

# DIET FREE WEEKENDS



**Your Escape from Diet Prison**

**Done-for-You Meal Plans**

OK, finding and tweaking recipes for our ON days was something I never thought I'd enjoy...my mom's the cook not me; however, I did enjoy finding our family's favorites.

There are also our quick "Go-To's" as they really are fast and quick. It's also great when it's 4:30, your kids are crying because they are STARVING, and you just realized you forgot to take something out of the freezer to cook.

Now, I'm a vegetable lover so there are a few recipes that you can make and it will last a few days if you are the only vegetable lover in the house like I am ☺ We are also garlic LOVERS, so the recipes that have garlic can have less if you are more vampire-like.

On Tuesday, Wednesday, and Thursday, we give you the option of 2 meals and a snack; however, Mike and I usually just snack light and eat a larger portion at dinner to keep our calories down. But you do what works for you. We have provided snack ideas for you.

I have also put the recipes under each day so that you can choose what sounds good to you that day...I'm a mood eater...I choose based on what mood I'm in; however, if you prefer it written out, see the chart just before the recipes. Everything is laid out for you.

We'd also like to thank our friends Daniel Woodrum and Brittney Morgan for letting us use some of their amazing recipes.

Enjoy...and remember, if you don't, you only have 4 days before greasy, fattening, gluten-filled deliciousness ☺

SABRINA WHITFIELD

## Done-for-You Meal Plans at a Quick Glance

Week 1		Snack	Lunch	Dinner
	Sunday	X	X	Balsamic Ham Salad
	Monday	X	X	Kale Salad
	Tuesday	Protein Apple Sauce	Chicken Fresca Wrap	Tacos
	Wednesday	3 oz beef jerky	Black Bean Veggie Burger	Sesame Chicken
	Thursday	Green Monster Shake	Pecan Omelet	Marinated Steak
Week 2		Snack	Lunch	Dinner
	Sunday	X	X	Cabbage Salmon
	Monday	X	X	Toasted Almond Salmon
	Tuesday	Chocolate Protein Pudding	Apple Omelet	“Brinner”
	Wednesday	Protein Shake & Almonds	Black-Eyed Pea Soup	Meatloaf
	Thursday	2-3 Slices Cheese & Deli Meat	Turkey Lettuce Wraps	Meatza Pizza
Week 3		Snack	Lunch	Dinner
	Sunday	X	X	Seafood Salad
	Monday	X	X	Protein Chili
	Tuesday	Carrot Wraps	Apple Slaw	3-2-1 Tuna Patties
	Wednesday	2 TBS hummus & veggies	Cinnamon Roll Shake	Chicken Parmesan
	Thursday	Low-Carb Yogurt & Almonds	Zucchini Bison Boats	Chicken Feta “Pasta”/

# Sunday Meal Recipes

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## Balsamic Ham Salad

### Ingredients:

- 1 ½ cups spinach
- 3-4 deli ham slices
- ¼ cup pecans or peanuts
- 2 TBS balsamic vinegar
- ¼ cup feta cheese
- salt and pepper to taste



### Directions:

- Roll up ham sliced and cut into ½ inch pieces.
- Mix ham, spinach, nuts, and cheese together on a plate or bowl.
- Drizzle vinegar over top.
- Use salt and pepper to taste if desired.



## Cabbage Salmon

### Ingredients:

- 1 can wild caught salmon (or pre-cooked wild-caught smoked salmon)
- 1 ½ cup shredded cabbage
- 1 TBS balsamic vinegar
- salt and pepper to taste

### Directions:

- Mix together salmon and cabbage on a plate or bowl.
- Drizzle vinegar over top.
- Use salt and pepper to taste if desired.

## Seafood Salad

(Makes 4 servings)

### Ingredients:

- 1½ cup frozen, precooked baby shrimp, thawed
- ¼ cup cilantro, chopped
- ⅓ cup feta cheese, crumbled
- ½ cup cucumber, diced
- ½ cup tomato, diced
- 1 avocado, diced
- 4 cups cabbage, shredded
- ¼ cup fresh squeeze orange juice
- ¼ cup fresh squeeze lime juice
- 1 tsp grated orange zest
- ½ tsp stevia
- salt and pepper to taste

### Directions:

- In a small bowl, combine orange juice, lime juice, orange zest, stevia, salt and pepper.
- Mix well and set aside
- Combine shrimp, cilantro, cheese, cucumber, and tomato.
- Pour half the citrus dressing over salad and toss.
- Mix in avocado.
- Divide cabbage between 4 plates and top with shrimp avocado salad.
- Pour remaining dressing over salads.
- Top with more cilantro or cheese if desired.

