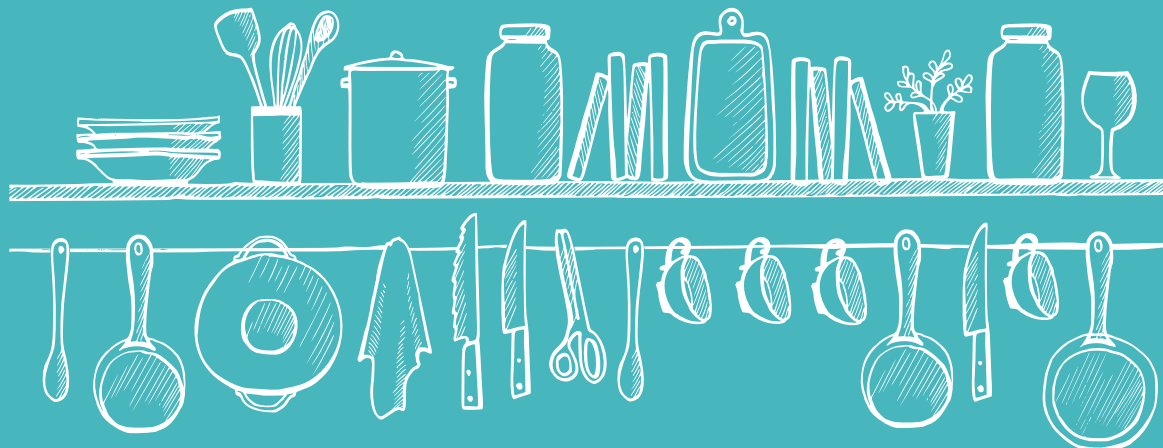


WEEKDAY MEAL PLAN & SHOPPING LIST



	BREAKFAST	LUNCH	DINNER
MONDAY	Pear & Bacon Breakfast Sandwich <i>Serves 2</i>	Healthy Waldorf Salad <i>Serves 2-3</i>	Pork Tenderloin with Apples <i>Serves 6</i>
TUESDAY	Piñata Apple Smoothie <i>Serves 2 (12 oz. servings)</i>	Brie, Ham & Pear Panini <i>Serves 2</i>	Apple-Veggie Tian with Gruyere Cheese <i>Serves 4 - pair with side salad</i>
WEDNESDAY	Apple Pie Energy Bites <i>Serves 12</i>	Pear, Blue Cheese & Walnut Salad <i>Serves 6</i>	Grilled Shrimp Tostadas with Apple-Mango Salsa <i>Serves 4</i>
THURSDAY	Overnight Oatmeal with Apples <i>Serves 2 (8 oz. servings)</i>	Apple & Avocado Quinoa Salad <i>Serves 6-8</i>	Pear Pizzette <i>Serves 4</i>
FRIDAY	Tropical Apple Yogurt <i>Serves 1</i>	Simple Spiralized Apple & Blue Cheese Salad <i>Serves 1</i>	Crusted Chicken with Piñata Apple Salsa <i>Serves 4</i>



- Shop Once
- Prep Once
- Save Time & Energy

MONDAY



Pear & Bacon Breakfast Sandwich

TUESDAY



Piñata® Apple Smoothie

WEDNESDAY



Apple Pie Energy Bites

THURSDAY



Overnight Oatmeal with Apples

FRIDAY



Tropical Apple Yogurt

PREP AHEAD: Cook bacon during Sunday prep day.

Ingredients:

- 4 slices whole wheat bread
- 4 slices cheddar cheese
- 1 ripe d'Anjou pear; peeled, halved lengthwise, cored and cut into 4" thick slices
- 4 slices cooked bacon
- Butter, 2 tablespoons; softened

Directions:

Top two slices of bread with 1 slice of cheese, then 2 slices of pear, 2 slices of bacon, and another slice of cheese. Top with remaining bread, and butter the top piece. Preheat a griddle or large skillet. Grill until nicely browned on one side, then flip and brown the other side. Cut sandwich in half and enjoy!

