

Recovery Week Prescription

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NUTRITION	See below.	See below.	See below.	See below.	See below.	See below.
EXERCISE	Healthy Shoulders + Your Priority Corrective(s) + 3 to 5 Turkish Get Ups Per Side	Roll Correctives Hike, Bike, Swim, Walk... 5:15pm Meet at Alston Park for Group Hike/Walk	Healthy Hips & Knees + Your Priority Corrective(s) + 3 to 5 Turkish Get Ups Per Side	Roll Correctives Hike, Bike, Swim, Walk... 8:00am Meet at Alston Park for Group Hike/Walk	Healthy Feet & Ankles + Your Priority Corrective(s) + 3 to 5 Turkish Get Ups Per Side	Roll Joint Mobility Correctives Hike, Bike, Swim, Walk...

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake-Up	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo
Breakfast	Banana Nut Porridge	Banana Nut Porridge	Banana Nut Porridge	Banana Nut Porridge	Smoothie	Saturday Morning Power Skillet	Veggie Scramble with 2 slices bacon
Snack	Apple with 1-2 TBSP Almond or Cashew Butter	2 Boiled Eggs + Your Fave Veggie	Veggies with ¼ cup Guacamole OR 1 Cup Zucchini & Fennel Soup	Apple with 1-2 TBSP Almond or Cashew Butter	2 Boiled Eggs + Your Fave Veggie	Veggies with ¼ cup Guacamole OR 1 Cup Zucchini & Fennel Soup	Apple with 1-2 TBSP Almond or Cashew Butter
Lunch	Veggie "Detox" Lettuce Wraps	Veggie "Detox" Lettuce Wraps	2 Chicken Salad Roll-Ups with 1 cup Zucchini & Fennel Soup	Leftover Citrus Fish Tacos + ½ sweet potato	Leftover Greek Chicken & Salad	Leftover Spaghetti Squash Pizza & Salad	Leftover Chili + Small Green Salad
Dinner	Large Green Salad w/ lots of veggies + Fresh Squeezed lemon for dressing	2 cups Zucchini & Fennel Soup	Citrus Fish Tacos + ½ sweet potato	Greek Chicken	Spaghetti Squash Pizza	Bowl Grass-fed Chili	Kitchen Sink Salad

Morning Mojo: Lemon Ginger Detox

Ingredients:

- 12 oz. glass water (at room temperature)
- Juice of ½ lemon
- Either: ½ inch knob ginger root OR pinch of cayenne pepper

Directions: Add the lemon juice to the glass of water.

If ginger: finely grate the ginger using a zester, and add the zest to the glass of water.

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Banana Nut Porridge

This recipe comes from Against All Grain Servings: 4

- 1/2 cup each of raw cashews, raw almonds, raw pecans
- 1 very ripe banana (makes it easier to digest plus adds a little more sweetness)
- 2 cups coconut milk (unsweetened) *
- 2 teaspoons cinnamon
- Dash of sea salt for soaking water

* I prefer canned coconut milk for this

Place the nuts in a large bowl and sprinkle the sea salt over them.

Fill the bowl with filtered water so the nuts are covered by at least 1 inch of water. Cover and soak overnight.

Drain the nuts and rinse 2 or 3 times, until the water runs clear.

Add the drained nuts to a food processor or high-speed blender.

Blend the nuts with the banana, coconut milk, and cinnamon until smooth.

Divide it into 4 glass storage bowls or jars and microwave for 40 seconds or put all of the porridge in a pot on the stove and heat over medium-high heat for 5 minutes.

Serve with coconut butter, raisins, chopped nuts, and an extra splash of milk if desired.

Smoothie

1 Servings

- Healthy Handful of Spinach
- ½ Banana (frozen preferred)
- ½ Cup of Frozen Cherries
- 2 TBSP Almond or Cashew Butter
- ¼ Tsp. Cinnamon
- 3 tsp. unsweetened cocoa powder or 1 Tbsp. Cocoa Nibs
- 1 Cup Almond Milk

Blend well and enjoy.

