

# Eat at Home Challenge

## Monday

- B: [Crustless Quiche \(S\)](#)
- L: [Easy Black Bean Chicken Salad \(E\)](#)
- D: [Lettuce Wraps with Spicy Peanut Sauce \(S\)](#)

## Tuesday

- B: [Double Chocolate Blender Muffins \(S\)](#)
- L: FP Salad from THM Book (FP) p. 301
- D: [Fiesta Quinoa Chicken Skillet \(E\)](#)

## Wednesday

- B: [Peanut Butter Blizzard \(S\)](#)
- L: Natural hot dogs w/ ketchup from THM book p. 411 w/ cut-up veggies (S)
- D: [Green Chile Chicken Casserole \(S\)](#)

## Thursday

- B: [Nutty Banana Crunch Cereal \(S\)](#)
- L: [Very Berry Salad with Vinaigrette \(S\)](#)
- D: [Individual Meatloaf Balls \(S\)](#)

## Friday

- B: Big Boy Smoothie (THM Book) (FP)
- L: [Pear Waldorf Salad \(E\)](#)
- D: [Low Carb Shake n Bake Copycat Chicken \(S\)](#)

## Saturday

- B: [Baked Blueberry Oatmeal \(E\)](#)
- L: [Big salad with diced lunch meat and Thousand Island Dressing \(S\)](#)
- D: [Mexican Stuffed Peppers \(E\)](#)

## Sunday

- B: [Mom's Breakfast Casserole \(S\)](#)
  - L: Nicey Ricey Salad from THM Book (E) p. 304
  - D: [Slow Cooker Spaghetti Squash \(S\)\\*](#)
- \*omit meatballs and cook some ground beef and put that in, instead

## Snacks:

- [Snack Ideas from Mixing with Michelle](#)
- [Snack Ideas from Working at Homeschool](#)

## Desserts:

- [Chocolate Chip Cheesecake Cookie Bars \(S\)\\*](#)
- [Cookie Dough Shake \(S\)](#)
- [Salted Caramel Brownie Cupcakes \(S\)\\*](#)

\* coconut sugar isn't on plan, so stick with a plan-approved substitutions!

# Eat at Home Challenge

## Crustless Quiche

8 eggs  
butter  
½ cup half-n-half  
½ cup Greek yogurt  
1 onion  
1 clove garlic  
8 oz. baby spinach  
grated parmesan cheese  
½ cup mozzarella  
½ cup cheddar  
onion powder  
garlic powder  
parsley  
chives  
salt  
pepper

## Black Bean Chicken Salad

2 cans of black beans  
olive oil  
water  
red wine vinegar  
fresh green onions  
fresh cilantro  
2-4 chicken breasts  
1 lime  
dried basil

## Lettuce Wraps w/ Spicy

### Peanut Sauce

6 boneless skinless  
chicken breasts

olive oil  
iceberg lettuce  
2 zucchinis  
½ red onion  
2 green onions  
2 cloves garlic  
1 large handful cilantro  
garlic powder  
onion powder  
lemon pepper  
red pepper flakes  
ginger powder  
vinegar  
salt  
no-sugar-added peanut  
butter  
liquid aminos  
hot sauce  
liquid stevia

## Double Chocolate Blender

### Muffins

3 large eggs  
½ cup unsweetened  
almond milk  
vanilla extract  
almond flour  
coconut flour  
unsweetened cocoa powder  
Swerve sweetener (or other  
plan-approved sweetener)  
baking powder  
salt

coconut oil  
sugar-free chocolate chips or  
chopped skinny chocolate

## FP Salad from THM book (page 301) see book for ingredients

## Fiesta Quinoa Chicken Skillet

1 lb. chicken breasts  
coconut oil  
1 medium onion  
1 large bell pepper  
1 cubanelle pepper (or jalapeno)  
2 garlic cloves  
2 T. taco seasoning  
1 can Rotel  
1 cup quinoa  
water  
salt  
Romaine lettuce

## Peanut Butter Blizzard

¾ cup unsweetened almond milk  
protein powder  
on-plan sweetener  
MCT or coconut oil  
sea salt  
unsweetened cocoa powder  
no-sugar-added peanut butter  
ice

hot dogs  
ketchup from THM book (pg. 411)  
cut up veggies

## Green Chile Chicken Casserole

3 chicken breasts  
1 spaghetti squash  
2 cups cheddar cheese  
garlic powder  
salt  
pepper  
1 small can green chiles  
1 onion  
8 oz. package cream cheese  
1 cup sour cream  
1 handful cilantro  
1 large jalapeno  
1 large clove garlic

