

January 2024 Weekly Meal Ideas

Poultry

- Thai Chicken Burgers with Peanut Sauce, Buns and Mango Slaw
- Lemon Almond Chicken Jar Salad with Fresh Tarragon over Romaine
- Chicken Meatballs in Tomato Sauce with Garlic Bread
- Filipino Bone In Chicken Adobe and Onions and Sesame Green Beans over White Rice
- Keto Jalapeno Chicken Popper Casserole
- Thai Yellow Chicken Curry with Green Beans, Peppers and Onions
- Spanish Chicken, Black Beans, Yellow Rice, Peppers, Zucchini and Red Onion Casserole Topped with Monterey Jack
- Roast Chicken and Mashed Potato, Bacon, Corn and Rosemary
- Chicken Sausage and Pierogis with Cabbage and Onions
- Turkey Seekh Kebabs with Cucumber Riata and Cilantro Mint Chutney
- Chicken and Dumpling Soup with Green Beans, Carrots and Corn
- Chicken Crust Keto Pizza with desired Toppings of choice
- Bacon Cheddar Crack Chicken Keto Casserole
- Middle Eastern Turkey Meatloaf with Currants, Pine Nuts, Garlic and Allspice over Mashed Sweet Potato
- Air Fried Chicken Legs or Tenders, Mashed Potatoes and Corn
- Creamy White Chicken Chili with White Beans and Cornbread
- Buffalo Chicken Tenders and Cheesy Cauliflower – Breaded or not
- Chicken Chow Mein with Cabbage and Carrots

Beef

- Brown Sugar and Bourbon Steak Bites and Asparagus, Pepper and Onion Sauté (Swerve available)
- Baked Spaghetti Squash or Ziti with Meat Sauce and Ricotta Topped with Mozzarella and Parmesan
- Onion and Mushroom Salisbury Steak with Creamy Mac and Cheese and Green Beans
- Bacon and Cheddar Burgers with Roasted Green Beans
- Ginger and Garlic Steak, Pepper, Pea and Carrot Fried Rice
- Thai Steak Salad with Tomatoes, Cucumbers, Greens, Mint, Cilantro
- Shredded Chuck Roast Enchiladas in Red Sauce with Corn, Black Bean and Pepper Salsa
- Keto Stuffed Pablano Peppers with Beef and Cheese in Red Enchiladas Sauce
- Filet Mignon in Cabernet Sauce with Cheddar Bacon Mashed Potatoes
- Soba Noodle and Steak Salad with Ginger-Lime Dressing
- Steak Diane with Mashed Potatoes and Mushrooms
- Chimichurri Hanger Steak and Sautéed Zucchini, Peppers and Onions
- Steak and Broccoli Stir Fry

Pork

- Pan Seared Pork Tenderloin Medallions with Peach Sauce over Cubed Butternut Squash, Tuscan Kale and Red Onion Sauté
- Kielbasa and Pierogis with Cabbage and Onions
- Pork Schnitzel with Spätzle and Pickled Cabbage
- Filipino Pulled Pork Adobe and Onions and Sesame Green Beans over White Jasmin Rice
- Zucchini Crusted Quiche Lorraine (Or Pie Crust)
- Pork Tenderloin Medallions with Sweet Potato, Bacon, Corn and Rosemary Hash

Lamb

- Lamb Merguez with Golden Raisin and Zucchini Cous Cous
- Keema Matar – Indian Ground Lamb or Beef and Peas
- Rosemary and Cabernet Leg of Lamb and Mashed Potatoes
- Mediterranean Lamb Stew with Apricot, Butternut Squash and Potatoes
- Lamb Moussaka
- Lamb Seekh Kebabs with Cucumber Riata and Cilantro Mint Chutney
- Greek Lamb Burgers Topped Feta with Cucumber, Tomato and Red Onion Salad and Pita

