/2** Lime
- [ ] **3/4** Navel Orange

Breakfast

- [ ] **3/4 cup** All Natural Peanut Butter
- [ ] **1/2 cup** Almond Butter
- [ ] **2 tbsps** Maple Syrup

Seeds, Nuts & Spices

- [ ] **2 1/4 cups** Almonds
- [ ] **1 3/4 tsps** Cinnamon
- [ ] **2 tsps** Garlic Powder
- [ ] **2 1/8 cups** Ground Flax Seed
- [ ] **1/3 cup** Hemp Seeds
- [ ] **1/4 cup** Pumpkin Seeds
- [ ] **3/4 tsp** Red Pepper Flakes
- [ ] **1 1/8 tsps** Sea Salt
- [ ] **0** Sea Salt & Black Pepper
- [ ] **1/3 cup** Sliced Almonds
- [ ] **2 tbsps** Slivered Almonds

Vegetables

- [ ] **3 cups** Baby Carrots
- [ ] **10 cups** Baby Spinach
- [ ] **1 1/2** Beet
- [ ] **3 1/4 cups** Broccoli
- [ ] **2 1/2** Carrot
- [ ] **1 1/2 heads** Cauliflower
- [ ] **4 stalks** Celery
- [ ] **3/4** Cucumber
- [ ] **1 tbsp** Fresh Dill
- [ ] **3 1/8** Garlic
- [ ] **2 1/3 tsps** Ginger
- [ ] **6 stalks** Green Onion
- [ ] **6 cups** Kale Leaves
- [ ] **1/3 cup** Parsley
- [ ] **1 1/2** Parsnip
- [ ] **1/2 cup** Red Onion
- [ ] **2 1/3 cups** Snap Peas
- [ ] **3/4** Sweet Onion
- [ ] **1 1/2** Turnip
- [ ] **2 2/3** Zucchini

Boxed & Canned

- [ ] **2 1/3 cups** Brown Rice
- [ ] **6 cups** Chickpeas
- [ ] **1 1/4 cups** Organic Coconut Milk
- [ ] **1 1/3 cups** Organic Salsa
- [ ] **1 1/2 cups** Quinoa
- [ ] **2 cans** Tuna

Baking

- [ ] **1 cup** Almond Flour
- [ ] **1 tbsp** Baking Powder
- [ ] **1/2 cup** Cocoa Powder

Bread, Fish, Meat & Cheese

- [ ] **29 2/3 ozs** Beef Tenderloin
- [ ] **2 lbs** Chicken Thighs
- [ ] **1 1/3 lbs** Extra Lean Ground Turkey
- [ ] **2/3 cup** Feta Cheese
- [ ] **1 cup** Hummus
- [ ] **4 slices** Organic Bread
- [ ] **80 grams** Swiss Cheese

Condiments & Oils

- [ ] **1 tbsp** Apple Cider Vinegar
- [ ] **1/2 cup** Balsamic Vinegar
- [ ] **3/4 cup** Coconut Oil
- [ ] **1/3 cup** Dijon Mustard
- [ ] **1/3 cup** Extra Virgin Olive Oil
- [ ] **1/3 tsp** Sesame Oil
- [ ] **1/3 cup** Tahini
- [ ] **1 2/3 tbsps** Tamari
- [ ] **1/4 cup** Thai Red Curry Paste

Cold

- [ ] **11** Egg
- [ ] **1 cup** Plain Greek Yogurt
- [ ] **1 1/2 cups** Unsweetened Almond Milk
- [ ] **3 cups** Unsweetened Coconut Yogurt

Other

- [ ] **6 1/2 cups** Water

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- [ ] **4 1/2 cups** Oats
- [ ] **1 1/16 cups** Organic Raisins
- [ ] **2 1/4 cups** Pitted Dates
- [ ] **2 1/4 tbsps** Raw Honey
- [ ] **1 1/8 cups** Unsweetened Coconut Flakes
- [ ] **1/3 cup** Unsweetened Shredded Coconut

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Overnight Bircher Muesli

10 ingredients · 8 hours · 6 servings

Directions

1. In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
2. Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
3. Divide into bowls or jars in the morning, and enjoy!

