**Week 2 Meal Plan**

**Smoothie of the Week: Pineapple Grapefruit Smoothie** - Great for breakfast, mid-day, pre workout (at least an hour before), and anytime you're needing a snack between meals.

**Food Babe's Pineapple Grapefruit Hari Shake**

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Serves: 1

**Ingredients**

- 2 cups kale removed from stem
- 2 large stalks of celery chopped
- ½ cucumber chopped
- ½ grapefruit
- 1 cup frozen pineapple
- 6 ounces of water

**Instructions**

1. Wash all vegetables thoroughly and place into a large bowl
2. Add 6 ounces of water into a blender with celery, cucumber, and grapefruit
3. Blend for 30 secs until just Incorporated
4. Add all other ingredients and keep blending for another 30 secs – 1 min

**Notes**

Makes 1 serving – Sip slowly and drink with intention immediately after or store up to two days. Tip: I like to add protein powder and 1 tbsp of Chia Seeds for a meal replacement shake or after a workout. ***Please buy all organic ingredients if possible***

Recipe by Food Babe at http://foodbabe.com/2012/09/10/the-green-smoothie-that-made-the-news/

**Salad Dressing of the Week: Honey, My Mustard! Dressing.** - Great for any salads that you eat in addition to your meals this week.

2 Tbsp Apple Cider Vinegar
2 Tbsp Dijon Mustard
2 Tbsp real maple syrup or honey (less honey, more mustard if you're goal is weight loss)
½ cup olive oil
Sea salt to taste.
Whisk in a small bowl and enjoy!

Snack of the Week: Tuna & White Bean Salad with Gluten-Free Sesame Crackers—Great for in-between meal hunger!

White Bean and Tuna Salad

Simple tuna and white bean salad, a classic combination and so easy to make!

Prep time: 15 minutes    Yield: Serves 4

INGREDIENTS

- 1 cup of chopped red onions or shallots
- The zest and juice of 1 lemon or 2 limes (can sub a tablespoon or two of cider vinegar)
- 2 five to six ounce cans of tuna packed in olive oil
- 2 15-ounce cans of cannellini or Great Northern white beans, rinsed and drained
- 1/2 cup (loosely packed) of chopped parsley or arugula, or 2 Tbsp thinly sliced mint
- A few splashes of Tabasco sauce, or 1 minced Serrano chile or 1 teaspoon red chile flakes
- 1/2 teaspoon freshly ground black pepper
- Salt and more olive oil to taste

METHOD

1 Sprinkle some of the lemon juice over the chopped onions while you prepare the other ingredients. This will take some of the oniony edge off the onions.

2 Drain the oil from the tuna and put the tuna into a large bowl. Add the beans to the tuna and gently stir to combine.

Add the onions, herbs, black pepper, lemon zest and lemon juice and mix to combine. Add Tabasco or chili to taste.

If the salad needs more acid, add a little more lemon juice. If the salad seems a little dry, add a little bit of olive oil. Add salt to taste.

3 Chill before serving. This salad will last several days in the fridge, tightly covered.

from Simply Recipes – http://www.simplyrecipes.com/recipes/white_bean_and_tuna_salad/

Gluten-Free Sesame Crackers

- 3 cups almond flour (meal)
- 1 1/2 teaspoons sea salt
- 1 cup sesame seeds
- 2 tablespoons olive oil
- 2 eggs

Preheat oven to 350 F. In a large bowl, combine almond flour, salt, and sesame seeds. In a medium bowl, mix oil and eggs thoroughly. Combine wet ingredients with dry ingredients and mix thoroughly. Divide dough into two pieces. Place dough between 2 sheets of parchment paper. Roll to about 1/16-inch thickness. Remove the top piece of parchment paper and transfer the bottom piece onto a baking sheet. Repeat this for the remaining piece of dough. Cut the dough into small squares no bigger than 2 inches with a knife or pizza cutter. Bake 12-15 minutes or until lightly golden-brown. Cool and serve. Makes about 60 crackers.

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Day 8:

**Breakfast:** Nutty Oatmeal
Cook (plain) rolled oats as directed on package. Add 1/4 cup almond milk, small handful of pecans or other nuts/seeds, dash of almond extract. Optional: add 1 tsp of raw honey, 1 Tbsp almond butter, or ¼ cup coconut milk instead of almond milk. You can also substitute cooked quinoa instead of oats. If trying to lose weight, don't add honey or almond butter.

