


*30 Day*

# REAL FOOD RESET

[BUILDMENU30.COM](http://BUILDMENU30.COM)

**BUILD  A MENU**

AN EASY MEAL PLANNING SOLUTION FOR BUSY FAMILIES





ROASTED BUTTERNUT SQUASH SOUP



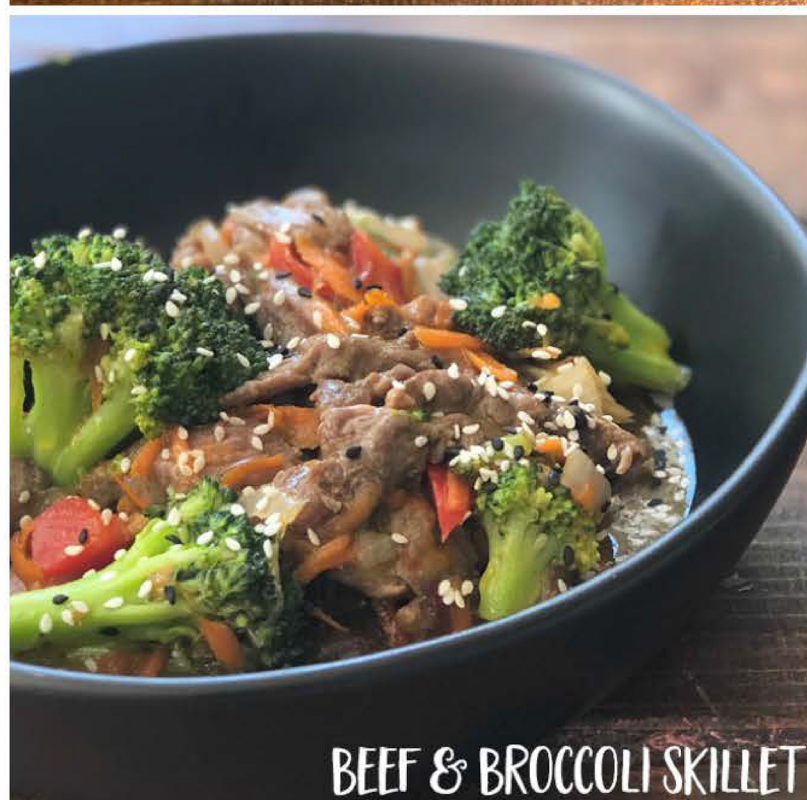
WARM SALSA CHICKEN



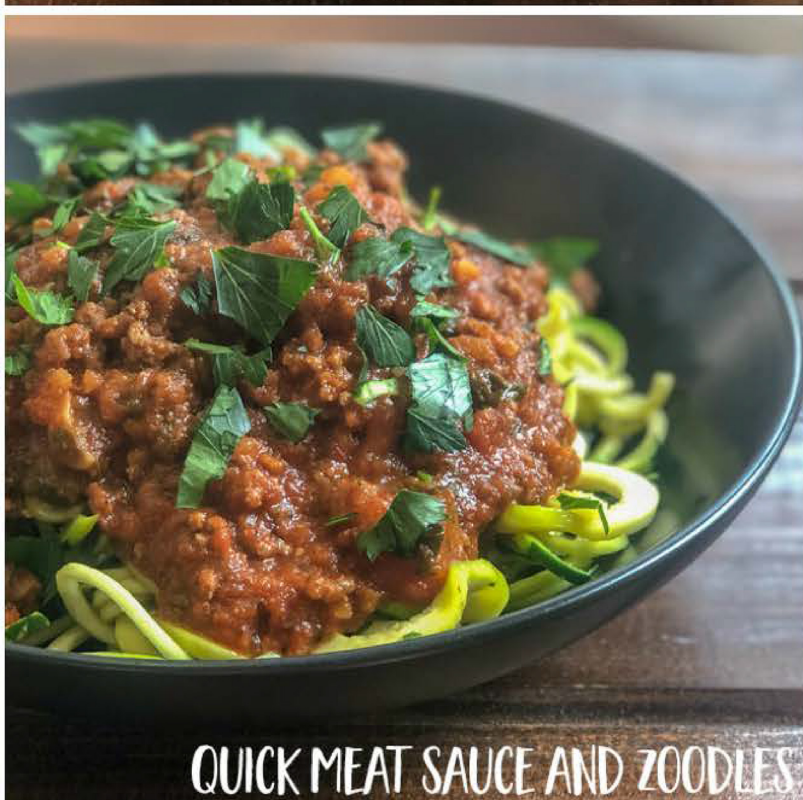
SAUSAGE AND VEGGIE EGG CUPS



CHICKEN TORTILLA-LESS SOUP



BEEF & BROCCOLI SKILLET



QUICK MEAT SAUCE AND ZOODLES



DAYS 6-10

# Menu Plan

	BREAKFAST	LUNCH	DINNER
DAY 6	*Sweet Potato Chicken Sausage Hash	Healthy Chicken Salad (with No Fail One-Minute Mayonnaise)	Hearty Potato and Sausage Bake
DAY 7	Quick Veggie Omelet	Steak, Pecan and Apple Salad to Go	Moist and Flavorful Mexican Meatballs
DAY 8	Sausage and Veggie Egg Cups	*Moist and Flavorful Mexican Meatballs	Chicken Tortilla-less Soup
DAY 9	Oven Scrambled Eggs	Steak, Pecan and Apple Salad to Go	Pork Ragu with Squash Ribbons
DAY 10	Boiled Eggs and Fruit	Avocado Tuna Salad	Chicken Chile Verde Bowls

\* Indicates Leftovers

DAYS 1-5

# Shopping List

## PRODUCE

- Spinach, 1 cup + 6 cups + 2 cups
- Tomato, 3
- Lemon, 1
- Cauliflower rice, 16oz
- Limes, 2 + 2
- Cilantro, ¼ cup + 1 bunch
- Potatoes, 1, 4
- Apple, 2
- Green bell pepper, 2
- Green onions, 2
- Onion, 8