Notes

Prep Ahead
The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

Likes it Sweet
Serve with fresh berries and/or a drizzle of maple syrup or honey.

More Protein
Make with Greek yogurt instead of coconut yogurt.

Leftovers
Soaked muesli can be kept in an air-tight container or mason jar in the fridge for up to 4 days.

Ingredients

3 cups	Oats (rolled)
1/3 cup	Unsweetened Shredded Coconut
1/3 cup	Sliced Almonds
3 tbsps	Ground Flax Seed
1/3 cup	Organic Raisins
1/3 cup	Hemp Seeds
3/4 tsp	Cinnamon
1 1/2 cups	Unsweetened Almond Milk
3 cups	Unsweetened Coconut Yogurt
1 1/2	Apple (medium, grated)

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Monster Breakfast Cookies

11 ingredients · 40 minutes · 12 servings

Directions

1. Preheat oven to 350.
2. In one mixing bowl, combine mashed banana, eggs, grated carrot, almond butter, coconut oil and maple syrup. Mix well.
3. In another bowl, mix together oats, almond flour, pumpkin seeds, raisins and cinnamon.
4. Combine wet and dry ingredients and mix well. Using clean hands, form dough into large cookies and place on a baking sheet. Bake in oven for 25 to 30 minutes, or until cookies are golden brown.
5. Remove and let cool completely before storing in an airtight container or in the freezer. Enjoy!

Notes

No Raisins
Try unsweetened dried cranberries.

No Pumpkin Seeds
Use sunflower seeds instead.

No Eggs
Make a flax egg by combining 1 tbsp ground flax seed with 3 tbsp water. Stir and let sit for 10 minutes. Use this mixture to replace 1 egg.

Ingredients

2	Banana (mashed)
2	Egg
1	Carrot (grated)
1/2 cup	Almond Butter
2 tbsps	Coconut Oil
2 tbsps	Maple Syrup
1 1/2 cups	Oats
1 cup	Almond Flour
1/4 cup	Pumpkin Seeds
2/3 cup	Organic Raisins
1 tsp	Cinnamon

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Zucchini Turkey Breakfast Skillet

6 ingredients · 20 minutes · 4 servings

Directions

1. Add the coconut oil to a large skillet and place over medium heat.
2. Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
3. Add the salsa to the skillet and stir well to mix.
4. Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
5. Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

More Protein
Add extra eggs.

Vegetarian
Use lentils instead of ground turkey.

More Greens
Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa
Use crushed tomatoes instead.

Ingredients

2 tsps	Coconut Oil
1 1/3 lbs	Extra Lean Ground Turkey
2 2/3	Zucchini (large, finely diced)
1 1/3 cups	Organic Salsa
4	Egg
	Sea Salt & Black Pepper (to taste)

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Coconut Brownie Bites

6 ingredients · 15 minutes · 18 servings

Directions

1. Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
2. Add in the soaked dates, coconut oil and honey. Pulse until a dough-like consistency forms.
3. Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!

Ingredients

1 1/4 cups	Almonds
1/3 cup	Cocoa Powder
2/3 cup	Unsweetened Coconut Flakes (divided)
1 1/4 cups	Pitted Dates (soaked and drained)
2 tbsps	Coconut Oil
1 1/4 tbsps	Raw Honey

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Orange Beef Stir Fry

13 ingredients · 50 minutes · 4 servings

Directions

1. Get your brown rice started by combining brown rice and water in a saucepan. Bring to a boil uncovered stirring occasionally. Once boiling, reduce to low heat and cover. Let simmer for 45 minutes or until all water is absorbed.
2. Meanwhile, heat half of your olive oil in a large wok over medium high heat. Cook beef strips to desired doneness. Remove from heat and wrap in foil to keep warm.
3. Combine orange juice, tamari, sesame oil and red pepper flakes together in a bowl. Add ¼ cup water and mix well.
4. Pour juice out of wok and place back over medium heat with remaining olive oil. Add diced sweet onion and garlic and saute for 5 minutes or until translucent.
5. Add in orange juice sauce, broccoli, and snap peas. Saute for another 8 to 10 minutes or until broccoli is tender.
6. Add cooked beef back into wok. Add in grated ginger with 1 tbsp warm water. Saute for 1 minute and remove from heat.
7. Serve stir fry over a bed of brown rice. Enjoy!