**Lunch:** Avocado Chicken Salad (AIP) Over Lettuce. (make the chicken ahead of time)
Original servings: 4. Active time: 30 min. Total time 30 min.
**Ingredients:**
- 1 ½ lb chicken breasts
- 2 Tbsp coconut oil
- 3 large avocados
- 2 green onions
- ½ bunch cilantro
- 1 lime
- ½ teaspoon garlic powder or 1 clove fresh garlic
- 1 Tbsp coarse sea salt
- 8 oz salad greens

**How to Prepare:**
1. In large skillet over medium high heat, saute chicken in coconut oil until browned on the outside and cooked through. Set aside to cool
2. Peel, pit, and chop avocado. Mince green onion and cilantro, and juice the lime. When the chicken is cooled, shred apart or dice into small cubes.
3. Combine all ingredients in large bowl and mash with fork to combine.
4. Place over bed of lettuce.


**Dinner:** Creamy Cauliflower Soup

See next page for recipe.
Creamy Cauliflower Soup Recipe

- 1 Tbsp. olive or coconut oil
- 2 medium yellow onions, diced
- 1 bay leaf (don’t forget to pull it out before you blend the soup)
- 1 1/4 tsp. ground cumin
- 1 tsp. kosher salt
- 1 tsp. ground turmeric (take turmeric everyday)
- 1/2 tsp. ground coriander
- 1/8 tsp. ground cardamom
- dash of ground black pepper
- sprinkling of crushed red pepper flakes
- 4 garlic cloves, minced
- 4 1/2 cups vegetable broth
- 1 large head of cauliflower, roughly chopped to the same size
- 1 cup canned coconut milk
- 1 Tbsp. apple cider vinegar
- fresh dill (for garnish – optional)

In a large soup pot, heat the oil over medium-low. Add the onion and the spices, except for the garlic. Saute, stirring occasionally until the onions become translucent, about 10 minutes. Then, add the garlic and saute another few minutes.

Add the vegetable broth and cauliflower and bring to a boil over high heat. Reduce to a simmer and allow to cook for about 15 minutes, until the cauliflower is tender.

Remove from heat and transfer carefully to your Vitamix. Blend on high (allowing steam to vent) for a few minutes, until silky and smooth.

Transfer back to the soup pot and stir in the coconut milk and vinegar. Bring back to heat over low, ensuring it doesn’t boil.

Serve hot and topped with fresh dill and ground black pepper, if you like.
**Breakfast:** Tomato Basil Eggs. Heat olive oil, then sauté 1 cup spinach, 1 clove garlic minced, 1 diced tomato, 1 Tbsp chopped fresh basil. Add 2 eggs and scramble it up!

**Lunch:** Leftover Creamy Cauliflower Soup and side salad with weekly dressing recipe.

**Dinner:** Stir Fried Rice Noodles with Broccoli and Lime

**Ingredients:** (Abby’s tip: double the veggies, tamari, & lime! Optional: add chicken!)
- 7 oz (200g) ⅜ in wide rice noodles
- 3 large eggs
- Salt & pepper to taste
- 1 bunch Chinese Broccoli (or regular broccoli), trimmed
- 3 Tbsp vegetable oil (olive oil, grapeseed oil, avocado oil)
- 3 shallots thinly sliced
- 1-2 cloves garlic, thinly sliced or minced
- 1 ½ Tbsp tamari, or to taste.
- ½ to 1 tsp hot red pepper flakes
- Juice of 1 lime