Ingredients:

- 1 Piñata® apple, cored and quartered
- Ice cubes, 1 cup
- Dates, 2 halved and pit removed
- 1/2 orange, peeled
- 1 Banana, peeled
- Crushed pineapple, 1/4 cup
- Light coconut milk; 1/2 cup
- Golden flaxseed meal; 2 TBSP

Directions:

Beginning with apple and ice, layer ingredients in a high-speed blender pitcher. Blend on high until completely liquefied (about 1 minute). Serve immediately!

PREP AHEAD: Make this entire recipe on Sunday prep day!

Ingredients:

- 1 cup dates, pitted
- 1 extra small Stemilt apple, chopped into squares
- 1/3 cup whole flaxseeds
- 1/4 cup almonds
- 1/4 cup walnuts
- 1 TBSP coconut oil, melted
- 1 tsp. cinnamon
- 1 tsp. vanilla

Special equipment: food processor

Directions:

Add all ingredients into a food processor and mix. Stop once you've achieved a course texture. Roll the mixture into 12 ball-shaped bites. Place bites on parchment paper and refrigerate or freeze to harden. Enjoy anytime!

PREP AHEAD: The oatmeal portion of this recipe must be made the night before!

Ingredients:

- 1 cup old-fashioned oats
- 1/2 tsp. cinnamon
- Pinch salt
- 1 1/3 cup of plain yogurt or non-dairy yogurt alternative
- 1/4 cup raisins
- 1-2 tsp pure maple syrup
- 1 Stemilt apple, cored and diced
- 2 TBSP sliced almonds

Directions:

Divide oats evenly across two mason jars and add equal amounts of cinnamon, salt, yogurt, raisins, almond milk and maple syrup. Secure lids on jars and refrigerate for 8 hours, or overnight. In the morning, top with diced apples and sliced almonds.

Ingredients:

- 1/2 cup diced Pinata® apple
- 1/2 cup plus 1 TBSP pineapple juice
- 6 ounces plain yogurt
- 1 TBSP crushed canned pineapple, drained
- 1/4 teaspoon pure vanilla extract
- 1 TBSP honey
- Fresh orange zest (optional), to taste

Directions:

Combine diced apple with ½ cup pineapple juice; set aside. In a small bowl, combine yogurt, crushed pineapple, vanilla, honey, 1 TBSP pineapple juice, and orange zest; stir well. Transfer infused yogurt to a serving dish. Drain apples. Top yogurt serving with drained, diced apples. Serve immediately.

LUNCH RECIPES

MONDAY



Healthy Waldorf Salad

TUESDAY



Pear, Blue Cheese & Walnut Salad

WEDNESDAY



Brie, Ham & Pear Panini

THURSDAY



Apple & Avocado Quinoa Salad

FRIDAY



Simple Spiralized Apple and Blue Cheese Salad

PREP AHEAD: Grill chicken breast on Sunday prep day.

Ingredients:

- 1 chicken breast, grilled and cut into slices
- 1/4 cup plain yogurt
- 1/4 cup mayonnaise
- 1 TBSP lemon juice
- 1 tsp. Dijon mustard
- 1/4 tsp. salt
- Pinch of black pepper
- 4 cups of Romaine lettuce, chopped
- 1/2 cup red grapes, sliced
- 1/2 cup celery, sliced
- 1/4 cup Stemilt apples, cored and chopped
- 1/4 cup walnuts, chopped

Directions:

Grill chicken until cooked through (no pink remains). In a blender combine yogurt, mayo, lemon juice, mustard, salt and pepper for dressing. Set aside. Cut cooled chicken into slices. Add romaine to large serving bowl, add grapes, celery, apples, walnuts and chicken on top. Toss with dressing. Serve and enjoy.

Ingredients:

- 1 package mixed baby greens
- 1 large ripe d'Anjou pear, cored and cut into slices
- 3 oz. crumbled blue cheese
- 3 oz. walnuts, chopped
- 4 TBSP extra virgin olive oil
- 2 TBSP balsamic vinegar
- 1 tsp. Dijon mustard
- 1/2 tsp. white sugar
- 1/4 tsp. salt

Directions:

Divide the mixed baby greens onto 6 salad plates. Top each plate with equal amounts of pear, blue cheese and walnuts. In a mason jar, combine olive oil, balsamic vinegar, Dijon mustard, sugar and salt. Mix vigorously. Top each salad with dressing and serve immediately.