# Monday Meal Recipes

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## Kale Salad

(Makes enough for two as main dish or 4 side salads – if use as side salad, you can add a protein)

### Ingredients:

- 1 bunch of kale
- 1 cup chickpeas, drained
- 1 avocado, chopped
- ½ red onion, chopped (if you are an onion lover like me, you can use a small whole)
- 3 TBS peanut butter
- 3 TBS warm-water
- 2½ TBS tamari (plain soy sauce works as well)
- 3 clove garlic, minced
- 1½ tsp fresh ginger (I recommend ginger paste found in the produce section)
- 1 TBS honey
- 1 tsp toasted sesame oil
- 1 tsp red pepper (or more if you like spice)

### Instructions:

- Rinse and dry kale and set aside.
- In a small bowl combine peanut butter and warm water to soften the consistency of peanut butter.
- Add tamari, garlic, ginger, honey, sesame oil and red pepper. Set aside for later.
- In a large bowl, tear kale up into pieces.
- Add chickpeas, onion, and avocado.
- Pour dressing over salad and mix with hands. You'll want to massage dressing into kale leaves. It helps them soften and absorb the dressing.

The beautiful part of this salad due to the harder texture of kale is it will last up to 3 days in your fridge!



## Toasted Almond Salmon with Green Beans

(Makes 2-3 servings)

### Ingredients:

- 3-4 salmon fillets
- 1 tsp sea salt
- 1 tsp black pepper, ground
- 1 TBS red wine vinegar
- 1 TBS capers, rinsed
- ¼ cup almonds, slivered
- 12oz bag of frozen green beans, French cut
- 1 TBS olive oil
- soy sauce, to taste
- salt and pepper, to taste

### Directions:

- Preheat oven to 450°.
- Steam green beans until al dente, approximately 7 minutes.
- Season salmon with salt and pepper.
- Place salmon, skin down, on a foil-lined baking sheet.
- Mix together red wine vinegar, capers and almonds and pour over salmon.
- Bake for 12-15 minutes.
- When green beans are done steaming, throw in skillet with olive oil, soy sauce and salt and pepper and cook until desired texture.



## **Protein Chili**

(Makes 9 cups)

### **Ingredients:**

- 1 pound of grass-fed beef (you can choose another type of meat, we just prefer beef. We did try deer meat once!)
- 1 cup of onion, chopped
- 1 red bell pepper, chopped
- 6 cloves garlic, minced
- ½ tsp chili powder
- 1 tsp cumin
- 1 tsp of oregano
- 1 can chickpeas, drained
- 1 can red beans, drained
- 1 can fire-roasted tomatoes, diced
- 1 cup chicken broth
- salt and pepper to taste

### **Instructions:**

- In skillet, cook the meat, red pepper, onion, and garlic until almost cooked.
- Transfer into crockpot and add rest of ingredients.
- Let stew for a few hours on low.

This is a great recipe to put in crockpot while at work so that when you get home it's done!



## Tuesday Snack Recipes

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### Protein Apple Sauce

#### Ingredients:

- 1 ½ cup unsweetened apple sauce
- ¼ cup raw pecans, crushed
- ½ serving protein powder
- 2 TBS shredded coconut flakes (optional)

#### Directions:

- Mix ingredients in bowl and enjoy!



### Chocolate Protein Pudding

(Makes 2 servings ~ I usually share with Champ, he LOVES it!)

#### Ingredients:

- ¾ cup cottage cheese
- 2 TBS milled flax seed
- 1 TBS peanut butter
- 1 serving chocolate protein powder
- 1 TBS water

#### Directions:

- Put all ingredients in blender
- Blend until pudding texture



### Carrot Wraps

#### Ingredients:

- Raw carrots, sliced
- 4 turkey slices
- 3 TBS hummus

#### Directions:

- Wrap turkey around each carrot slice.
- Dip in hummus and enjoy!

Feel free to add more vegetables as they are "FREE" 😊

# Tuesday Meal Recipes

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## Chicken Fresca Wrap

(Makes 2 servings)

### Ingredients:

- 2 spinach or tomato tortillas
- 2 cups precooked chicken breast, sliced or shredded
- ½ red bell pepper, sliced
- ½ apple, diced
- ½ cup salsa
- ½ avocado, sliced
- 3 TBS roasted red pepper hummus (nice addition!)