**Directions:**
1. Bring a large saucepan of water to a boil. Add the noodles and cook for 2 minutes, just until flexible. Drain the noodles in a colander, rinse them under cold water, and leave them in colander to drain some more.
2. In a small bowl, beat the eggs together with a generous pinch of salt and pepper.
3. Cut the bunch of broccoli (and stems) into pieces, keeping the stems separate.
4. In a large, deep sauté pan, heat 1 Tbsp of oil over medium-high heat until it shimmers. Add the eggs and let them spread in the pan for 30 seconds or so. When the bottom is just set, use a metal spatula to gently turn and scramble them, cooking for just 1 or 2 more minutes to set them. Scrape the eggs out onto a plate and set aside.
5. Return the pan to medium-high heat, add 1 Tbsp of the oil, the shallots, and the garlic, and cook, stirring, until the shallots and garlic are softened but not browned, 1-2 minutes. Add the broccoli stems and ¼ c water to cover, raise the heat to high, and cook until the stems are almost tender, about 3 minutes. Add the chopped broccoli tops and leaves, cover and cook for 1 minute. Uncover, stir the stems and tops together, and cook, stirring occasionally until the broccoli is tender and the liquid has evaporated, about 3 minutes more.
6. Scoot the broccoli to one side of the pan and add the remaining 1 Tbsp oil into the clear space. When the oil is hot, add the cooked noodles and sprinkle with the tamari, red pepper flakes, and lime juice. Stir and turn the noodles with the spatula for 1 minute, then incorporate the broccoli. The noodles will stick to the pan a bit, but that’s okay: Drizzle in ¼ cup water and use the spatula to scrape up the browned bits. Add the scrambled eggs and turn with the spatula to heat through and combine. If necessary, switch to tongs to get everything mixed together. Taste and add a bit more tamari if needed, then serve hot.

Recipe Author: Liana Krissoff. Vegetarian For A New Generation, 2014

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Day 10:

**Breakfast: Fruity Oatmeal:** Cook rolled oats or steel cut oats as package directs. Once cooked, add ¼ cup coconut milk, ½ banana sliced, handful of sliced strawberries, sprinkle of coconut flakes. Optional: add handful of sliced pecans, dash of vanilla extract, or teaspoon of raw honey. Can substitute quinoa for oats.

**Lunch:** Leftover Rice Noodle Stir Fry

**Dinner:** Baked Chicken with Baked Asparagus and a side salad

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### Simple Baked Chicken Breasts

**Recipe By:** Always Cooking Up Something

“Simple basic recipe for cooking up a bunch of skinless boneless chicken breasts.”

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 2 tablespoons olive oil
- 1 tablespoon coarse sea salt
- 1 pinch Creole seasoning (such as Tony Chachere's(R)), or to taste
- 1 tablespoon water, or as needed

**Directions**

1. Preheat convection oven to 400 degrees F (200 degrees C).
2. Rub chicken breasts with olive oil and sprinkle both sides with salt and Creole seasoning. Place chicken in a broiler pan.
3. Bake in the preheated oven for 10 minutes. Flip chicken and cook until no longer pink in the center and the juices run clear, about 15 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
4. Remove chicken from pan. Pour water into the pan, while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Add more water if needed to dislodge the browned bits; serve alongside chicken.

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### Baked Asparagus with Parmesan

**Baked asparagus with olive oil and parmesan cheese. Easy and elegant!**

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<td><strong>Yield:</strong> Serves 2 to 4 as a side dish</td>
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**INGREDIENTS**

- 1 pound asparagus
- 2 Tbsp olive oil
- Salt and black pepper to taste
- 1/2 cup loosely packed (about 1.5 ounces or 40g) grated parmesan cheese, or to taste

**METHOD**

1. Preheat oven to 400°F (205°C). Break or cut off the woody ends of the asparagus spears. For an added touch, if you want you can use a vegetable peeler to peel the skins off the base of the asparagus spears for a more elegant presentation.
2. Arrange the asparagus spears on a foil-lined baking sheet and coat with the olive oil. Sprinkle with salt, pepper and the parmesan. Bake until the cheese begins to brown, about 8-10 minutes.

*from Simply Recipes – http://www.simplyrecipes.com/recipes/baked_asparagus_with_parmesan/*

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**Live for it All**

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Day 11:

**Breakfast:** Easy Frittata from the kitchen of Natalie Kling, http://nataliekling.com/
- Saute 1 onion, diced, 2-3 potatoes, diced, 2 cups chopped broccoli, and 1 package frozen spinach.
- Whisk 6 eggs, salsa verde, salt, basil, cilantro, sundried tomato.
- Bake at 400 degrees for 20-40 minutes

**Lunch:** Fresh Salad topped with Tuna Salad (see snack of the week) and crumbled crackers (snack of the week). Add salad dressing of the week, or oil & vinegar if desired.

**Dinner:** Spaghetti Squash and Meatballs

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**Craving Pasta? Try Baked Spaghetti Squash & Meatballs!**

**Prep time:** 15 mins  
**Cook time:** 1 hour  
**Total time:** 1 hour 15 mins

A spaghetti squash, a jar of sauce, a pound of meat and BAM—hunger satisfied, Italian style! You won't even miss the noodles.