PREP AHEAD: Make this entire recipe on Sunday prep day!

Ingredients:

- 4 slices of whole wheat bread (or sourdough)
- 1 TBSP Dijon mustard
- 2 ounces thinly sliced ham
- 1 ripe d'Anjou pear, peeled, cored and cut into 3" thick slices
- Freshly ground pepper, to taste
- 2 ounces Brie cheese, sliced
- 2 TBSP butter, softened

Directions:

Preheat Panini maker or grill pan over medium heat. Place 2 slices of bread and spread half of the mustard on each slice. Divide the ham between the 2 sandwiches. Add 3 slices of pear to sandwich and grind pepper on top. Top the pears with slices of cheese. Place a slice of bread on top and butter the top slices of bread with half of the butter. Grill until nicely browned on both sides and cheese is melted through. Enjoy!

PREP AHEAD: Cook the quinoa on Sunday prep day!

Ingredients:

- 1 1/2 cups quinoa, cooked
- 1/4 tsp. salt
- 2 Piñata® apples, cored and diced
- 2 ripe avocados, peeled/cored/diced
- 1/2 cup walnuts, chopped
- 1/2 cup green onions, sliced thinly
- Black pepper, to taste
- For dressing:
 - 3 TBSP honey
 - 1/3 cup fresh lemon juice
 - 2 TBSP water
 - 1/4 cup extra virgin olive oil
 - Salt and pepper, to taste

Directions:

Add dressing ingredients to mason jar, seal with lid, and shake to mix. Rinse quinoa with water using a fine mesh strainer. Repeat this two more times. This removes any unpleasant aftertaste. Combine the quinoa with 3 cups of water and pinch of salt in a medium saucepan. Bring to a boil, then reduce to low heat and cover. Simmer for 13-15 minutes, until cooked through. Allow quinoa to cool. Add the apples, avocados, walnuts, green onions and remaining salt and pepper. Toss to combine. Pour dressing over quinoa and toss gently to combine. Enjoy!

Ingredients:

- 1 Stemilt Gala apple
- 2 cups of mixed spring greens
- 1 TBSP blue cheese
- 1 TBSP candied pecans
- Balsamic vinaigrette

Directions:

Cut apple into quarters to remove core. Spiralize apple quarters with a handheld or crank spiralizer. In a salad bowl, add greens, then blue cheese, pecans, and finally, the spiralized apples. Top with balsamic dressing or serve on the side. Enjoy!

MONDAY



Pork Tenderloin with Apples

TUESDAY



Apple Veggie Tian with Gruyere Cheese

WEDNESDAY



Grilled Shrimp Tostadas with Apple-Mango Salsa

THURSDAY



Pear Pizzone

FRIDAY



Crusted Chicken with Piñata[®] Apple Salsa

PREP AHEAD: Grill chicken breast on Sunday prep day.

Ingredients:

- 1 tsp. extra virgin olive oil
- 1 yellow onion, sliced thin
- 2 Stemilt apples, cored and diced
- 1/2 TBSP butter
- 1 1/2 - 2 lbs. of pork tenderloin
- 1 TBSP high heat oil (grapeseed)
- Salt and pepper, to taste

Directions:

Heat olive oil on low in a large skillet. Add the onions with a pinch of salt. Sweat the onions, stirring, until they caramelize.

Turn the pan up to medium and add the apples. Allow them to sauté briefly and then add the butter to the pan. Sauté the apples in the butter, tossing frequently, until they begin to brown. Set aside.

Preheat the oven to 425 degrees F and line a baking sheet with aluminum foil. Use a sharp knife to trim any silver skin from the tenderloin. Season the meat generously with salt and pepper on all sides.