- Red bell Pepper, 2
- Parsley, ½ cup
- Garlic Cloves, 7
- Avocado, 1
- Butternut Squash, 1 large
- Fresh Tomatoes, 2 cups
- Jalapeño, 1
- Mushrooms, 1 cup
- Zucchini, 7 medium
- Fresh Sage, 1 TBSP
- Sweet Potatoes, 3

## COLD

- Eggs, 15

## FROZEN

- Frozen (or fresh) Cranberries, ¾ cup (optional for Sweet Potato Chicken Sausage Hash)

## MEAT

- Bacon, 4 slices + 4 slices
- Chicken Breast, bone in, 4
- Pork Shoulder/Pork Butt, 4 lb
- Ground Pork Sausage, ½ lb
- Chicken, 5 cups cooked (chopped or diced)
- 1 Rotisserie Chicken, shredded
- Chicken breast, 6
- Ground Beef, 1 lb
- Aidell's Chicken Sausage, 3 links
- Ground Pork, 1 lb (or ground beef for Picadillo)

## PANTRY

- Full Fat Coconut Milk, ¼ cup + ⅓ cup + ½ cup
- Ghee, 2 TBSP
- Avocado Oil, 1 TBSP + 1 ½ cups
- Unsweetened, Unfiltered Apple Cider, 1 ½ cups
- White Vinegar, 1 TBSP
- Olive Oil, 1 TBSP + 1 tsp + 1 TBSP
- Tomato Paste, 2 TBSP
- Fire Roasted Tomatoes Diced, 1 can 28oz
- Chicken Bone Broth, 4 cups + 1 ½ cups
- Toasted Pumpkin seeds (topping for Butternut Squash Soup)
- Mild Green Chiles, 8oz
- Almond Flour, 2 TBSP
- Marinara Sauce - sugar free, 2 jars, 24 oz each
- Tomato Sauce, 8oz
- White Cooking Wine, ½ cup
- Black Olives - halved, ¼ cup