Ingredients

3/4 cup	Brown Rice (uncooked)
3/4 cup	Water
2 1/3 tsps	Extra Virgin Olive Oil (divided)
9 2/3 ozs	Beef Tenderloin (sliced into thin strips)
3/4	Navel Orange (juiced)
1 2/3 tbsps	Tamari
1/3 tsp	Sesame Oil
3/4 tsp	Red Pepper Flakes
3/4	Sweet Onion (diced)
1 2/3	Garlic (cloves, minced)
2 1/3 cups	Snap Peas
3 1/4 cups	Broccoli (cut into florets)
2 1/3 tsps	Ginger (grated)

Notes

Vegetarian
Use chickpeas instead of beef.

Make it Saucy
Double up on the orange juice, tamari and sesame oil.

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More Green Power
Fold in some sautéed spinach until wilted.

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Chickpea, Avocado & Feta Salad Flex meal! Make whichever recipe you want with the foods on this plan. Whatever you have extra of in your fridge! Any combo!

9 ingredients · 15 minutes · 6 servings

Directions

1. Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy!

Ingredients

3 cups	Chickpeas (cooled, drained and rinsed)
3/4	Cucumber (diced)
6 stalks	Green Onion (chopped)
1/3 cup	Parsley (chopped)
1 1/2	Lime (juiced)
1/3 cup	Feta Cheese (crumbled)
2 1/4 tsps	Extra Virgin Olive Oil
	Sea Salt & Black Pepper (to taste)
1 1/2	Avocado (diced)

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Open-Face Tuna Melt

9 ingredients · 10 minutes · 4 servings

Directions

1. Adjust oven rack to the top, closest to the broiler. Set oven to low broil.
2. In a bowl, combine tuna, celery, yogurt, apple cider vinegar, dijon, dill and garlic powder.
3. Scoop tuna mixture onto bread and spread evenly. Top with Swiss cheese.
4. Broil in oven for about 3 to 5 minutes, or until cheese is melted and slightly browned. Watch closely for burning and do not leave unattended.
5. Remove from oven and enjoy!

Notes

Loaded Tuna Melt
Add minced red onion, sliced tomato and avocado.

Vegan and Vegetarian
Use mashed chickpeas instead of tuna, avocado instead of yogurt and omit the cheese.

Ingredients

2 cans	Tuna (drained and flaked)
4 stalks	Celery (thinly sliced)
1 cup	Plain Greek Yogurt
1 tbsp	Apple Cider Vinegar
2 tbsps	Dijon Mustard
1 tbsp	Fresh Dill
2 tsps	Garlic Powder
80 grams	Swiss Cheese (sliced or shredded)
4 slices	Organic Bread (or gluten-free)

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Grain-Free Flax Bread

6 ingredients · 1 hour · 20 servings

Directions

1. Preheat oven to 350F. Grease the inside of a loaf pan or line it with parchment paper.
2. In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30-60 seconds. Add water and coconut oil, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1-2 minutes to thicken slightly.
5. Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
6. Once cooled, slice and store in the fridge or freezer.

Ingredients

4 cups	Ground Flax Seed
2 tbsps	Baking Powder
1 1/2 tsps	Sea Salt
10	Egg (room temp)
1 cup	Water (room temp)
2/3 cup	Coconut Oil (melted)

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Baby Carrots & Hummus

2 ingredients · 5 minutes · 4 servings

Directions

1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Ingredients

3 cups	Baby Carrots
1 cup	Hummus

Notes

No Baby Carrots
Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy
Top with a pinch of cayenne pepper or chili powder.