Heat a large skillet on medium high with the high heat oil. Sear the meat on all sides, making sure it has a nice brown crust.

Place the pork tenderloin on the prepared baking sheet and cook in the oven until a meat thermometer reads 145 degrees F, approximately 15-20 minutes. Remove from oven, cover with foil and allow the meat to rest for 10 minutes. Slice and serve with the caramelized onions and apples.

Ingredients:

- 2 TBSP extra virgin olive oil
- 1/2 medium red onion, cut lengthwise and thinly sliced
- 2 large swiss chard leaves, trimmed and sliced in ribbons
- 3/4 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. dried thyme
- 2 Stemilt apples, cored and sliced crosswise into half-moons
- 1 delicata or winter squash, sliced crosswise into half-moons
- 2 zucchini, trimmed, sliced into coins
- 2 oz. gruyere cheese, shredded

Directions:

Preheat oven to 375 degrees F. Heat 1 tablespoon olive oil in a skillet over medium heat. Add onion to skillet and sauté onion until just translucent; about 3 to 4 minutes. Add chard, 1/4 teaspoon kosher salt, 1/4 teaspoon black pepper and 1/4 teaspoon dried thyme. Sauté onion with chard and seasonings for another minute. Remove from heat and set aside.

Meanwhile, lightly spray or grease baking dish. Then evenly spread onion-chard mixture in bottom of dish. Arrange slices of apple, squash and zucchini atop onion-chard mixture, overlapping each addition in a layered pattern (as pictured). Sprinkle with 1/2 teaspoon kosher salt, 1/4 teaspoon black pepper, and 1/4 teaspoon dried thyme. Drizzle 1 tablespoon olive oil over top. Cover dish with foil and bake for approximate 25 to 30 minutes. Remove foil, sprinkle cheese otop and bake for another 25 to 30 minutes. Remove from oven and serve.

Ingredients:

- 24 large shrimp, peeled and deveined
- 1 tsp. salt free Caribbean jerk seasoning
- 1 serrano chile, stemmed/seeded/diced
- 1 cup Stemilt apple, cored and chopped
- 1 cup chopped mango
- 1/4 cup finely diced red onion
- 1/4 cup fresh cilantro, chopped
- 2 TBSP lime juice
- 1 large avocado, mashed
- 8 corn tostadas
- Lime wedges

Directions:

Preheat grill to high heat. Combine shrimp and seasoning; let stand 10 minutes. Combine chile, apple, and next 5 ingredients (through salt) in a medium bowl; toss to coat. Grill shrimp, covered with grill lid, 2 to 3 minutes on each side or just until shrimp turn pink.

Top each tostada with 1 tablespoon mashed avocado, 3 shrimp, and 1/4 cup apple-mango salsa. Sprinkle with additional chopped cilantro, if desired. Serve with lime wedges.

Ingredients:

- Pizza flatbreads, 4
- 3 TBSP extra virgin olive oil
- 1 small head radicchio, halved, small core removed, and thinly sliced
- 1/2 large onion, thinly sliced
- 1 large fennel bulb, fronds and stems removed, quartered and woody center removed, thinly sliced
- 1/2 tsp salt
- 1/2 tsp white sugar
- 2 TBSP canola oil
- 4 ounces blue cheese
- 3 Stemilt pears, cored and quartered
- Pepper, to taste
- Fresh arugula, 2 cups

Directions:

Heat olive oil in a large skillet over medium heat. Add onion and fennel to skillet; cook, stirring intermittently, until onion is translucent and slightly golden; about 10 to 12 minutes. Add radicchio, salt and sugar to onion mixture; stir well to combine, cooking for another 3 to 4 minutes. Set aside. Spray large rectangular cast iron grill generously with canola oil spray and heat grill on stove top over medium high heat. Working with two flatbreads at a time, brush tops lightly with canola oil and place each on grill, oil-side down; then brush up-facing sides with canola oil. Cook until bottoms begin to brown, about 4 to 6 minutes; then turn over. Then dot each pizzone with 1/4 portion of the blue cheese; top with approximately 1 1/2 cups of onion mixture; then arrange 6 to 8 slices of pear on top of onion mixture. Continue cooking pizzones, until cheese softens for 3 to 5 minutes. Season each pizzone with freshly ground pepper and top each with approximately 1/2 cup fresh arugula. Serve immediately.