## SPICES

- Salt
- Pepper
- Hungarian Sweet Paprika
- Garlic Powder
- Cumin
- Chili Powder
- Ground Ginger
- Dried Mustard
- Ground Coriander
- Oregano
- Bay Leaves, 2
- Pumpkin Pie Spice
- Onion Powder
- Dried Basil



DAYS 1-5

# Meal Prep

- Fully make and refrigerate Bacon, Tomato and Spinach Egg Muffins.
- Fully make and refrigerate Perfect Roast Chicken Breast.
- Slice 1 onion for Slow Cooker Apple Cider Pulled Pork.
- Chop 2 green onions, peel and dice 1 apple, dice 1 green bell pepper for Apple Sausage Quiche (or full make this recipe ahead of time).
- Cook and/or dice your 5 cups of chicken for Whole30 Chicken Salad.
- Dice 2 onions for Chicken Tortilla-less Soup.
- Roast butternut squash, apples, and onions according to instructions in Roasted Butternut Squash Soup recipe.
- Finely chop 1 cup mushrooms for Quick Spaghetti Meat Sauce with Zoodles.
- Chop 1 small red onion for Sweet Potato Chicken Sausage Hash.
- Chop 1 onion and 1 green bell pepper for Picadillo.

# Roasted Butternut Squash Soup

## INGREDIENTS

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- 1 large butternut Squash, halved and seeded
- 1 medium yellow onion, quartered
- 1 sweet apple, halved and seeded
- 1 ½ cups chicken stock
- ½ cup coconut milk
- 1 teaspoon salt
- 1 teaspoon pepper
- ¼ teaspoon pumpkin pie spice

## DIRECTIONS

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Line a baking sheet with parchment paper.

Roast the butternut squash, apples and onion in a 425 degree oven for 45-60 minutes.

Place roasted fruit and veggies into a deep saucepan or Dutch oven. Add in stock, coconut milk, salt, pepper, and pumpkin pie spice and blend until smooth with an immersion blender.

Simmer for 10 minutes and serve topped with toasted pumpkin seeds, finely chopped red onion, and parsley.

*Makes 6 cups of soup*



# Warm Salsa Chicken

## INGREDIENTS

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### CHICKEN

- 6 chicken breasts, pounded until even
- 4 slices bacon
- 1 teaspoon Salt
- ½ teaspoon pepper
- 2 tablespoons almond flour

### VEGGIES

- 6 cups spinach

### SALSA

- 2 cups fresh tomatoes
- ½ medium red onion
- 1 jalapeno, diced with seeds and ribs removed
- ½ cup bell pepper
- 2 limes, juiced
- ¾ teaspoon salt

## DIRECTIONS

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Place the ingredients for the salsa (tomatoes, red onion, jalapeno, bell pepper, salt and lime) in the bowl of the food processor and pulse until finely chopped and combined. Set aside.

Place each chicken breast, one at a time, in a Ziploc bag and pound thin and even. Remove from bag, and place on a baking sheet and sprinkle the first side with salt, pepper and almond flour.

Heat large skillet to medium heat and cook the bacon until crisp. Set aside. Cook the chicken breasts in the bacon grease, with additional avocado oil if needed. While the first side cooks, sprinkle second side with remaining salt, pepper, and almond flour. Cook 6 minutes on the first side before flipping and about 3 minutes on the second side.

Set chicken aside. Place spinach in the hot pan, and cook until wilted 2-3 minutes. Place wilted spinach onto a large platter and top with cooked chicken breasts.

Add salsa into hot pan and cook for 2-3 minutes and pour over cooked chicken and spinach. Add chopped bacon on top and serve.

# *Sausage and Veggie Egg Cups*

## INGREDIENTS

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- 10 eggs, beaten
- 6 sausages, chopped
- 1 cup peppers, chopped
- ½ cup onion, diced
- ½ cup mushrooms
- ½ cup cauliflower rice
- Salt
- Pepper

## DIRECTIONS

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Spray each individual muffin cup with cooking spray.

