

Week 4 Meal Plan Details

Each meal plan is for 2 people. Each day outlines what 2 people eat, so if a meal says “1 avocado,” you will eat 1 total avocado between the 2 of you.

Day 1:

Breakfast: [Quiche Lorraine](#), [Garlicky Kale](#)

- Prepare this the day before if your “day 1” starts on a work day
- 1 bunch kale

Lunch: [Zuppa Toscana](#)

- Prepare this the day before if your “day 1” starts on a work day

Dinner: [Instant Pot Chili with Butternut Squash](#), sliced avocado

- 1 avocado, sliced, with the chili

Day 2:

Breakfast: Leftover quiche lorraine

Lunch: Leftover Zuppa Toscana

Dinner: [Creamy Tomato Artichoke Chicken](#), zoodles, [Garlicky Kale](#)

- 2 medium zucchini, spiralized
- 1 bunch kale

Day 3:

Breakfast: Roasted acorn squash with 4 poached eggs, plus coconut oil/ghee, cinnamon

- Cut acorn squash in half lengthwise and scoop out seeds with spoon. Place halves, cut side up, on a baking sheet and spoon ½ tablespoon ghee or coconut oil in center of squash. Roast in 425° oven about 25 minutes or until easily pierced with a fork. Brush squash with melted ghee or coconut oil in the center of the squash and sprinkle with cinnamon, salt, and pepper.

- Top with 4 poached eggs, 2 per half. [Follow these directions](#) to poach. Alternately, fry your eggs in a bit of ghee. Season with salt.

Lunch: Leftover chili, red onion

- ½ red onion, diced

Dinner: [Chicken Tikka Masala](#), cauliflower rice

- 3 cups cauliflower rice, steamed

Day 4:

Breakfast: Leftover quiche lorraine

Lunch: Leftover tomato artichoke chicken, zoodles, simple salad

- 2 medium zucchini, spiralized
- Salad: 6 cups salad greens, ¼ cucumber sliced, ½ cup grape tomatoes halved, ¼ cup red onion sliced, ranch dressing, ¼ cup kalamata olives

Dinner: [Chicken Bacon Ranch Poppers](#), homemade [Sweet Potato Fries](#), ranch dressing

- Save half sweet potato fries.

Day 5:

Breakfast: [Roasted Butternut Squash Hash with Apples and Bacon](#)

Lunch: Leftover chili, pickled jalapeño slices

- About ¼ cup pickled jalapeño slices. Make sure you get a compliant brand!

Dinner: Leftover chicken bacon ranch poppers, sweet potato fries, ranch dressing

- Pan fry sweet potato fries in a little coconut or avocado oil until hot and crisped.

Day 6:

Breakfast: [Sausage Gravy over Potatoes](#), sautéed peppers and onions

- Deseed 3 red bell peppers and slice into strips. Halve a yellow onion and slice into ½ pieces. Sauté in avocado oil until softened (about 10 minutes) over medium heat and season with salt. Save half of this for leftovers.

Lunch: Leftover chicken tikka masala, steamed cauliflower rice

- 3 cups cauliflower rice, steamed

Dinner: [Shrimp and Grits](#), sautéed chard or greens

- Heat a drizzle of ghee or avocado oil in a large skillet over medium heat. Sauté 2 cloves garlic, minced, about 30 seconds, stirring constantly. Add a bunch of Swiss chard or other greens, washed and sliced, and cook, stirring, until softened. Season with plenty of salt.

Day 7:

Breakfast: Leftover sausage gravy over potatoes with peppers and onions

Lunch: [Pesto Chicken Salad](#), sliced tomatoes with olive oil and salt and pepper, salad with red onion and balsamic dressing

- 2 tomatoes, sliced, drizzled with olive oil and seasoned with salt and pepper
- 8 cups salad greens, ¼ cup red onion, sliced thin
- Balsamic dressing: 1 tablespoon balsamic vinegar whisked with 3 tablespoons olive oil, salt, and pepper. Dress to taste.
- Reserve a little pesto for later.

Dinner: [Creamy Bacon Mushroom Chicken Thighs](#), [Mashed Potatoes](#)

Day 8:

Breakfast: Leftover butternut squash hash with apples and bacon, [Garlicky Kale](#)

- 1 bunch kale

Lunch: Leftover creamy bacon mushroom chicken thighs, mashed potatoes

Dinner: [Bang Bang Shrimp](#) in lettuce cups, mushrooms sautéed in sesame oil with coconut aminos

- 1 head Bibb lettuce

- Heat 1 tablespoon sesame oil in a large skillet over medium-high heat. Add 4 cups mushrooms, sliced, and cook, without stirring, for about 4 minutes. Add 1 tablespoon coconut aminos, stir, and cook until softened and aminos are mostly evaporated. Season with salt.

Day 9:

Breakfast: [Sweet Potato Breakfast Bowl](#), sautéed spinach

- Top sweet potato bowl with 1 1/2 cups frozen cherries, 1/4 cup chia seeds, 1/4 cup almond butter.
- Heat 1 tablespoon ghee in a skillet over medium heat. Add 8 cups spinach and stir until wilted. Season with plenty of salt.

Lunch: Leftover pesto chicken salad, roasted broccoli tossed with extra pesto

- Preheat oven to 425°F and toss 6 cups broccoli with 1-2 tablespoons avocado oil. Sprinkle with plenty of salt and roast 15-20 minutes. Toss with the reserved pesto from the other day.

Dinner: [Coconut Chicken with "Honey" Mustard](#), [Baked French Fries](#), simple salad

- 4 cups salad greens. Toppings as desired: use what you have on hand!

You did it!!! 🎉 🎉