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Apple with Peanut Butter

2 ingredients · 3 minutes · 6 servings

Directions

1. Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh
To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Ingredients

6	Apple
3/4 cup	All Natural Peanut Butter

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Red Thai Coconut Curry Chicken

5 ingredients · 20 minutes · 6 servings

Directions

1. Preheat your oven to 400 degrees F.
2. Rub the chicken thighs with half of the Thai red curry paste.
3. Heat the coconut oil in a cast iron or oven safe skillet on the stovetop over medium heat. Saute the red onions in the remaining Thai red curry paste for about 3 to 5 minutes.
4. Add the chicken thighs to the skillet and sear for 3 minutes per side. Add the coconut milk and bring it to a simmer.
5. Once the coconut milk is simmering, transfer the skillet to the oven and bake for 15 minutes.
6. Remove from the oven, divide the chicken onto plates and enjoy!

Ingredients

2 lbs	Chicken Thighs (skinless, boneless)
1/4 cup	Thai Red Curry Paste (divided)
1 tbsp	Coconut Oil
1/2 cup	Red Onion (finely diced)
1 1/4 cups	Organic Coconut Milk (canned, full fat)

Notes

Optional Garnishes
Sea salt, pepper, lime juice and/or chopped cilantro.

Serve it With
Rice, quinoa or cauliflower rice.

Add Veggies
Serve it with wilted kale, roasted asparagus or green peas.

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Brown Rice

2 ingredients · 45 minutes · 4 servings

Directions

1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

1 cup	Brown Rice (uncooked)
2 cups	Water

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Steak with Balsamic Jus

9 ingredients · 15 minutes · 4 servings

Directions

1. Heat coconut oil in a large skillet over medium-high heat. Season both sides of the steaks generously with sea salt and black pepper. Place steaks in the skillet. Flip once and cook to desired doneness. We like about 5 minutes per side for medium-rare, but it depends on the thickness of your steak. Transfer steaks to a plate and cover with foil.
2. Add balsamic vinegar to the skillet and bring to a boil. Let boil for 1 to 2 minutes or until it begins to thicken. Remove from heat and whisk in mustard and any excess liquid that has drained off the steaks. Transfer to a bowl and set aside.
3. Place the skillet back over medium heat. Add baby spinach and saute just until wilted. Remove from heat and stir in slivered almonds, lemon juice and feta.
4. Plate steak and drizzle with balsamic mustard sauce. Serve with sauteed spinach salad on the side. Enjoy!

Ingredients

1 tbsp	Coconut Oil
20 ozs	Beef Tenderloin (sliced into steaks)
	Sea Salt & Black Pepper (to taste)
1/2 cup	Balsamic Vinegar
1/4 cup	Dijon Mustard
10 cups	Baby Spinach
2 tbsps	Slivered Almonds (toasted)
1/2	Lemon (juiced)
1/4 cup	Feta Cheese (crumbled)

Notes

Make it Even Quicker
Skip sauteing the spinach and make a raw salad instead.

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Winter Buddha Bowl

14 ingredients · 40 minutes · 6 servings

Directions

1. Preheat oven to 420.
2. Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
3. Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
4. Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
5. Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
6. Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
7. Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

Notes

Ingredients

1 1/2 heads	Cauliflower (cut into florets)
1 1/2	Carrot (chopped into 1 inch rounds)
1 1/2	Beet (chopped into 1 inch pieces)
1 1/2	Turnip (chopped into 1 inch pieces)
1 1/2	Parsnip (chopped into 1 inch pieces)
3 cups	Chickpeas (cooked, drained and rinsed)
1 1/2 cups	Quinoa (uncooked)
2 1/4 cups	Water
1/3 cup	Tahini
1/4 cup	Extra Virgin Olive Oil
1 1/2	Lemon (juiced)
1 1/2	Garlic (clove, minced)
1/3 tsp	Sea Salt
6 cups	Kale Leaves

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Make it 'Cheesy'
Use the 'cheese sauce' from our Mac n' 'Cheese' recipe.

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