Separate chopped sausage into each individual muffin cup and place in oven as it preheats to 425 degrees.

Sauté veggies and season them with salt and pepper.

Whisk eggs and season with salt and pepper.

When oven is preheated, the sausage should be cooked through. Add veggies in each cup and stir.

Top with whisked eggs.

Bake for 15 minutes.

Remove from cups and serve or store in the fridge for breakfast for the rest of the week.



# Chicken Tortilla-less Soup

## INGREDIENTS

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- 1 tablespoon olive oil
- 2 onions, diced
- 4 cloves garlic, smashed
- 1 tablespoon cumin
- 1 ½ teaspoons ground coriander
- 2 teaspoons oregano
- 1 teaspoon salt
- 2 tablespoons tomato paste
- 28 ounces fire roasted tomatoes, diced
- 4 cups chicken bone broth
- 8 ounces mild green chiles
- 2 bay leaves
- 1/3 cup full fat coconut milk
- 1 rotisserie chicken, shredded
- 1 avocado, diced
- Cilantro, chopped
- Lime wedges for garnish

## DIRECTIONS

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Sauté onions and garlic in olive oil until translucent.

Add in tomato paste and spices and cook for 2 minutes.

Add in tomatoes, bone broth, green chilies and bay leaves.

Simmer for 30 minutes, uncovered.

Remove bay leaves, and blend with an immersion blender or blender until smooth.

Stir in coconut milk and season with additional salt and pepper if needed.

Place shredded chicken and diced in the bottom of the bowl and ladle soup over the top.

Top with cilantro and a squeeze of lime and enjoy!

# Beef and Broccoli Skillet

## INGREDIENTS

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### For the Beef:

- 2 lbs. boneless steak, thinly sliced
- 4 tablespoons coconut aminos
- 2 tablespoons fresh ginger, grated
- 6 cloves garlic, minced
- ½ teaspoon salt
- 2 tablespoons avocado oil (for cooking)

### Veggies:

- 6 cups small broccoli florets
- 1 medium red onion, quartered and sliced thin
- 1 cup carrots, shredded
- 2 tablespoons avocado oil (for cooking)

### Sauce:

- ½ cup coconut aminos
- ¾ cups water
- ¼ teaspoon red pepper flakes
- ½ teaspoon salt
- 2 tablespoons arrowroot
- 1 tablespoon sesame oil

## DIRECTIONS

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In a medium bowl, combine 4 tablespoons coconut aminos, the ginger, garlic and salt. Add the sliced beef and mix until beef is fully covered in the coconut amino mixture. Set aside.

In a large skillet, heat 1-2 tablespoon avocado oil. Add in broccoli, onion and carrots and cook until crisp tender, for about 6 minutes. Set aside in large bowl.

Add additional tablespoon of oil into the large pan and sauté beef (in two batches) for 3 minutes or until medium. Place cooked beef in bowl with veggies.

In a small bowl, combine the ½ cup coconut aminos, water, red pepper flakes, salt, sesame oil and arrowroot. Place in hot pan and top with veggies and meat. Toss the veggies and beef in the sauce and cook until sauce thickens.

Serve over cauliflower rice or eat as is.



# Quick Spaghetti Meat Sauce with Zoodles

## INGREDIENTS

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- 1 lb ground beef
- 1 tablespoon garlic powder
- 3 tablespoons dried onion
- 1 tablespoon dried basil
- 1 cup finely chopped mushrooms
- 2 – 24-ounce jars sugar free marinara sauce
- 2 cups packed baby spinach, chopped
- 7 medium zucchini, spiralized
- 1 teaspoon Olive Oil

## DIRECTIONS

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Brown ground beef for 5 minutes or so then add your spices and mushrooms and continuing sautéing until ground beef is cooked through.

Add the marinara sauce and spinach and simmer for 20 minutes over low heat.

Sauté your zucchini noodles in olive oil until they begin to soften, about 5 minutes.

Add your noodles into the sauce and stir.

Serve and enjoy!

*Serves 6*