Seafood

- Oven Roasted Salmon with Tangerine Ginger Relish with Green Beans and Parsley Baby Potatoes
- Salmon Cakes with Lemon Dijon Yogurt and Baked Sweet Potato Fries
- Shrimp and Grits Casserole
- Shrimp Gochujang with Roasted Butternut Squash and Rutabaga with Cucumber, Scallion and Radish Salad
- Kung Pao Shrimp with Peppers, Cashews and Scallions
- Pan Seared Turbot with Romanesco Sauce with Garlicky Spinach
- Bacon Wrapped Scallops with Julienne Yellow Squash, Peppers and Carrots in Lemon Pinot Grigio Shallot Butter
- Fish Tacos with Tropical Salsa and Cilantro Lime Rice
- Saffron Rice Stuffed Tomatoes and Large Shrimp Cocktail
- Shrimp Scampi Pasta Primavera with Broccoli, Peppers, Yellow Squash and Red Onion – Let me know if you want me to bake it with Penne and top with Parmesan or you make fresh pasta the night of.
- Lemongrass Basil Fish Curry with Spinach, Zucchini and Red Bell Peppers

Vegetarian

- Roasted Eggplant Stuffed with Parsley and Lemon Ricotta in Mushroom Lentil Bolognese

- Indian Dal with Spinach, Onion and Indian Hari Mirch Peppers
- Thai Coconut Pumpkin Soup
- Sherry Wine Cream of Mushroom Soup
- Lentil Sloppy Joes and Sweet Potato Wedges
- Black Bean and Rice Stuffed Pablano Peppers in Red Enchilada Sauce
- Lentil, Cubed Butternut Squash, Tuscan Kale and Red Onion Sauté
- Assorted Grilled Cauliflower Steaks, Asparagus and Peppers
- Ricotta Stuffed Portabellas in Tomato Sauce Topped with Mozzarella, Provolone and Parmesan
- Lemongrass Basil Tofu Curry with Spinach, Zucchini and Red Bell Peppers
- Black Bean Spanish Yellow Rice with Peppers, Onions and Zucchini
- Pasta Primavera with Broccoli, Peppers, Yellow Squash, and Red Onion
- Farro with Spinach, Cranberries, Feta, Shallots and Peppers – Warm or as a salad
- Lentil Sloppy Joes
- Vegetable Minestrone

Breakfast Prep

- Egg Bites or Quiche with any desired sausage, bacon, veggies and/or cheese – Zucchini or pie crust
- Over Night Oats, Chia and/or Flax Seeds with 3 Fruits of Choice
- Challah Breakfast Bake with Any of your favorite Sweet or Savory ingredients

Side Salad or add a protein to make it a full meal

Seasonal Salads

- Clementine, Date and Walnut Salad with White Balsamic Dressing
- Green Apple and Goat Cheese Crumbles over Greens with Lemon Vinaigrette
- Radicchio, Endive, and Chick Peas and Champagne Vinaigrette
- Orange, Fennel and Olive Salad with Orange Champagne Vinaigrette
- Pomegranate Seeds, Orange Segment, and Red Onion over Greens with Pomegranate Vinaigrette
- Roasted Beet, Walnut and Goat Cheese salad with Balsamic Vinaigrette
- Apple, Walnut, Cheddar with Romaine Lettuce with Sweet Apple Dressing
- Pomegranate Seeds, Pear Slices, Blue Cheese over Spinach with Pomegranate Vinaigrette
- Waldorf Salad

- Butternut Squash, Cranberry and Walnuts over Greens with Orange Champagne Vinaigrette
- Spinach with Dried Cranberries, Blue Cheese, Candied Walnuts and Balsamic Vinaigrette
- Pear, Stilton Blue Cheese, Candied Pecans over Romaine with Champagne Vinaigrette
- Radicchio, Toasted Hazelnuts, Black Truffle Cheese, and Red Wine Poached Pear dressed with Balsamic Vinaigrette
- Italian Bresola with Arugula, Marinated Shitake, Shaved Parmesan dressed with Orange Champagne Vinaigrette

Always Available Salads

- Greek Salad with Tomatoes, Olives, and Feta over Romaine with Red Wine Vinaigrette
- Cesar salad
- Grape Tomatoes, Shredded Carrots, Cucumber Slices over Romaine with your favorite dressing