



## WEEK 1: MONDAY

### BREAKFAST: BREAKFAST QUINOA



1 cup dry quinoa  
2 ½ cups water  
Pinch of salt  
¼ tsp cinnamon  
4 bananas, sliced  
1 tbsp dried cranberries  
1 1/3 cup Skim or 1% Milk  
Maple syrup to taste

1. Rinse the quinoa under cold water and drain.
2. Combine 1 cup of dry quinoa with 2 1/2 cups of water, the salt and cinnamon in a medium pot. Bring to a boil, then reduce the heat to low with the lid just slightly ajar and simmer for 15-20 minutes, until tender.
3. Divide between plates, top with sliced bananas, a few dried cranberries, milk and maple syrup to taste.

### SNACK 1: BANANA OAT BARS



3 large bananas, peeled  
2 1/4 tsp vanilla extract  
3 1/2 cups rolled oats  
1/2 cup (3 oz) dried cranberries  
3 oz almonds, chopped  
¼ tsp cinnamon  
pinch of salt

1. Heat your oven to 350°F and lightly grease a 9x9-inch square baking dish with olive oil, butter or cooking spray.
2. Mash the bananas thoroughly in a medium bowl and measure out 1 cup. Stir in the vanilla, oats, cranberries, almonds, cinnamon and pinch of salt.
3. Pat the mixture evenly into the baking pan. Bake the bars for 40 minutes or until the edges just begin to crisp up and brown. Allow to cool on a rack for at least 1 hour.
4. Cut into 12 bars (4 rows by 3). Use 4 bars today, save the rest!

### LUNCH: WALDORF SALAD



1/3 cup non fat plain greek yogurt  
Juice of ½ lemon  
2 cans tuna packed in water, drained  
1 cup grapes  
2 apples, diced  
1 cup (2 stalks) celery, diced  
salt and pepper  
2 whole grain pitas, cut in half

1. In a medium bowl, whisk together the yogurt with the lemon juice (reserve the remaining ½ lemon for dinner).
2. Mix in the drained tuna, grapes, apple, and celery. Season with a pinch each of salt and pepper.
3. Divide mixture between two ½ pitas and enjoy!

### SNACK 2: TAHINI FREE HUMMUS WITH BELL PEPPERS



4 bell peppers, sliced  
1 15 oz can of chickpeas, rinsed and drained  
1 clove garlic, minced  
3 tbsp olive oil  
juice of lemon  
1 tsp Cumin  
water, as needed  
salt and pepper, to taste  
¼ tsp paprika

1. In a food processor, puree the chickpeas and garlic with the olive oil, lemon juice, and cumin until smooth and creamy. If it's still very thick, you can add a little water to thin it out. Taste, and season with salt and pepper as desired. Sprinkle with paprika.
2. Divide half of the recipe between four small ramekins, reserving the remaining hummus for later in the week. Serve each serving with 1 sliced bell pepper.

### DINNER: ROASTED CHICKEN WITH ROASTED VEGGIES & ALMONDS



3 x 2-3 lb whole chickens  
4 1/2 tbsp olive oil  
salt and pepper  
2 large bunch of thyme  
(2 sprigs reserved)  
3 lemon, halved  
3 heads garlic, cut in half crosswise  
1 onions, sliced  
8 carrots, cut into chunks  
1 fennel bulb, sliced  
2 lb asparagus  
½ lemon  
1 tbsp olive oil  
1 oz almonds, chopped  
(from a 14 oz container/bag)

1. Preheat the oven to 425 degrees F.
2. Remove the chicken giblets on all three chickens. Rinse the chickens inside and out. Remove any excess fat and pat the outsides dry.
3. Rub each with a tablespoon of olive oil and then liberally coat the inside and outside of the chickens with salt and pepper. Divide one bunch of thyme (reserving 2 sprigs of this bunch and the additional bunch), lemon and garlic between the three chickens, and stuff it into the cavities of the chickens.
4. Tie the legs together of each chicken with kitchen string and tuck the wing tips under the body of each chicken.
5. Divide the sliced onion, carrots, fennel and remaining one bunch of thyme (still reserving the 2 sprigs) into three small disposable roasting pans. Toss with salt, pepper, drizzle with a ½ tablespoon of olive oil each. Spread around the bottom of each roasting pan and place a chicken on top.
6. Roast the chicken for 1 ½- 2 hours, or until the juices run clear when you cut between a leg and thigh. If you have a meat thermometer, test each chicken by inserting the thermometer into the thickest part of the thigh (being careful not to touch the bone). The chicken is done when it reads 180 F. Remove the chickens and vegetables to a platter and cover with aluminum foil for about 20 minutes. Slice the chicken onto a platter and serve it with the vegetables.
7. While the chicken rests, lay the trimmed asparagus in a large deep skillet and top with 1 inch of water. Lightly salt the water and bring to a simmer over medium heat. Put a lid on the pan and cook for 3-5 minutes, or until crisp-tender.
8. Remove the asparagus from the water, drizzle with a tablespoon of olive oil, the juice from the ½ lemon, and season with salt and pepper. Garnish with the chopped almonds.