

BREAKFAST

- So Delicious Yogurt w/ Berries
- Cambrooke Blueberry Scones
- CFL Honey Puffs Cereal
- CFL Porridge
 - Cambrooke Hot Cereal

SNACKS

- Snyder Gluten Free Pretzels
- Garden Veggie Straws
- Siete Tortilla Chips
- Apple Slices
- Mandarin Orange

Notes

- All items and recipes are hyperlinked.
- All breakfast are 2 g or less
- All snacks are 1 g or less
- **Meals should be used for lunches and dinner to reduce time spent cooking.**
- Please verify all information using the flok app.

MONDAY

- CFL Penne a la Vodka Sauce (1.7 g protein)
- Promin Elbow Pasta (0.2 g protein)
- Capello's Gluten Free Focaccia Bread (< 0.5 g protein)
- Green Beans (0.9 per 50 g raw)

TUESDAY

- **Zucchini, Mozzarella & Sun-dried Tomato Panini (3.33 g per sandwich)**
- **Crispy Yucca Fries (1/6 recipe equals 3.17 g protein without sauce)**

WEDNESDAY

- CFL Minestrone Soup (2.5 g protein)
- CFL Cesar Salad (1.1 g protein)

THURSDAY

- **Mushroom and Chive Risotto Swirled with Garlic Herb Butter**

FRIDAY

- Schar Pizza Crust (1.51 g per ⅓ pizza base)
- Prego Pizzeria Style Pizza Sauce (1 g per ¼ cup)
- Follow Your Heart, Dairy Free Mozzarella Style Shreds (0.6 g per 4 oz.)
- Add toppings to your liking - count as needed

ZUCCHINI, MOZZARELLA & SUN-DRIED TOMATO PANINI WITH BASIL SAUCE

INGREDIENTS



2 tsp Italian Seasoning



2 Zucchini



4 Capello's Gluten Free Focaccia Bread



1 oz Basil



3 oz Sun-Dried Tomatoes in oil



2 tsp Garlic Powder



8 TBSP Follow Your Heart Mayonnaise



4 TBSP Follow Your Heart Sour Cheese



1 Cup Follow Your Heart Shredded Mozzarella

4 servings

- **Protein:** Zucchini, Mozzarella & Sun-dried Tomato Panini, 3.33 g protein per sandwich
- **Protein:** Crispy Yuca Fries, 1/6 recipe equals 3.17 g protein without sauce



Adapted from Hello Fresh

<https://www.hellofresh.com/recipes/zucchini-mozz-sun-dried-tomato-panini-5ee128214691fc476b4a9d30>

ITEMS NEEDED

- Baking sheet
- Medium bowl
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Vegetable oil (4 tsp)
- Olive oil (2 tsp)

PROTEIN PER SERVING

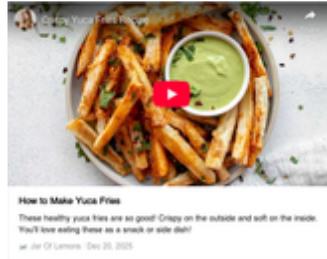
- Sandwich 3.3 g protein
- Yuca Fries (without sauce) 3.17 protein

THE MORE YOU KNOW

Want your panini extra-crispy? Putting some weight on the sandwiches in step 6—we suggest using a heavy-bottomed pan—will simulate the pressure of a panini press.

(Bonus: This also helps the veg and cheese layers meld.)

YUCA FRIES RECIPE



<https://www.jaroflemons.com/yuca-fries-recipe/>



3 MAKE BASIL SAUCE

- Meanwhile, in a small bowl, combine mayonnaise, sour cream, chopped basil, and remaining garlic powder. Season with salt and pepper.



1 PREP

- While yuca cooks, trim and cut zucchini into ¼-inch-thick rounds.
- Pick basil leaves from stems; finely chop leaves. Halve focaccia. Finely chop sun-dried tomatoes.