**Ingredients**

- 1 whole spaghetti squash
- 1 pound grass-fed ground beef (85% lean)
- 1 yellow onion
- 2 cloves garlic, peeled
- 1 egg
- 1 tablespoon coconut flour
- ½ teaspoon sea salt
- 1 tablespoon dried Italian seasoning (see note below for a homemade recipe for Italian seasoning)
- Ghee for frying (or coconut oil)
- 1 26-30 ounce jar organic tomato sauce (no sugar added)
- ¼ cup grass-fed cheese, shredded (optional)

**Instructions**

1. Preheat the oven to 375°F, and pour ¼ cup water into a 9x13 baking dish.
2. Cut the spaghetti squash in half lengthwise, and scrape out the seeds.
3. Place squash, flesh side down, in the baking dish, and roast in the oven until just tender, about 30 minutes.
4. Allow to cool, and then rake a fork back and forth across the inside of the squash halves to remove the strands into a large bowl.
5. While squash is baking, peel and dice 1 yellow onion and mince 2 garlic cloves. Add to a large mixing bowl.
6. Add 1 pound ground beef, 1 egg, 1 tablespoon coconut flour, ½ teaspoon sea salt, and 1 tablespoon Italian seasoning. Use clean hands to mix everything together.
7. Shape meat mixture into golf ball-size meatballs—it should make about 14.
8. Grease a large skillet with ghee or coconut oil, and heat over medium. Cook meatballs, turning occasionally, until browned on all sides.
9. Reduce oven temperature to 350°F.
10. Add spaghetti squash strands to the 9x13 baking dish, add meatballs, and pour marinara sauce over the meatballs. Cover with foil and bake 10 minutes.
11. Remove foil, sprinkle ½ cup shredded cheese over the top, and continue to bake, uncovered, for 10 more minutes. (note: if you're not using cheese, simply remove foil and continue baking).

**Notes**

- **Note #1:** You can make homemade Italian seasoning by mixing together the following spices: 1 tablespoons dried oregano, 1 tablespoons dried basil, 1 tablespoons dried cilantro, 1 tablespoons dried marjoram, 1 teaspoon dried thyme, 1 teaspoons garlic powder, 1 teaspoon onion powder, ½ teaspoon black pepper, and ½ teaspoon red pepper flakes.

- **Note #2:** Sometimes we like recipe is even better when it's reheated the next day (after the sauce seeps in). Double the meatball mixture to make sure you have enough for leftovers.

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**Day 12:**

**Breakfast:** Leftover Frittata

**Lunch:** Ground Turkey, Tomato Sauce, Quinoa & Parmesan Combo.

1 package organic ground turkey, cooked with italian spices (basil, oregano, thyme, salt & pepper, hot pepper flakes if you like spice). Then add 1 can of organic tomato sauce (crushed or diced tomatoes also works) and 1 cup cooked quinoa to the cooked turkey. Top with parmesan cheese. Makes about 3-4 servings. This is my basic “go to” recipe when I’m starving and don’t have many ingredients on hand. It’s simple to make, and filling to eat! Of course, feel free to make your own tomato sauce instead of using a can (See the bonus recipe at the end of this week’s plan! Make extra for a side with lunch tomorrow.

**Dinner:** Sweet Potato Chicken Patty with a Side Salad

Serves: 4. Prep time: 20 minutes. Cook time: 30 minutes
Refrigerate: 2-3 hours

**Ingredients:**

- 1 pound skinless, organic bone-in chicken
- 2 medium sweet potatoes, peeled and roughly chopped
- 1 cup cilantro, chopped
- 1 tablespoon green chilies chopped fine
- 1/2 teaspoon red chili powder, or to taste
- 1/2 teaspoon ground cumin, or to taste
- Salt and pepper, to taste

**For the Coating:**

- 1 egg
- 1 cup almond or coconut flour

**Instructions:**

1. Add water to two saucepans, and bring both to a boil. Place chicken in one, sweet potatoes in the other.
2. Remove from heat when chicken is done (about 15-20 minutes) and sweet potatoes are done (about 10-12 minutes)
3. Once cooled, shred the boiled chicken into small pieces. Mash the potato. Mix together in a bowl.
4. Add in cilantro, chilies, and spices
5. Form 2-inch, round patties
6. Leave in fridge to firm (ideally 2-3 hours, but I was impatient and waited 30 minutes)
7. Remove from fridge, then dip each side in the egg mixture (just one egg beaten)
8. In a separate bowl, coat each cutlet in flour
9. Place on a cookie sheet on top of parchment paper. Allow it to freeze.
10. When you’re ready to eat, simply take one out and pan-fry it with some ghee or coconut oil.

