



THE HEALTHY MOM'S GUIDE TO MEAL PLANNING AND PREP

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Hi Fellow Mom's!

If you are anything like me then you want nothing more than to be the best Mom you can be. That includes, feeding your family the best food possible all while keeping your sanity! A few years ago when I weighed 300 lbs, my go to lunch was 2 frozen individual pizzas and I would warm up some frozen nuggets for my kids. I am so thankful that I had my "aha" moment and was able to change my life. I have learned a lot on my journey and I am excited to share what I've learned with you.

Eating healthy isn't hard but it can be time consuming and expensive if you let it. In this book, I will be sharing tips on how to eat healthy fast and how to meal prep and plan to save you not only time but money as well.

So, you have made the decision to get healthy but has your family? Don't fret. With the recipes in this book, they won't even know that you are feeding them nutritious food. By slowly eliminating the processed foods in your families diet, you will be making a lifestyle change that they aren't even aware is happening around them.

I'm going to be breaking down the 4 essential steps that every Healthy Mom needs to take! **ELIMINATE, REPLACE, PLAN AND PREP.**

WELCOME

I'm going to be breaking down the 4 essential steps that every Healthy Mom needs to take!

ELIMINATE, REPLACE, PLAN AND PREP.

ELIMINATE

Let's start with ELIMINATE! I'm sure you have heard this advice before " If it's in your house, you will eat it." Right? So it's a no brainer that we have to start by getting rid of the processed foods in our pantries and the chemical filled foods in our fridge. Now, I know that it's virtually impossible to get rid of all of items because kids will be kids and snacks are needed in life. I understand that but there are healthy alternatives to your kids favorite snacks that we will talk about in the next step. Your first to do item is to get rid of anything in your pantry that has high fructose corn syrup! Sadly, this genetically modified ingredient is in so many products and it leads to so many health issues.

After you have gotten rid of the products with HFC, let's move onto the products with chemicals that you can't pronounce. If you don't know how to pronounce it, your body doesn't know how to digest and absorb it. Next, let's get rid of all of the white flour products in your house! Breads, pastas, wraps, you name it! The first ingredient is usually white flour so it won't be hard to spot them. They will be replaced with whole wheat soon!

If you really want to be an overachiever, throw away anything with over 5 ingredients in it! I promise, your body will thank you!

REPLACE

Now that you have eliminated all of the bad stuff from your house, let's REPLACE it so your family doesn't starve! I'm guessing you had to pitch a lot of the snack foods in your house. Some of my favorite brands that I feel comfortable feeding my family are:

- Lara Bars (whole food bars)
- Skinny Pop (popcorn)
- GoGoSqueez (applesauce pouches)
- Stonyfield Farm Yogurt Tubes
- Cascadian Farms Cereal

Replace your breads and pastas with organic, whole wheat options. These are now available at most wholesale clubs like Costco and Sams to make them more cost friendly.

PLAN

Now that you have a pantry and fridge full of “clean foods” it’s time to PLAN. Every Saturday morning, I sit down with my cup of coffee and take a few minutes to plan out my meals for the week. I have included several of my own for you to use and learn from. Some of you may already do this with your dinners, but do you take time to plan the rest of your meals? If not, do you find yourself in the McDonald’s drive through grabbing an egg mcmuffin on the way to work?

It’s amazing how a few hours on the weekend can set you up for great success during the week. I plan out my breakfast, lunches, dinners and even snacks. How do I figure out what to have?

That can be the hardest part for some people and I can surely see why. I use this format when planning:

- Meatless Monday
- Tex Mex Tuesday (my family will never stray from this. It’s a tradition in our house)
- Italian Wednesday
- Crockpot Thursday (because who wants to cook by this time of the week)
- Just for Fun Friday (usually this means homemade pizza because kids find it so fun)



PLAN

For lunches I think convenient and batch cooking. It's typical to see me cooking up rice and black beans on Sunday so that I can make burrito bowls for lunches. Breakfast has to be the easiest meal of the day because who's house isn't chaotic in the morning? I always use recipes that I can make on Sunday and just grab each morning! You will find lots of my favorite recipes in this book!