## Nutty Banana Crunch Cereal

¾ cup ground almonds  
or almond meal/flour  
whey protein powder  
⅓ cup on-plan sweetener  
1 tsp banana extract  
baking powder  
coconut oil

## Very Berry Salad w/ Vinaigrette

8 oz fresh spinach or lettuce  
½ cup blueberries  
1 cup strawberries  
¾ cup almonds

¼ cup balsamic vinegar  
3 T. dijon  
on-plan sweetener  
olive oil  
salt  
pepper

## Individual Meatloaf Balls

2 lbs. meat like ground beef  
4 cups spinach  
2 eggs  
¼ cup liquid aminos  
1 cup mushrooms  
1 tsp chili pepper flakes  
onion powder  
salt  
pepper  
garlic powder  
oregano  
dried onion flakes  
2 cups mozzarella  
parmesan cheese  
1 small can tomato paste  
on-plan sweetener

## Big Boy Smoothie Ingredients from THM book page 232

## Nicey Ricey Salad ingredients from THM Book (E) p. 304

# Eat at Home Challenge

## Shake 'n Bake Chicken

2-3 lbs chicken drumsticks  
wings, or drumettes  
1 cup THM baking blend  
paprika  
rubbed sage  
salt  
pepper  
nutritional yeast optional  
butter

## Baked Blueberry Oatmeal

6 cups oats  
on plan sweetener  
½ cup unsweetened  
applesauce  
4 cups onsw. almond milk  
baking powder  
½ cup Greek yogurt  
blueberries  
vanilla extract  
½ cup egg whites  
cinnamon  
ground cloves  
2 ½ Tbs. chia seeds

## Pear Waldorf Salad

2 pears  
celery  
2 cups 1% cottage cheese  
ground ginger  
chopped walnuts

## Mexican Stuffed Peppers

brown rice  
1 ½ cups vegetable or  
chicken stock  
olive oil  
1 onion  
1 medium green pepper  
1 carrot  
4 oz. diced green chiles  
2 chicken breasts  
cumin  
salt  
cayenne pepper  
salsa  
1 can black beans  
enchilada sauce  
10-12 bell peppers  
light mozzarella

## Mom's Breakfast Casserole

8 eggs  
6 cups cheddar  
½ C unsweetened almond milk  
½ C golden flaxseed flour  
butter  
½ lb. diced ham  
onion powder  
garlic powder  
parsley  
chives  
salt  
pepper

## Salad w/ Thousand Island

favorite salad veggies  
deli lunch meat  
on-plan mayonnaise  
ketchup (p. 411 THM book)  
sugar-free relish  
on-plan sweetener  
water

## Spaghetti Squash and Meat Sauce

1 medium spaghetti squash  
1 ½ cups crushed tomatoes  
salt  
garlic powder  
pepper  
oregano  
1 lb. ground beef, browned  
butter  
salt  
pepper

## Snacks:

check the links provided and buy  
ingredients for your favorites!

## Chocolate Cheesecake Cookie Bars

2 cups almond flour  
1 cup shredded coconut  
baking powder  
salt  
butter  
Swerve sweetener or stevia  
2 eggs  
vanilla extract  
½ cup sugar free chocolate chips  
or chopped skinny chocolate  
12 oz. cream cheese  
⅓ cup powdered Swerve  
¼ cup whipping cream

## Salted Caramel Brownie Cupcakes

½ cup almond flour  
baking powder  
salt  
butter  
4 oz. unsweetened chocolate  
unsweetened cocoa powder  
½ cup + 6 T Swerve OR  
erythritol, divided  
vanilla extract  
liquid stevia  
5 eggs  
heavy cream  
xanthan gum  
salt  
water  
4 oz. cream cheese  
½ cup powdered Swerve  
caramel or vanilla extract

## Cookie Dough (S)

½ cup cottage cheese  
water  
unsweetened almond milk  
stevia extract  
on-plan sweetener  
unsweetened cocoa powder  
vanilla extract  
butter extract  
caramel extract  
salt  
ice