Ingredients:

- 2 chicken breasts, boned/skinned/pounded to 1/2 " thickness and cut in half
- 1 tsp salt
- 1 tsp pepper
- 8 oz macadamia nuts
- 3 TBSP extra virgin olive oil
- 1 cup diced Stemilt Piñata[®] apples
- 1 1/2 cups diced fresh pineapple
- 3 TBSP jalapeno pepper, seeds removed and diced
- 1/2 cup diced yellow pepper
- 1/4 cup green onion, sliced
- 2 TBSP lemon juice

Directions:

In a large bowl, combine apple, pineapple, jalapeño, yellow pepper, green onion, and lemon juice. Set aside. Season both sides of each fillet with salt and pepper; set aside. Place finely chopped macadamia nuts onto a piece of wax paper. Place one cut chicken fillet atop nuts and press firmly to allow nuts to adhere to meat. Turn chicken over and repeat. Continue turning and pressing to coat chicken with nuts. Repeat with remaining chicken fillets. Carefully set aside. Heat olive oil in a large skillet over medium heat. Carefully place chicken in skillet and cook for approximately 3 to 5 minutes, until golden on one side. Using a spatula, carefully turn chicken breasts over (as opposed to flipping), so as not to loosen too much of the nut coating. Continue cooking chicken for another 3 to 5 minutes, until completely golden and cooked through. Plate chicken and top with salsa. Serve immediately.

GROCERY LIST

Don't let the length of this list scare you as you probably have most of these ingredients in your pantry and refrigerator already!

PRODUCE

- Stemilt d'Anjou pears, 6
- Piñata® apples, 5
- Stemilt Fuji apple, 5
- Stemilt Gala apple, 4
- Medjool dates, 1 small package
- Navel orange, 1
- Banana, 1
- Lemons, 3
- Limes, 2
- Romaine lettuce, 1 bag chopped
- Mixed baby greens, 2 packages or 1 large
- Avocados, 3
- Green onions, 1 bunch
- Yellow onion, 2
- Red onion, 1
- Red grapes
- Celery, 3 stalks
- Swiss chard, 2 leaves
- Delicata or winter squash
- Zucchini, 2
- Serrano chile, 1
- Jalapeno, 1
- Yellow pepper, 1
- Mango, 1
- Cilantro, 1 bunch
- Raddichio, 1 small head
- Fennel, 1 large bulb
- Arugula, 1 small package
- Raisins
- Pineapple, 1

MEAT

- Bacon; 1 package
- Chicken breast, 3
- Ham, sliced
- Pork tenderloin, 2 lbs.
- Shrimp, 24 large, deveined/peeled

DRIED HERBS/SPICES & BAKING

- Kosher Salt
- Black Pepper
- Dried Thyme
- Caribbean jerk salt-free seasoning
- Flaxseeds, to make into meal and use as whole
- Almonds, whole and/or sliced
- Walnuts
- Candied pecans
- Macadamia nuts
- Coconut oil
- Cinnamon
- Vanilla extract
- Extra Virgin Olive Oil
- Grapeseed oil
- Canola oil
- White sugar

GRAINS, LEGUMES & STARCHES

- Bread; 1 loaf of whole wheat
- Old-fashioned oats
- Quinoa
- Pizza flatbreads, 4
- Corn tostadas, 8

DAIRY

- Cheddar cheese; 1 packaged pre-sliced
- Butter; 2 cubes unsalted
- Plain yogurt, 2 large containers
- Blue cheese
- Brie cheese
- Gruyere cheese

CONDIMENTS

- Pure maple syrup
- Honey
- Mayonnaise
- Dijon mustard
- Balsamic vinegar
- Balsamic vinaigrette

OTHER

- Crushed pineapple, 1 small can
- Pineapple juice, 1 small can
- Light coconut milk, 1 can

