

BBQ WEEK

Day 1: Turkey Burgers with Tzatziki

Ingredients:

- 1lb extra lean ground turkey
- 1 egg
- 1 tbsp avocado oil
- .5 cup plain breadcrumbs (use gluten-free if desired)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt and 1/2 tsp black pepper

Instructions:

1. In a large bowl, beat egg with a fork. Add in garlic, onion, salt, pepper, and oil. Mix until combined.
2. Add in breadcrumbs and mix. Using your hands, crumble ground turkey into the mixture and combine.
3. Form mixture into 5-6 patties and refrigerate while you prep the grill.
4. Grill for 2-3 minutes on medium/high heat with the grill closed. Flip burgers and cook for another 5 minutes or until internal temperature reaches 165F.

Tzatziki - Ingredients:

- 2 cups grated cucumber (from about 1 medium cucumber, no need to peel or seed the cucumber first)
- 1 ½ cups yogurt (Greek, goats, etc.)
- 1 tbsp avocado oil or extra-virgin olive oil
- 2 tbsp chopped fresh mint
- 2 tbsp chopped fresh dill
- 1 tbsp lemon juice
- 1-2 medium clove garlic, pressed or minced
- ½ tsp sea salt

Instructions:

1. Lightly squeeze the grated cucumber with a paper towel to remove excess moisture.
2. Put the cucumber in a bowl and add the yogurt, oil, herbs, lemon juice, garlic, and salt to the bowl, and stir to blend. Let the mixture rest for 5 minutes to allow the flavors to meld. Taste and add additional chopped fresh herbs, lemon juice, and/or salt, if necessary.

Day 2: Chicken and Veg Skewers

Ingredients:

- 1lbs boneless skinless chicken breasts
- 2 tbsp avocado oil or extra-virgin olive oil
- 3 tbsp red wine vinegar
- 1 tbsp honey
- 4 cloves garlic
- 1 tbsp dried oregano
- 2 tsp dried thyme or dried rosemary
- 1 tsp salt
- 1/2 teaspoon ground black pepper
- 1 onion, quartered into 1-inch pieces
- 1 zucchini, sliced into 1/2-inch coins
- 2 bell peppers, cut into 1-inch pieces
- 1 large lemon, cut into wedges

Instructions:

1. Cut the chicken breasts into 1-inch pieces and place them in a bowl.
2. In a separate bowl, mix together the oil, vinegar, honey, garlic, oregano, thyme, salt, and pepper.
3. Pour over the chicken and stir to coat. Place in the refrigerator to marinate for 30 minutes or up to 3 hours (no longer).
4. If using wooden skewers, place the skewers in water to soak for at least 20 minutes. Thread the kabobs: Thread a piece of chicken onto the skewer. Add alternating pieces of the onion, zucchini, and bell peppers until you've reached the end of the skewer, ending with chicken. Repeat with the remaining skewers.
5. Grill the chicken skewers until fully cooked through, about 10 to 15 minutes, turning the skewers every few minutes so that each side has grill marks. Squeeze the lemon over the top to serve.

Day 3: BBQ Side - No Mayo Coleslaw

Ingredients - for the slaw:

- 1/2 medium head of purple cabbage, shredded (about 3 cups shredded cabbage)
- 1/2 medium head of green cabbage, shredded (about 3 cups shredded cabbage)
- 2 heaping cups shredded carrots
- 1 medium onion, sliced

Ingredients - for the dressing:

- 3 tablespoons avocado oil or extra virgin olive oil
- 1/4 cup apple cider vinegar
- 1-2 tablespoons honey
- 1 clove garlic, finely minced
- 1/2 teaspoon salt
- Freshly cracked black pepper

Instructions:

1. Add all ingredients for the slaw into a bowl
2. In a small bowl, whisk together all the ingredients for the dressing. Pour all over the slaw and toss well to combine. Taste and adjust seasonings as necessary. Cover and place in the fridge for at least an hour to allow flavors to marinate together.

Day 4: Plant-based Burger

Ingredients:

- 1 cup cooked brown rice
- .5 cup raw walnuts
- .5 cup bread crumbs (use gluten-free if desired)
- 1/2 Tbsp avocado oil
- 1/2 medium onion, diced
- 1 tbsp chili powder
- cumin powder, and smoked paprika
- 1/2 tsp each sea salt and black pepper
- 1 1/2 cups cooked black beans, rinsed and patted dry
- 1/3 cup panko bread crumbs

Instructions:

1. Cook rice according to package directions
2. Heat skillet over medium heat. Once hot, add raw walnuts and toast for 5-7 minutes, stirring frequently, until fragrant and golden brown. Let cool.
3. Using the same skillet add oil and onion. Season with a bit of salt and pepper and sauté for 3-4 minutes, or until onion is translucent. Remove from heat and set aside.

4. Add cooled walnuts with chili powder, cumin, smoked paprika, salt, and pepper to a blender or food processor. Blend until the mixture becomes a fine meal. Add mixture to a large mixing bowl, add drained, dried black beans, and mash with a fork.
5. Add the cooked rice, spice-walnut mixture, sautéed onion, panko bread crumbs, and BBQ sauce to the bowl. Mix thoroughly with a wooden spoon for 1-2 minutes, or until a moldable dough forms. Taste and adjust seasonings as needed.
6. Divide mixture into 5-6 patties and grill for 3-4 minutes or until well browned on the underside, then flip gently. Be careful while flipping as they are not as firm as beef burgers. Cook for 3-4 minutes on the other side.

Day 5: Lemon Dill Crispy Skin Salmon

Ingredients

- 4 salmon fillets
- Salt and pepper
- Dill
- 1 lemon

Instructions:

1. Season salmon fillets with dill, salt and pepper, and a squeeze of lemon
2. Grill for 3-5 minutes per side
3. Serve with sliced lemon

Day 6: BBQ Marinades

Citrus Rosemary

- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- 1 tablespoon orange juice
- 1 tablespoon avocado oil
- 2 tablespoons fresh rosemary, roughly chopped
- Salt, to taste

Herb & Garlic

- ¼ cup avocado or olive oil
- Juice of 1 lemon

- 1 tbsp red wine vinegar
- ½ tbsp honey
- 2 tbsp fresh basil, parsley and rosemary
- 4 cloves garlic, minced
- 2 tsp salt
- ½ tsp pepper

Instructions:

1. In a bowl, mix together your marinade ingredients
2. Add marinade to a sealable container with meat. Marinate overnight or for at least 4 hours.

Day 7: Grilled Steak Salad

Ingredients - Steak

- Sirloin steak (5-6oz per serving)
- Salt and pepper

Instructions:

1. Let the steaks come to room temperature
2. Season with salt and pepper
3. Grill steaks for 4-5 minutes, turn over and continue to grill for 3-5 minutes (medium-rare). Grill longer for medium, if desired.

Ingredients - Salad (makes 4 servings)

- 8 cups mixed salad greens
- 1 medium cucumber, chopped
- 1 medium bell pepper, chopped
- 6oz plain goat cheese, crumbled
- 2 medium tomatoes, chopped
- 1 avocado, diced

Instructions:

1. Chop all veggies and evenly assemble in salad bowls (makes 4 salads)

Ingredients - Creamy Balsamic Dressing

- 1 cup plain yogurt (greek or dairy-free alternative)

- ½ cup balsamic vinegar
- 2 tbsp avocado or olive oil
- 2 tbsp dijon mustard
- 2 tbsp honey
- Pinch of salt and pepper

Instructions:

1. Mix all ingredients in a bowl until thoroughly combined and store in the fridge