### Directions:

- Place tortilla on plate
- Spread 1 – 1½ TBS hummus over top.
- Add half of chicken, bell pepper, and apple over hummus.
- Top with salsa and sliced avocado.
- Repeat for other tortilla.
- Roll up your wraps and enjoy!

## Apple Omelet

### Ingredients:

- ½ apple, diced
- 2 eggs
- ½ TBS coconut oil
- 1 tsp cinnamon

### Directions:

- Melt oil in skillet over medium heat.
- Crack eggs into a bowl and whisk.
- Add diced apples to skillet and cook for 1 minute.
- Add eggs over apples, sprinkle with cinnamon, and cook for 2 minutes on each side.
- Using spatula, remove from skillet, and enjoy!



## Apple Slaw

### Ingredients:

- 1 granny smith apple, sliced thin
- 1 cup broccoli slaw
- 3 deli turkey slices
- 1 tsp garlic pepper seasoning
- 1-2 TBS apple cider vinegar or honey
- salt and pepper to taste

### Directions:

- Mix first 4 ingredients together on a plate or bowl.
- Drizzle vinegar over top.
- Use salt and pepper to taste if desired.

# Tacos

(Makes 10-12 tacos)

## Ingredients:

- 1 pound grass-fed beef (again, use what you'd like, but we prefer the beef)
- 1 TSP chili powder
- 2 tsp onion powder
- 1 tsp oregano
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp turmeric
- 1 tsp ground cumin
- ½ tsp salt
- taco shells
- your choice of taco toppings (remember, veggies are “free”)



## Instructions:

- Mix spices together and set aside.
- Brown the meat.
- Warm taco shells in oven at 350° for about 5-10 minutes.
- Add spices and ¾ cup of water and simmer for about 10 minutes or until liquid is absorbed.

If your meat is thawed, this dinner is super fast, about 15 minutes!

## **“Brinner” (Mikey’s favorite!)**

### ***Spinach pancakes with eggs & bacon***

(Makes 8-10)

#### **Ingredients:**

- 1 cup packed fresh spinach (1 ½ oz)
- 1 cup buttermilk (no buttermilk? Just put 1 TBS vinegar in a measuring cup and fill rest with milk, let sit 2 minutes – whala!)
- 1 large egg
- 1 TBS coconut oil
- 1 cup whole wheat flour
- ½ tsp stevia
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- coconut oil for cooking

#### **Directions:**

- In a blender, combine spinach, buttermilk, 1 large egg, and oil until smooth, about 30 seconds – if helps to melt coconut oil a bit, but you don’t have to).
- In a medium bowl, combine flour, sugar, baking powder, baking soda, and salt.
- Whisk wet ingredients into dry ingredients until just combined.
- Grease a large skillet with coconut oil and heat on medium heat.
- Pour approximately ¼ cup batter on skillet for each pancake, leaving enough room for batter to spread.
- Cook until pancake begins to bubble and flip.
- Cook another 1-2 minutes.
- Serve with eggs done your favorite way and bacon!

## 3-2-1 Tuna Patties & Roasted Brussel Sprouts

(Makes 5-6 patties)

### Ingredients:

- 3 cans light chunk tuna in water
- 2 eggs
- 1 sleeve of crackers (we use saltines)
- 1 TBS coconut oil
- 1 lbs fresh brussel sprouts (I've tried frozen, they just are not the same ☺)
- Olive oil (I use the spray)
- Salt & pepper



### Directions:

- Cut brussel sprouts into halves.
- Put cut brussel sprouts in halves and put on cookie sheet and spray with oil until covered.
- Sprinkle with salt and pepper to taste.
- Put into oven at 400° for about 20-30 minutes depending on your oven.
- While brussel sprouts are cooking, make tuna patties.
- Squeeze cracker sleeve until crackers are crumbs.
- In a large bowl, combine tuna, eggs and cracker crumbs.
- Form mixture into 5 patties.
- In skillet, warm coconut oil, cook patties 2 minutes per side.

This is another go-to choice for a quick meal and the kids LOVE them!



## **Wednesday Snack Meal Plan**

Instead of recipes, I decided to give you some go-to snacks Mike and I do on our super busy days....

### **Beef Jerky**



### **Protein Shake and Almonds**



**Protein Bar** – just make sure it has less than 6 sugars

### **Veggies and Hummus**

I'm a big fan since veggies are "free"



**Cheese Sticks** are Mikey's go to





# Wednesday Meal Recipes

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## Black Bean Veggie Burgers

(Makes 4 patties)

### Ingredients:

- 1 can black beans, drained and rinse
- ½ green bell pepper, finely chopped
- ½ onion, finely chopped
- 1 egg
- 1 TBS chili powder
- ½ cup oats
- 1 tsp hot sauce (optional)

### Directions:

- Preheat oven to 375°.
- In a medium bowl, mash black beans with a fork until thick and pasty.
- Stir in peppers and onions.
- In a small bowl, stir together egg, chili powder, and hot sauce (optional).
- Add egg mixture to mashed beans.
- Mix in oatmeal until the mixture is sticky and holds together.
- Divide into four patties.
- Place patties on foil lined baking sheet and bake approximately 10 minutes on each side (time may vary depending on the size and consistency of your patties).



## Cinnamon Roll Shake

### Ingredients:

- 1 cup light coconut milk
- 1 frozen banana
- ½ apple
- 1 tsp honey
- ¼ tsp vanilla
- handful of almonds
- ½ tsp cinnamon
- 1 serving vanilla protein powder

### Directions:

- In a blender, combine all ingredients.
- Blend until smooth
- Pour into cup and sprinkle with cinnamon.

Please do not confuse this with a snack as it has enough calories to be a meal. It almost feels like cheating!!!

## Black-Eyed Pea & Spinach Soup with Chicken

(Makes 4 servings)

### Ingredients:

- 10oz. package frozen black-eyed peas
- 2½ cups vegetable broth
- 1 14.5oz. can chopped tomatoes
- 1 8oz. can tomato sauce
- 1 cup salsa
- 1 10oz. package frozen spinach

### Directions:

- In medium saucepan, bring peas and vegetable broth to a boil.
- Cover and cook for 15 minutes on low.
- Add remaining ingredients.
- Cook approximately 5 minutes, until spinach is thawed and soup is heated through, stirring occasionally.
- Serve with chicken breast.

You can chop chicken up and add to soup or you can have soup as a side to the chicken, whichever you prefer☺

## Crock-pot Sesame Chicken & Paleo Fried Rice

(Makes 4-6 servings)

### Ingredients:

- 2 lbs chicken breast
- Black pepper to taste
- 1/3c tamari (plain soy sauce works as well)
- 1/4c honey
- 1/4c tomato paste
- 3 TBS rice wine
- 4 cloves garlic, minced
- 1 TBS water
- 1 TBS toasted sesame oil
- 1 tsp onion powder
- 1 TBS sriracha hot chili sauce (less if you are sensitive to heat)
- 1/4 c water
- 1/4 cup cornstarch
- 1 head of cauliflower
- 1 TBS coconut oil
- 1 tsp garlic powder
- 2 cups broccoli slaw
- 1 handful bean sprouts
- 1 bunch green onion, diced
- 1 onion, diced
- 2-4 tsp water
- 2 eggs



### Directions:

- Spray a crock-pot with olive oil
- Pepper chicken and place in crock-pot
- Mix together, tamari, honey, tomato paste, rice wine, garlic, sesame oil, onion powder, sriracha hot chili sauce.
- Pour over chicken.
- Cook on low for 5-6 hours.
- When chicken is tender, put into bowl and shred.
- Mix water and cornstarch.
- Pour into leftover juice in crockpot and stir until thickens. You can add more cornstarch for thickness.
- Pour shredded chicken into crockpot and mix with sauce.
- Cook another 30 minutes.
- Use a blender or food processor to rice cauliflower (blend until cauliflower turns into a consistency similar to that of rice).
- Heat coconut oil in a large skillet over medium-high heat.
- Add riced cauliflower, broccoli slaw, green onions, onions, and bean sprouts.
- Stir well and let cook for 2 minutes.
- Add garlic powder and water and stir well.
- Change temperature to low and cover.
- Cook for up to 10 minutes, stirring occasionally, until cauliflower is soft.
- Crack 2 eggs into the skillet.
- Stir and remove from heat.

This is another great recipe to cook while at work or running errands!

## **Parmesan-Sage Meatloaf and *Pink* Mashed Cauliflower**

(Makes 4-6 servings)

### **Ingredients:**

- 1 TBS olive oil
- ½ cup finely chopped yellow onion
- 3 cloves garlic, minced
- 1 lb. grass-feed beef
- ¼ cup ground croutons (more flavorful than bread crumbs!)
- 1 egg
- ¼ tsp salt
- ¼ cup parmesan cheese
- 2 tsp parsley, dried
- 2 tsp sage, dried
- black pepper to taste
- 1 TBS honey
- 1 head cauliflower
- 2 TBS ranch seasoning
- ½ cup shredded cheese
- ¼ cup milk
- 1 beet (optional)

### **Directions:**

- Preheat oven to 375° .
- Line baking sheet with parchment paper, set aside
- In a steamer, steam beet for an hour
- Steam cauliflower for 30 minutes
- In a large skillet heat oil over medium-low heat.
- Add onions and sauté for approximately 8 minutes or until onions are translucent.
- Add garlic and cook for another minute.
- In a large bowl mix together beef, onion mixture, crouton crumbs, egg, salt, parmesan cheese, parsley, sage, and pepper.
- Form into a loaf (about 7x3x1½inches).
- Place on prepared pan and bake for 35 minutes.
- Put cauliflower and beet in a blender
- Add ranch seasoning, shredded cheese, and milk and blend into well combined.
- Brush meatloaf with honey and bake for another 10 minutes.

Beets are so full of good nutritional value and you cannot even taste them in the mashed cauliflower so it is the **ONLY** way this family will ever eat a beet. Added bonus, it makes the mashed cauliflower a “pretty” pink color ☺

## **Chicken Parmesan with Salad**

(Makes 2-3 servings)

### **Ingredients:**

- 2 chicken breast, filleted (sliced thin)
- ½ cup croutons
- 1 egg
- ½ marinara sauce
- ¼ shredded mozzarella cheese
- 1 TBS olive oil

### **Directions:**

- Beat egg in shallow dish
- Put croutons into a blender and blend into fine crumbs
- Pour crumbs onto plate
- Dip chicken into egg, saturating each side
- Dip chicken into crouton crumbs pressing on each side
- Set chicken on plate
- Warm oil in skillet over medium heat.
- Place chicken into skillet and cover.
- Cook for approximately 2 minutes and flip.
- Continue until chicken is cook through.
- Put chicken on plate.
- Cover each chicken filet with marinara sauce and cheese.
- Serve with side salad.

Feel free to rack up on veggies or fruit on your salad as carbs are lower on this meal.

## **Thursday Snack Recipes & Snack Ideas**

### **Green Monster Wake & Shake**

#### **Ingredients:**

- ½ cup almond milk
- 1½ cup water
- 1 cup ice cubes
- 1 cup spinach
- 1 serving protein powder
- ½ banana
- 1 TBS nut butter (your choice)

#### **Directions:**

- In blender, combine all ingredients.
- Blend until desired consistency.
- Pour and enjoy!



**2-3 slices of cheese and deli meat**



### **Low-Carb Yogurt and Almonds**



# Thursday Meal Plan

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## Pecan Omelet

(Makes 1 serving)

### Ingredients:

- 2 eggs
- ½ TBS butter
- ½ green, yellow, or red pepper, diced
- ¼ cup raw pecans, crushed up
- salt and pepper to taste

### Directions:

- Melt butter in skillet over medium heat.
- Add peppers to skillet and cook for 3 minutes.
- Crack eggs into bowl and whisk.
- Add eggs over peppers and continue to cook for about 4 minutes or until eggs are cooked to your liking.
- Using spatula, remove from skillet and add crushed pecans.
- Add salt and pepper to taste and enjoy!





## Turkey Lettuce Wraps

(Makes 4 servings)

### Ingredients:

- 1 lb. ground turkey
- 1 TBS coconut oil
- ¼ cup red onion, chopped
- 4 cloves garlic, minced
- salt and pepper to taste
- ½ cup fresh cilantro, chopped
- 3 TBS balsamic vinegar with a pinch of salt added
- ⅓ cup cashews, chopped
- 1-2 heads of romaine lettuce

### Directions:

- Heat coconut oil in skillet over medium-high heat.
- Add onions and garlic.
- Sauté for 2 minutes.
- Add ground turkey and cook until turkey is brown and crumbling apart.
- Add balsamic vinegar and cilantro.
- Simmer for 2-3 minutes on low.
- Remove the core end from lettuce.
- Separate leaves and wash.
- Set aside, allowing them to dry.
- Once ground turkey is cooked, fill each lettuce leaf with about 2 spoonfuls of turkey meat.
- Sprinkle, salt, pepper, and chopped cashews over each wrap.