Once you have figured out what works best for your schedule that week, it's time to make the grocery list and then shop! I always suggest double checking your pantry while making the grocery list so you don't buy when not necessary!

I buy items like diced tomatoes, tomato sauce, chicken broth, brown rice, quinoa, black beans at a wholesale club to cut down on my weekly shopping and to be more cost effective. Along with my sample meal plans, you will find grocery lists included to make your life easier! If you are fortunate enough like me to live by a grocery store that does online shopping, I highly suggest you do it. It may cost some money upfront but it will save you from grabbing items that aren't needed just because they caught your eye! Our store saves our shopping list so it saves me a lot of time.



PREP

Now that you have planned and shopped, it's time to PREP! Sundays are a great time to prep. Set aside 1-2 hours to do this and your week will be much less chaotic...I promise. Yeah I know, Sunday's are for family and rest but it won't be too hard and your family can even help you! My kids love helping to wash fruits and veggies and make egg muffins! This is also a great time to teach them about healthy eating! Prepping will obviously change based on your meal plan but some things that I do every week include:

- Hardboil eggs
- Wash and cut veggies and fruits for snack
- Roast a chicken or turkey to have for lunches
- Make a big batch of brown rice or quinoa
- Cook any beans needed for dinner recipes

Depending on what dinner recipes you choose for the week, your prepping could also include, baking chicken breasts or chopping vegetables for recipes.

I also cook whatever I have chosen for my breakfast. Whether it's egg muffins, crockpot oatmeal, oatmeal in a jar, breakfast burritos, or breakfast bars, they can all be prepared on Sunday and divided into individual portions for your family to grab in the morning.

GET STARTED

Now that we have discussed the 4 steps needed for every Healthy Mommy, let me help you get started!

Here are 3 sample meal plans for you to use. They include my families favorite recipes!

MEAL PLAN #1

APPLE BRAN MUFFINS

Ingredients:

1 cup whole wheat flour
1 cup wheat bran
2 apples finely chopped
1 tbsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1/2 cup unsweetened applesauce
1/4 cup almond milk
2 egg whites
1/4 cup molasses
2 tbsp olive oil

Directions:

Preheat oven to 350 degrees. Coat a muffin tin thoroughly with cooking spray. In a large mixing bowl, combine dry ingredients: flour, bran, apples, baking powder, baking soda, and salt. Stir to mix. In a separate large mixing bowl, combine wet ingredients: applesauce, milk, egg whites, molasses, and oil. Add dry ingredients to wet ingredients and stir just until uniformly moistened. Spoon batter into 10 muffin well. Bake for 18-20 minutes or until tops are set to the touch. Allow to cool completely before removing from tin.

MEAL PLAN #1

MUSHROOM AND PEPPER JACK EGG MUFFINS

Ingredients:

3 eggs

1 1/2 cup egg whites

6 mushrooms

3/4 cup pepper jack cheese, grated

5 whole wheat English Muffins (I use Food for Life Gluten Free Brown Rice Muffins)

Directions:

Preheat oven to 350 degrees. Spray a standard 12 muffin tin with cooking spray. In a large bowl, beat together the eggs and egg whites, and divide among muffin wells. Chop mushrooms and divide among muffin wells. (They will float.) Sprinkle cheese into the egg-mushroom mixture in the muffin wells. (It'll sink.) Bake for 25 minutes, or until toothpick inserted in center comes out clean. Cool for 5-10 minutes before removing from pan.

*You will be using 2 egg muffins on top of 1 English muffin!

MEAL PLAN #1

CITRUS GINGER SALMON AND RICE

Ingredients:

1 cup gluten free chicken or vegetable broth

½ lime, juiced (1 Tablespoon)

⅛ teaspoon kosher salt

1 pound salmon fillet

2 teaspoons fresh grated ginger

2 Tablespoons honey

1 large orange juiced (about ⅓ cup)

¼ teaspoon black pepper

¼ teaspoon kosher salt

½ cup finely chopped green onion (about 3 onions)

3 cups prepared rice (this will be prepped on Sunday so you won't have to cook on weeknight).