Saturday Morning Power Skillet

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Hash Ingredients: (serves 2)

- 2 strips nitrate-free bacon
- 2 Tbsp. olive oil
- 1 sweet potato, peeled & cubed in ¼" pieces
- 1/4 red onion, diced in ½ " pieces
- 1 cloves garlic
- ¼ tsp ground cumin
- Pink Salt and pepper, to taste
- **4 Eggs** (make 2 eggs per serving. *Save half the hash for following day.*)

Directions: In a sauté pan over medium-high heat, add bacon and olive oil. When the bacon begins to sizzle, add sweet potatoes and spread out as much as possible to allow the potatoes to rest in the pan in 1 layer. Cook for about 5 minutes or until potatoes start to brown.

Toss potatoes until all sides of potatoes are browned and bacon is crisp. (about 3-5 min) While potatoes are cooking, in a separate pan, cook 2-4 eggs to your liking.

Add onions, garlic, cumin, and season with salt and pepper. Allowing everything to sit in the heat of the pan for a minute or 2. Once the eggs are done, add them over the top of the skillet or on the side. Enjoy!

Veggie Scramble

Ingredients: (Serves 1)

- 1/2 Tbsp. coconut oil
- 1/2 cup broccoli, chopped
- 1/2 cup onion, diced
- 1/3 green pepper, diced
- 2 Eggs
- 1/2 tomato, diced,
- 1/4 Avocado, sliced, for garnish

Directions: Heat coconut oil in a sauté pan over medium heat. Sauté the vegetables for 3-4 minutes or until tender. In a small bowl, whisk eggs. Pour the eggs over the vegetables and stir. Stir frequently and scramble them in with the veggies. Season with salt and pepper, top with tomato and avocado. Enjoy!

Veggie "Detox" Lettuce Wraps

***1 Serving. These wraps are included to help rid your body of impurities and detoxify your body.... it's extremely important that you follow the ingredient list below ☺

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Ingredients:

- 2 large leaves of Butter lettuce leaves
- Any sliced up veggies you want to wrap up in there: peppers, cucumber, tomato, broccoli, carrots, mushrooms, etc. (no corn, beans)
- Dressing: Fresh Squeezed Lemon Juice or Balsamic Vinegar ONLY
- 4 oz. Tuna, Turkey or Chicken

Directions: Take all of your sliced veggies and place them inside the middle of your large Butter lettuce leaves. Sprinkle a small amount of balsamic or lemon juice over your veggies and then wrap it UP!

Kitchen Sink Salad

Ingredients: (1 serving)

- 2-3 cups Mixed Greens (not iceberg)
- 1/2 tomato
- 1 TB Pumpkin seeds
- Shaved carrot (1/2)
- Sliced zucchini (1/2)
- Diced Red Bell Pepper (1/2)
- Handful of Sprouts
- 1/4 avocado, sliced
- 2 Tbsp. Balsamic Dressing (*recipe page 3*)
- 4-8 oz. Protein of choice (chicken, fish, turkey)

Directions: In a bowl, toss everything together any way that you please. Enjoy!

Go-To Chicken Salad Roll-Ups

Ingredients: (1 Serving)

- 4-8 ounces Chopped chicken breast (precooked)
- 2-3 Butter lettuce leaves
- 1/4 cup chopped almonds
- 1/4 cup red seedless grapes, halved
- 1/4 Mashed avocado

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- Salt & pepper, to taste

Directions: Mix all ingredients (minus the lettuce leaves) in a bowl. Spoon into butter lettuce leaves to make a nice wrap!

Citrus Fish Tacos (Serves 2)

Ingredients (marinade):

- 2 large oranges (juiced)
- ½ lime (juiced)
- 3 TB olive oil
- 1 tsp. cumin powder
- ½ tsp. salt
- 2 wild-caught tilapia fillets (cut in 1" chunks) you could also use Mahi Mahi

Ingredients (wraps):

- 3-6 butter lettuce leaves
- ½ red pepper (diced)
- ½ red onion (diced)
- ½ mango (diced)
- ½ avocado (sliced)

Directions: Mix the orange juice, lime juice, olive oil, cumin, and salt in a bowl and combine well.

Gently place the pieces of Tilapia into a large Ziploc bag and pour in the juice. Marinade for 2-4 hours in the refrigerator, flipping the bag over about half way through.

Next, heat some olive or coconut oil over a large skillet. When the pan is warm, add the Tilapia and cook for about 4-5 minutes on 1 side, then **turning only once**, finish cooking on the other side (about 8-9 minutes total)

Then, simply prepare your tacos to your liking, adding the fish, pepper, onion, & mango! (be creative and add anything else you think may taste great on there!)

