

Meal Planning

Breakfast	Lunch	Dinner
Scrambled eggs w/ mushrooms & peppers	Baguette ham & cheese sandwiches	Grilled salmon, potatoes, salad
Fried egg & avocado wrap	Moroccan sweet potato soup w/ baguette	Chicken avocado quinoa salad
Yogurt, fresh fruit, granola	Mediterranean pasta salad & rotisserie chicken	Salmon cakes w/ Moroccan carrot salad
Croissants & jam	Chicken & vegetable quesadillas	Spaghetti & meat sauce w/ garden salad
Cereal	Green salad topped w/ fish or chicken	Chicken Tikka Masala w/ Basmati rice & naan
		Seafood pasta with shrimp & garlic bread
		Chicken enchiladas w/ Spanish rice and garden salad

Snacks

apples	granola bars
nectarines	chips
cheese/salami/crackers	popcorn
guac & chips	trail mix
cookies	

Beverages

soda stream	juice
wine	coffee
beer	

FRIED EGG & AVOCADO WRAPS

6 tortilla wraps	6 large eggs
12 cherry tomatoes, halved	165g feta, crumbled
2 medium avocados, sliced	Olive oil
1 red pepper, finely chopped	Salt & pepper

Heat the oil in a large frying pan. Crack the eggs into the pan & fry to liking. Place egg on tortilla wrap, top with tomatoes, avocado, red pepper, feta, salt & pepper. Roll up and serve.

CHICKEN & VEGETABLE QUESADILLAS

6 tortilla wraps	1 red pepper, finely chopped
500 g chicken breast, cooked & diced	Sour cream
200g can corn kernels, drained	salsa
3/4 c cheddar cheese, grated	

Combine chicken, corn & red peppers in a large bowl. Fill the tortillas evenly with the mixture. Fold the tortillas in half to enclose filling and press down firmly. Cook in frying pan until golden brown. Cut into wedges and serve with sour cream & salsa, as desired.

CHICKEN AVOCADO QUINOA SALAD

1.5c quinoa, cooked & cooled	1 large avocado
3/4 onion, chopped	4 limes
425g black beans, drained & rinsed	Fresh cilantro or parsley
1 sm can corn kernels	Little sugar or Agave
1.5c chicken, cooked & shredded	

Mix onions, black beans, corn, chicken & quinoa together. Combine lime juice & Agave together to make dressing. Cut avocado in small pieces & toss in dressing. Garnish with chopped cilantro or parsley.

SALMON CAKES

1kg potatoes, cooked & mashed	1 tbsp capers
225g can salmon	1 tbsp chives
1/2c breadcrumbs	Salt & pepper
2 eggs, beaten	Olive oil

Mix potatoes, salmon, capers & chives in a large mixing bowl. Season with salt & pepper. Gradually add half the beaten egg to bring mixture together. Form into patties. Dip each patty into remaining egg then breadcrumbs. Heat oil in frying pan then cook patties for 3 mins on each side or until golden brown.

GREEN SALAD

Mixed lettuce	avocado
cucumber	2 eggs, boiled
broccolini	Lemon
Olive oil	

Mix salad ingredients together. Lightly drizzle with lemon juice and olive oil.

SEAFOOD PASTA

1 pkg pasta	1 zucchini – chopped
24oz jar pasta sauce	0.75c sun-dried tomatoes
4 cloves garlic, crushed	1/4c white wine
1 carrot, grated	0.75lb shrimp or other seafood
1 onion, chopped	0.75c feta
1 celery, chopped	

Sauté garlic, add vegetables, cook 3 mins. Add sun-dried tomatoes, wine, feta, and seafood. Garnish with crushed red pepper flakes, parsley and/or basil.

MOROCCAN SWEET POTATO SOUP

3 onions, dried	2T Moroccan spice
Garlic, crushed	2L butternut squash soup or similar
2 sweet potatoes, diced fairly large	½ Rotisserie chicken
1 carrot	

Sauté onions, garlic & sweet potatoes. Add Moroccan spice 2-3mins before adding soup. Stir in chicken.

MOROCCAN CARROT SALAD

5 carrots, grated	1 lemon, juiced
1/2c dates, chopped	2T olive oil
1/2c dried apricots, chopped	3T Moroccan spice
1/4c parsley, chopped	

Mix all together and serve.

MEDITERRANEAN PASTA SALAD

pasta	1-1/2c basil leaves, chopped
grape tomatoes	2 mozzarella cheese, diced
cucumber	Red pepper flakes, optional
red/orange/yellow?? pepper	Olive oil
4 garlic cloves, crushed	Pepper to taste

Combine tomatoes, cucumber, peppers, garlic, basil, red pepper flakes & olive oil. Let sit for 45 mins to develop flavors. Cook pasta (cool if desired). Stir together with mozzarella. Top with chicken or cold cuts & serve.

CHICKEN ENCHILLADAS

3 cups chicken, cooked & chopped	Olive oil
2 cups Monterey Jack cheese, shredded	8oz sour cream
1/2 cup sour cream	8oz bottle green salsa
1 green chili, finely chopped	Chopped tomatoes, black olives, cilantro,
8 (8 inch) flour tortillas	extra grated cheese

Combine first five ingredients, spoon onto tortillas and roll. Arrange in lightly greased baking tray and lightly brush with olive oil. Bake at 350 F for 35-40 mins until golden brown. While enchiladas are cooking, stir together sour cream and desired amount of green salsa, then spoon over cooked enchiladas. Sprinkle enchiladas with tomatoes, black olives, cilantro, and extra cheese.

Shopping

<p>DRY SPICES red pepper flakes Moroccan spice dried onions chives</p>	<p>MEAT 2 rotisserie chickens (2 meals) 4 salmon fillets (1 meal) chicken (3 meals) minced beef (1 meal)</p>
<p>DRY 0.75c sun-dried tomatoes 24oz pasta sauce 4 boxes pasta 2 jars pasta sauce rice 2L butternut soup or similar quinoa 425g can black beans 2x 220g corn kernels sugar or Agave syrup 225g canned salmon 1/2c breadcrumbs capers dried apricots dates Tikka Masala sauce garlic naan 12 Tortilla wraps salsa 2 boxes cereal 3 long-life milk 4 boxes juice cookies granola bars 4 bags chips corn chips crackers popcorn</p>	<p>FRUITS & VEGE lettuce (2 meals) cherry tomatoes (4 meals) 2 red peppers 1 orange pepper (2 meals) 1 cucumber (2 meals) mushrooms (2 meals) 7 carrots 2 sweet potatoes 1kg large potatoes small potatoes (1 meal) 2 onions 6 avocados celery 4 limes zucchini 12 cloves garlic Parsley lemon basil apples peaches</p>
<p>FRIDGE 0.75c feta deli ham (2 meals) deli cheese 3/4c grated cheddar 165g feta mozzarella cheese (to be cubed) Salami (for snacking) cheese (for snacking) 1.5 dozen eggs sour cream 2 tubs yogurt</p>	<p>FREEZER 0.75lb shrimp Garlic bread</p>
<p>BAKERY 3 baguettes 2x packaged croissants</p>	<p>BEVERAGES wine</p>