For broccoli

1 head broccoli, cut into florets (about 3 cups florets). * TIME

SAVING TIP: buy the Steamfresh Bags of Broccoli. Pop into microwave and it will be done in 4-5 minutes and no dirty dishes! You can often find them on sale for \$1 a bag!

•DIRECTIONS CONTINUED ON NEXT PAGE

MEAL PLAN #1

CITRUS GINGER SALMON AND RICE

Directions:

This recipe is one of my husbands favorite. We buy our salmon at Costco. Make sure when buying salmon that you purchase Wild Caught Salmon. Start by heating broth in a medium sauté pan; add lime juice and salt and bring to a simmer. Place salmon fillet, skin side down, into pan (some broth will cover about ¼ inch of salmon). Cover and steam over low heat for 7 minutes. Remove salmon with a spatula and place on serving dish. It should be a little soft to the touch and still a little pink inside. Cover with foil and it will continue to cook while resting. 5. Add ginger, honey and orange juice to the remaining liquid in the sauté pan. Simmer and let reduce for 10 minutes. Add salt and pepper then remove from heat. In a medium saucepan, combine the green onions and rice. Add ¼ cup of the ginger orange sauce to rice, mix well, and heat over low heat until warmed through. Pour the remaining sauce over the salmon; serve with rice and broccoli.

For broccoli:

Steam broccoli in a covered microwave safe bowl with 2 Tablespoons water for 3 minutes; drain any remaining water before serving. You can also purchase steamfresh bags of broccoli if you wish! It will save you time and dishes!

MEAL PLAN #1

TURKEY TORTILLA MELT, HOMEMADE POTATO CHIPS AND ORANGE SECTIONS (KID APPROVED)

Ingredients:

For turkey tortilla melt

4 corn tortillas

2 Tablespoons gluten-free Dijon mustard

2 ripe avocados, peeled and mashed

2 tomatoes, sliced into rounds

2 green onions, chopped

8 ounces fresh roasted sliced turkey from deli or better yet, roast your own on Sunday

4 slices provolone, mozzarella or jack cheese

1 head green leaf lettuce, shredded

For potato chips

1 pound red potatoes

2 Tablespoons olive oil

¼ teaspoon kosher salt

2 large oranges

Directions:

For turkey tortilla melt

My kids love helping me prepare these melts! What kid doesn't love mashing an avocado? Preheat oven to 400°. Lay tortillas in a single layer on a baking sheet. Spread ½ Tablespoon of Dijon mustard on each tortilla then top with ¼ of the mashed avocado. Top each with tomato, onions, and turkey. Place 1 slice of provolone cheese on top of each tortilla. Bake for 7-10 minutes until cheese is melted and bubbly. Remove from oven and top with shredded lettuce before serving.

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MEAL PLAN #1

TURKEY TORTILLA MELT, HOMEMADE POTATO CHIPS AND ORANGE SECTIONS (KID APPROVED)

Directions:

For potato chips

Thinly slice potatoes into $\frac{1}{8}$ inch thick discs. Pour oil in a large bowl, add potatoes, and toss. Make sure all slices are lightly coated with olive oil. 3. Arrange slices in a circle on a microwave-proof plate. Do not overlap; you will need to do several batches depending on the size of microwave plate. Microwave on high for 3 minutes. Turn chips over and re-arrange them so they cook evenly. Microwave again for 2 minutes. Check for browning. Turn chips over again and microwave for about 1 minute or until they start to brown. They must brown a little in places or they will not crisp up. 7. Remove, sprinkle with salt, and allow to cool. The chips crisp when cooling.

To make potato chips in oven, arrange in a single layer on baking sheets and bake in 400° oven for 10-20 minutes until just golden. (Oven temperatures vary, check frequently to make sure none are burning.) