

FOURGANIC SISTERS: One-week healthy summer meal plan

Maple Bacon Kale Salad

Chicken Sausage Sheet Pan

Salsa Shortcut Taco Skillet

Lettuce Wraps

[Coconut Lime Chicken \(The Whole Cook\)](#)

Caprese Flatbreads

[Honey Lime Shrimp \(Cooking Classy\) with Peppers & Onions](#)

MEAT

1 pound of organic grass-fed ground beef
1 pound of organic chicken breast
1 12-ounce package of (organic if available) chicken sausage
1 pound organic or natural ground turkey
1 12-ounce package of nitrate-free bacon

PRODUCE

1 bag limes
2-pack organic bell peppers
1 bag white onions
1 pint of organic cherry tomatoes
3-pack of organic Romaine lettuce
1-2 bulbs of garlic
12-16 ounce bag of organic shredded kale
1 pound of asparagus
3-pound bag of sweet potatoes
1 package mini organic cucumbers
Avocado
Fresh basil
Fresh cilantro (optional)

DAIRY

4 ounces of fresh mozzarella
6-ounce bag of shredded organic Mexican-blend cheese
Optional: goat cheese for kale salad

PANTRY

1 15-ounce can organic black beans
1 bag of organic tortilla chips
1 28-ounce bag of organic white rice
4-pack naan
16-ounce jar of organic salsa
1 small can of water chestnuts
1 can coconut milk
¼ cup chicken stock
Balsamic glaze
28-32 ounce bag of organic rice

FROZEN

10-ounce bag riced cauliflower
12-ounce bag large shrimp
16-ounces organic frozen broccoli florets

FROM HOME:

Avocado, olive, and or coconut oil
1/4 cup of peanut butter (drippy, natural works best)
3 Tablespoons of honey
6 Tablespoons of maple Syrup
2 Tablespoons of Dijon mustard
2 tablespoons of rice vinegar
Optional-1-2 teaspoons of sesame oil
1 teaspoon of garlic powder
½ teaspoon ground ginger
Coconut aminos or soy sauce
Salt and pepper to taste

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RECIPES:

Crunchy Maple Bacon Kale Salads

4-5 cups of kale

1 12-ounce package of nitrate-free bacon

½ pint organic cherry tomatoes

1 avocado

4-5 small sweet potatoes, washed and wrapped in aluminum foil.

DRESSING:

½ cup of bacon grease

3 Tablespoons of maple Syrup

2 Tablespoons of Dijon mustard

½ teaspoon of garlic powder

Salt and pepper to taste

OPTIONAL: goat cheese for topping. Totally optional, but it is extra good with a teensy bit of goat cheese crumbled on top.

1. Place wrapped sweet potatoes in oven and bake about 35-40 minutes, until they are soft all the way through.
2. Cook bacon according to package. My favorite way to do this is in the oven (400 degrees.) Place bacon on baking rack and place baking rack on sheet pan or baking tray.
3. Cook about 20-25 minutes, until bacon is crispy enough for your liking. (Use bacon grease to make salad dressing.)
4. Reserve ½ cup of bacon grease from cooked bacon.
5. Add to a wide-mouth mug or jar. Mix in maple syrup, Dijon mustard, apple cider vinegar, salt, pepper, and garlic. Let cool a few minutes. Use an immersion blender to pulse about 10-12 times.
6. Once dressing is made, build your salads. Add kale (you can massage it if you choose, just add a teaspoon or two of avocado or olive oil to kale and give it a good rub for a minute or so. Totally optional but does make kale easier to eat for a lot of people!).
7. Add tomatoes and avocado. Crumble bacon on top.
8. Drizzle dressing, toss, and serve immediately with sweet potatoes.

Chicken Sausage Sheet Pan

12 ounces organic chicken sausage

1.5 pounds of sweet potatoes, peeled and diced into ½-inch cubes

1 pound of asparagus, trimmed

Avocado oil

Sea salt

1. Preheat oven to 400 degrees. Add sweet potatoes to large baking sheet and coat with avocado oil. Sprinkle with sea salt and bake for about 20 minutes.
2. Remove potatoes from oven and add chicken sausage and asparagus. Drizzle avocado oil or olive oil to asparagus and sprinkle with sea salt.
3. Bake an additional 10-15 minutes, until sausage reaches 165 degrees and sweet potatoes are soft inside.
4. Serve immediately.

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Simple Salsa Shortcut Taco Skillet

1 pound of organic ground beef
½ jar of organic salsa
1 can of organic black beans
1 bag organic tortilla chips
1.5 cups shredded Mexican blend cheese

1. Heat about a tablespoon of oil in large skillet.
2. Add chicken and cook until brown on all sides, about 5-6 minutes. Add beans and salsa and heat through. Add cheese.
3. Serve on top of tortilla chips.

Lettuce Wraps

1 pound ground turkey
3 pack of organic romaine lettuce
1 10-ounce bag frozen riced cauliflower
1 can water chestnuts
Optional: Green onions for serving

Sauce:

¼ cup of peanut butter (drippy, natural works best)
¼ cup coconut aminos or soy sauce
2 tablespoons of maple syrup
2 tablespoons of rice vinegar
Optional-1-2 teaspoons of sesame oil

½ teaspoon garlic powder

½ teaspoon ground ginger

3 tablespoons of water to thin out

Combine all ingredients in a wide-mouth jar and shake vigorously. I like to blend a few times with my immersion blender to get it nice and creamy.

1. Cook ground turkey in a large skillet. Add chopped water chestnuts, and riced cauliflower. Heat through.
2. Add sauce to turkey mixture.
3. Serve immediately on lettuce leaves. Add sliced green onions if you'd like.

Coconut Lime Chicken (The Whole Cook)

1 pound organic chicken
2 Tbsp of coconut oil
1.5 cups canned coconut milk
¼ lime juice
¼ chicken stock
1 tablespoon of minced garlic
½ tsp salt
½ tsp pepper
1/8 cup fresh cilantro

FULL RECIPE: <https://thewholecook.com/coconut-lime-chicken/>

NOTES: Serve with roasted broccoli (on list) and/or rice.

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Caprese Flatbreads

4 pack naan

1/2 pint organic cherry tomatoes (can use Roma or any style tomatoes)

4 ounces fresh mozzarella, torn into chunks

1 Tablespoon balsamic glaze

Garnish: fresh basil

1. Preheat oven to 400 degrees.
2. Brush naan with olive oil.
3. Add sliced tomatoes and chunks of mozzarella.
4. Bake about 8-10 minutes, until cheese is nice and melty.
5. Before serving, drizzle with balsamic glaze and top with fresh basil.
6. Serve with side salads or diced cucumbers, tomatoes, and onions tossed with olive oil and red wine vinegar.

Honey Lime Shrimp (Cooking Classy) w/ sautéed Peppers and Onions

12 ounces jumbo shrimp, thawed

Juice and zest of three limes

3 Tablespoons of honey

Garlic, minced

Avocado oil

FULL SHRIMP RECIPE:

<https://www.cookingclassy.com/honey-lime-shrimp/>

After cooking shrimp, set aside and add strips of peppers and onions in skillet along with a tablespoon of avocado oil. Cook about 5-6 minutes and toss shrimp back in.

TIPS: Feel free to serve with leftover rice if you want to add in a starch! (Make double when you make the coconut lime chicken!)