4 ASSEMBLE SANDWICHES

- Spread a layer of basil sauce onto cut sides of focaccia.
- Fill ciabatta with mozzarella, sun-dried tomatoes, and a few slices of zucchini (you may have some left over—feel free to serve on the side, if you like).



2 COOK ZUCCHINI

- Toss zucchini in a medium bowl with a drizzle of olive oil, half the garlic powder (you'll use the rest in the next step), remaining Italian Seasoning, salt, and pepper.
- Heat a drizzle of oil in a large pan over medium-high heat. Add zucchini in a single layer; cook until golden brown and just tender, 2-4 minutes per side. Turn off heat; transfer to a plate. Wipe out pan.
- Toss with a large drizzle of olive oil.



5 FINISH & SERVE

- Heat a drizzle of oil in pan used for zucchini over medium heat. Once hot, add sandwiches; press down with a spatula or heavy-bottomed pan. Cook, pressing occasionally, until bread is toasted and cheese melts, 2-4 minutes per side. Transfer to a cutting board. Once cool enough to handle, halve on a diagonal.
- TIP: If pan seems dry when flipping the sandwiches, add another drizzle of oil or ½ TBSP butter. Lower heat if bread begins to brown too quickly.

MUSHROOM AND CHIVE ORZO RISOTTO SWIRLED WITH GARLIC BUTTER

INGREDIENTS



3 c Vegetable Broth



8 oz Button Mushrooms, sliced



2 Medium Onion



2 Cloves Garlic



8 oz box Jovial Grain Free Cassava Orzo



8 oz Grape Tomatoes



¼ oz Chives



4 TBSP Garlic Herb Butter



½ c. Follow Your Heart Parmesan Cheese

4 servings

Protein: 4.91 g of protein per ¼ bowl



Adapted from Hello Fresh

<https://www.hellofresh.com/recipecards/card/mushroom-chive-risotto-622614c690b10d34754030a2-5de8af24.pdf>

ITEMS NEEDED

- Medium pot
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 tsp)
- Butter (1 TBSP)
- Paper towels
- Medium pan
- Cooking oil (2 tsp)

PROTEIN PER SERVING

THE MORE YOU KNOW

Risotto needs a little attention 1-2 minutes. Season with salt and pepper. to become creamy and evenly tender. Don't forget to check in on it and stir while it simmers, adding stock in intervals along the way.

Garlic Butter Recipe



<https://www.loveandlemons.com/garlic-butter/>



1 PREP

- Prep Garlic Butter Recipe
- Wash and dry produce.
- Halve, peel, and dice onion.
- Peel and mince or grate garlic.



2 COOK MUSHROOMS

- Heat a drizzle of olive oil in a large pan over medium-high heat. Add mushrooms; cook, stirring occasionally, until browned and slightly crispy, 5-7 minutes.
- Season with salt and pepper.
- Turn off heat; transfer to a plate. Wipe out pan.



3 START RISOTTO

- Melt the 1 TBS plain butter and olive oil in a large saucepan over medium heat. Add onion, salt, and pepper and cook on low until tender, about 3 minutes.
- Add garlic, orzo and cook for an additional minute 1-2 minutes.
- Stir to coat the pasta with the onion mixture.



4 COOK RISOTTO

- Add broth and increase the heat to high until the mixture comes to a boil.
- Once boiling, lower the heat and simmer, uncovered, until the orzo is tender and most of the liquid is absorbed, about 20 minutes.
- Meanwhile, halve tomatoes. Mince chives.



5 FINISH & SERVE

- Once orzo is done, stir in mushrooms, tomatoes, garlic herb butter, half the Parmesan, and half the chives (save the remaining Parmesan and chives for serving).
- Cook until tomatoes are softened, 2-3 minutes. TIP: If risotto is too thick, stir in another splash of water or stock.
- Divide orzo between bowls. Top with remaining chives and remaining Parmesan.