It's very refreshing and absolutely DELICIOUS! Once you get the marinade in the fridge, it will only take you about 10 minutes to prepare them. **Serves 2.**

Zucchini and Fennel Soup

**3-4 servings*

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Ingredients:

- 1 Tbsp. extra virgin olive oil
- 3 zucchini, chopped and peeled
- 1/2 Vidalia or yellow onion, chopped
- ½ fennel bulb, chopped
- 3 cups chicken stock (low-sodium)
- Salt and pepper, to taste

Directions: Heat olive oil in a large skillet or soup pot with zucchini, onion, and chopped fennel. Season with salt and pepper. Cook for about 10-15 min.

Add stock, bring to a boil and then simmer until soft. Put everything in blender and blend. Serve immediately and enjoy!

Greek Chicken

- 1/2 teaspoon dried basil
- 1/2 teaspoon dried parsley
- 1 teaspoon garlic powder
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried dill
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 4 organic, free-range chicken breasts
- 3 Tablespoons balsamic vinegar
- 3 Tablespoons olive oil
- 1 red onion, thick slices
- 10 grape tomatoes, whole

Preheat the oven to 400 degrees F

In a small bowl, combine all of the spices

Place the chicken breasts in a 9×13 or a deep baking dish

Pour the balsamic vinegar and grape seed oil over the chicken breasts evenly and then sprinkle the seasoning over the chicken breasts

Add the red onions and tomatoes around the outside of the pan around the chicken breasts

Bake for 35-40 minutes until the chicken is done. The tomatoes will be popped and the onions will start to brown on the ends. Serve with your favorite side dish or a green salad and Enjoy!

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Almost 5-Ingredient Spaghetti Squash Pizza

- 1 large spaghetti squash
- 1 pound italian sausage
- ½ yellow onion, diced
- 1 cup pizza sauce (no sugar added)
- 1 teaspoon dried basil
- salt and pepper, to taste
- 3 eggs, whisked
- (optional: add anything you like with pizza: mushroom, bell pepper, olives, basil)

Preheat oven to 400 degrees.

Cut spaghetti squash in half lengthwise. Place spaghetti squash cut side down on a baking sheet and bake for 20-25 minutes or until the skin of the squash gives when you press on it. Then reduce oven heat to 350 degrees.

Once squash is done cooking, remove threads and place in an 8x8 greased baking dish.

Place a large pan over medium heat. Add italian sausage and onion. Cook until pink no longer remains in the sausage and it is broken up into pieces.

Add pizza sauce, dried basil and salt and pepper to the pan and mix well.

Add sausage mixture to the 8x8 dish and mix well with spaghetti squash threads.

Lastly, add whisked eggs to the baking dish and mix everything together until you can no longer see the eggs.

Place in oven and bake for 1 hour or until the top of the mixture forms a slight crust that doesn't give when you press on it in the middle of the dish.

Let rest for 5 minutes before serving.

Oh So Good! Chili with a Twist

**4 servings. Inspired by Primal Cravings (I recommend doubling this recipe- it's AWESOME!)*

Ingredients:

- 1 Tbsp. Extra Virgin Olive Oil
- 1/2 yellow onion, diced
- 2 garlic cloves, minced
- 1/2 lb ground grass-fed beef
- 1/2 lb ground turkey

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- 1/4 cup pumpkin puree
- 14-ounce can crushed tomatoes
- 8 ounces tomato sauce
- 2 ounces can diced green chili's
- 1/2 cup beef stock
- 1 Tablespoons chili powder
- 1/2 Tablespoon ground cumin
- 1/2 Tablespoon paprika
- 1 teaspoon ground coriander
- 1 teaspoon cocoa powder
- 1/2 teaspoon granulated garlic
- ¼ teaspoon cayenne pepper
- Pink Himalayan salt to taste
- OPTIONAL: 1/2 jalapeno, seeded and finely diced to taste
- Sliced avocado

Directions: In a large soup pot over medium heat, sauté the onion and garlic until onions begin to soften. Then, add the beef and turkey, and stir occasionally until browned.

Add the rest of the chili ingredients (except the avocado). Let simmer, stirring every so often for 15 minutes. Garnish with sliced avocado. Serve and enjoy!