**Tip:** once all cutlets are frozen, it is best to store them in a container to keep the taste fresh!

**Day 13:**

**Breakfast:** Egg & Veggie Scramble  
Saute (in grassfed butter or olive oil) any leftover veggies you have from the week: onions, peppers, mushrooms, tomato, garlic, spinach etc and scramble up 2 eggs in it!

**Lunch:** Leftover Chicken & Sweet Potato Patties with leftover turkey, tomato sauce, quinoa, & parmesan combo.

**Dinner:** Individual Pizzas. (can sub for a gluten free tortilla ie: brown rice tortilla, and also use the homemade tomato sauce instead of canned)

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**Food Babe’s Pizza is a Vegetable Pizza**

**Prep time** 5 mins  
**Cook time** 10 mins  
**Total time** 15 mins

Serves: 1

**Ingredients**

- 1 Ezekiel sprouted wheat tortilla  
- 4 tablespoons of tomato/pizza sauce  
- 1 garlic clove minced  
- ¼ cup onions chopped  
- ¼ cup green peppers chopped  
- ¼ cup broccoli chopped  
- 5 black olives sliced  
- 1 ounce of organic mozzarella cheese (Optional)  
- ½ ounce of raw parmesan cheese (Optional)  
- crushed red pepper for sprinkling

**Instructions**

1. Preheat oven to 450 degrees  
2. Place thawed tortilla on large pan and place in oven – 3-4 mins to allow crust to harden a bit  
3. Once tortilla has started to slightly crisp on edges, remove from oven  
4. Place sauce and garlic on crust first  
5. Then top with suggested toppings or other toppings, being careful not to overload the crust  
6. Next place cheese on top (Optional)  
7. Cook for 10 mins or until cheese is bubbly

**Notes**

Enjoy with a big green salad. ***Please buy all organic ingredients if possible***

Recipe by Food Babe at http://foodbabe.com/2012/02/03/pizza-is-really-a-vegetable/

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**Live for it All**

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**Breakfast:** Sweet Potato Raisin Scones

#### Sweet Potato Raisin AIP Scones

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By: Heather Ressler  
Recipe type: Breakfast  
Yield: 8 scones  

**Ingredients**

- 2 green-topped bananas  
- 1 cup sweet potato puree  
- 1/4 cup coconut oil, melted  
- 1/4 cup maple syrup  
- 1/4 cup coconut flour  
- 1 1/2 cups large flake coconut  
- 1/4 cup arrowroot starch  
- 1 teaspoon cinnamon  
- 1/4 cup raisins  
- 1/2 teaspoon salt  
- 1/2 teaspoon baking soda  

**Instructions**

1. Preheat the oven to 350 degrees Fahrenheit and grease a cookie sheet with a bit of coconut oil.  
2. Mash the bananas in a mixing bowl and stir in the sweet potato, coconut oil, and maple syrup.  
3. Add the coconut flour, coconut flakes, arrowroot, and cinnamon and mix well.  
4. Mix in the raisins, salt, and baking soda.  
5. Form into a 3/4” thick round on the baking sheet and cut into 8 scones.  
6. Bake for 30 minutes.

**Nutrition Information**

Serving Size: 1/8 of recipe  
Calories: 237 Fat: 13.2 g Saturated fat: 1.6 g  
Carbohydrates: 30.4 g Sugar: 15.6 g Sodium: 191 mg  
Fiber: 3.7 g Protein: 2.3 g Cholesterol: 0 mg  


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**Lunch:** Pumpkin Chili

#### Food Babe’s Pumpkin Black Bean Chili

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Serves: 4-6  

**Ingredients**

- 2 tablespoons coconut oil  
- 1 yellow onion, diced  
- 1 green bell pepper, diced  
- 2 cloves garlic, peeled and minced  
- 1 jalapeno, diced  
- 2 cups diced pumpkin (peeled) or puree  
- 2 heaping tablespoons of chili powder  
- 1 teaspoon ground cumin  
- 1/2 teaspoon ground cloves  
- 1 teaspoon sea salt  
- 1 and 1/2 cups diced tomatoes  
- 3 cups vegetable stock  
- 2 cups cooked black beans  
- 1 lime cut into wedges (for squeezing on top of soup)  
- Optional toppings: goat or cheddar cheese, tortilla strips, scallions, cilantro, sour cream, etc