## Zucchini Bison Boats

(Makes 3-4 servings)

### Ingredients:

- 1 lb. ground bison or lean ground beef
- 2 garlic cloves, minced
- ½ cup red onion, diced
- 1 large portobello mushroom cap, diced
- 1 red pepper, diced
- 1 tsp oregano
- 2 TBS tomato paste
- 4 zucchinis, cut length-wise and the middle scooped out so they appear like canoes
- Cooking oil spray



### Directions:

- Preheat oven to 425°.
- Spray cooking oil over zucchinis and bake for 10 minutes.
- In a large skillet, sauté garlic, onions, mushrooms, and peppers.
- Add bison, seasonings, and tomato paste.
- Cook until meat is done.
- Spoon meat mixture into zucchini boats and bake for 5 minutes.
- \*\*\*Don't throw away that scooped out zucchini! You can mix that with butternut squash, heat in microwave for 6-8 minutes or until soft, and mix in blender. This makes a beautiful puree that goes great as a side for the bison boats!

## **Marinated Steak w/ Caramelized Brussel Sprouts & Cauliflower**

(Makes 2 servings)

### **Ingredients:**

- 2 4oz. cut steaks (our favorites are filet or ribeye)
- ½ cup worcestershire sauce
- 4 gloves of garlic, minced
- 1 lb. brussel sprouts
- 1 head cauliflower
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- 1 tsp sugar
- salt and pepper to taste

### **Directions:**

- In a small, shallow dish, put worcestershire sauce, garlic and pepper.
- Put in steaks and marinade (you can do this before you leave the house or an hour before dinner, I've done both).
- Cut brussel sprouts in halves.
- Cut cauliflower into small pieces.
- Heat oil in skillet on medium heat.
- Add brussel sprouts and cauliflower and toss until covered in oil.
- Cover skillet and leave for 5 minutes.
- Turn oven on broil and place iron skillet or hot plate in oven to heat.
- Add about half of balsamic vinegar to brussel sprouts and cauliflower, toss, and cover for another 5 minutes.
- Sprinkle sugar over brussel sprouts and cauliflower, toss and cover for another 5 minutes.
- Add rest of balsamic vinegar, toss, and cover until desired testure.
- Take out hot plate from oven and put on stove on high.
- Put stakes on hot plate and cook each side for 30 seconds.
- Take stakes on hot plate and stick in oven on broil for 2 minutes per side.
- Take steaks out and check for desired doneness.

You can use a grill of course, but if you do not have a grill or it's too cold, this is the next best thing!

# The Meatza Pizza

(Makes 6-8 slices)

## Ingredients:

- 1 lb lean ground beef
- 1 lb ground turkey
- 1 egg
- ¼ cup onion, finely chopped
- salt and pepper to taste
- 1 cup sugar-free tomato sauce
- 2-3 slices turkey bacon, cut into 1-inch pieces
- 1 ½ cups button mushrooms, sliced
- 1 cup bell peppers, thinly sliced
- ½ avocado, diced
- 1 tsp oregano

## Directions:

- Preheat oven to 450°.
- In a bowl, mix ground meat, egg and onion.
- Spread crust mixture on a 16-inch pan
- Bake for 10 minutes
- Heat skillet over medium heat and cook turkey bacon for approximately 3 minutes (so that it is still soft).
- Add mushrooms & bell peppers and cook another 2-3 minutes.
- Remove crust from the oven and pour out juices.
- Preheat oven broiler.
- Spread tomato sauce evenly over crust.
- Add bacon, mushrooms, peppers, and avocado.
- Sprinkle with oregano.
- Place pizza in oven under broiler until the top starts to brown (watch closely as this should only take a few minutes).
- Feel free to sprinkle cheese on top.
- Allow pizza to cool.
- Cut into slices.

## **Chicken Feta “Pasta”**

(Makes 2-4 servings)

### **Ingredients:**

- 2 chicken breasts, cut into chunks
- ¼ cup olive oil
- 1 cup feta cheese
- ¼ cup olives (black, green, etc., whichever you desire)

### **Directions:**

- Pour a little olive oil into skillet and warm over medium heat.
- Add chicken and cook through.
- Pour in feta cheese.
- Add rest of oil and toss until feta melts into a thick, chunky sauce.
- Add olives and toss.
- When olives are warm, transfer to plate and serve.