

Day 1

Breakfast - Ham and Kale Fritata (2 servings)

Ingredients

- 1 green pepper, chopped
- 1/2 onion, chopped
- 1 jalapeño pepper, chopped
- 1/2 c diced ham
- 2 c packed kale (you need a lot because it cooks down a lot)
- 6 eggs, beaten

Directions

1. Put your onions and peppers in your pan and saute until they start to soften. Then add the ham to heat (note: if you use sausage or bacon, cook them first in this pan and drain out most of the fat before adding the veg).
2. Once that's all heating and happy, toss in your kale. Add garlic salt if you'd like some.
3. When the kale cooks down, add the eggs and cover.
4. Turn your broiler on high to get it going.
5. Let the eggs cook until the edge is golden.
6. Remove from the stove and put under the broiler until browning on top, or about a minute or two. You will need to keep an eye on it.

Lunch - Chipotle

Starting out easy, just head to Chipotle for lunch. Alternatively, brown some type of meat, and then add an assortment of peppers, onions, black beans, tomatoes, and top with salsa and guacamole.

Dinner - Grilled chicken, roasted broccoli & cauliflower, 5 bean salad (2-3 servings)

Ingredients

Directions

Roasted veg:

- 2 cups broccoli
- 2 cups cauliflower
- 1-2 tbsp olive oil
- salt and pepper to taste

1. Preheat the oven to 400°F
2. In a 9x13 baking dish, toss together all of the ingredients until the veggies are coated
3. Place in the oven and bake until the tips just start to char, probably 15-20 minutes.

Chicken:

- 2-3 chicken breasts
- salt and pepper to taste

1. Season both sides of the chicken breasts
2. Grill until the internal temperature is about 160°F. Alternatively, use a skillet to sear both sides, then continue cooking in the oven.

5 Bean Salad:

- 1 can of beans each: black, kidney, garbanzo, pinto, green
- 1/4 c EVOO
- 2 tsp each: cumin, chili powder, salt, lime juice
- cilantro and oregano to

1. Rinse and drain all the beans and place in a bowl.
2. In a separate container, combine the oil, lime juice, and the dry ingredients. Mix well.
3. Pour the oil mixture over the beans, and with a spatula slowly turn over from the bottom to the top, rotating the bowl as you go. Eventually it'll all get picked up and coated evenly

taste