**Instructions**

1. Heat the oil in a pot over medium heat. Add the onion, bell pepper, garlic, jalapeno and pumpkin. Cook for 4-5 minutes.  
2. Add the chili powder, cumin, cloves, sea salt, diced tomatoes, vegetable stock and black beans. Cover and cook for 20 minutes. Season with additional salt and black pepper to your liking.  
3. Take off the heat and place some of the chili in a bowl and top with fresh lime juice and desired toppings. Enjoy!

**Notes**

**Please choose all organic ingredients if possible.**

**Dinner:** Salmon Cakes & Asparagus Fries

**Asparagus Fries:** Place washed asparagus (white bottoms cut off) in a single layer on a baking sheet. Spray with olive oil, sprinkle salt & pepper, and place under the broiler for about 10 minutes. Flip halfway. Watch them as they cook to make sure some don’t get too overdone. You may need to add more time depending on the thickness of the asparagus.

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**Food Babe's Salmon Cakes with Avocado Arugula Salad**

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Serves: 4

**Ingredients**

- For the cakes:
  - 1 pound of wild salmon frozen (thawed) or fresh, skin removed and chopped
  - 1 handful of cilantro
  - 1 handful of parsley
  - 1 egg
  - 1 tbsp of dijon mustard
  - ¼ tsp garlic powder
  - ¼ tsp paprika
  - ¼ tsp sea salt
  - 2 tbsp chopped red or white onion
  - black pepper to taste
  - juice of ½ lime

- For the salad:
  - 6-8 cups arugula
  - 1 avocado
  - juice of ½ lime
  - 1 cup cherry tomatoes
  - sea salt and pepper to taste

**Instructions**

1. Preheat oven to 400 degrees or preheat grill
2. Toss all cake ingredients into a blender or food processor and pulse until well combined (don’t over process, you still want texture and medium size pieces)
3. Form mixture into 4 patties, refrigerate while making salad and while grill/oven is still warming
4. In a large bowl, put the juice of half a lime, a pinch of sea salt and cracked pepper and 1 ripe avocado in a bowl, and mash/stir until well combined
5. Throw arugula on top of dressing and massage it with your hands, making sure all leaves are covered
6. Chop some cherry tomatoes to top salad
7. Spray salmon patties with a little bit of cooking spray (olive or coconut) and cook salmon patties anywhere between 5-10 mins on the grill or 7-15 minutes in the oven – the cooking time varies quite a bit between grill and oven... but they are fast to cook, so don’t let them overcook or burn
8. Plate salad, and top with cakes

**Notes**

Choose all organic ingredients if possible

Recipe by Food Babe at http://foodbabe.com/2013/01/11/wild-salmon-cakes-with-avocado-arugula-salad/
**Abby’s Quick Tomato Sauce/Bruschetta Recipe:**

Make a HUGE batch for the week instead of buying canned tomato sauce for the Spaghetti Squash Meatball Recipe, Turkey quinoa & tomato sauce recipe, and the homemade pizza recipe.

**Ingredients:**
- 6-10 Roma Tomatoes (or any tomatoes, I even combine it with halved cherry tomatoes too if I have them.) The more tomatoes, the bigger the batch.
- 2 Tbsp Olive Oil
- 3-4 Garlic cloves minced (add more if you like garlic, less if you don’t)
- 3-4 Tbsp Apple Cider Vinegar (use Bragg’s brand as the best because it’s raw, organic, and unfiltered).
- Salt/Pepper to taste
- Dry or fresh herbs like oregano and basil, salt & pepper to taste.

**Directions:** Heat olive oil in a pan. Add minced/chopped fresh garlic and sautee for 1-2 min. Dice tomatoes. Place tomatoes in oil/garlic. Add 3-4 Tbsp apple cider vinegar and sautee. Add herbs (optional). Sautee until the liquid is reduced and the sauce is thick. (about 20-30 min depending on how hot the burner is, and how much liquid is used. Use as a topping over baked eggplant, spaghetti squash, zucchini noodles, etc.

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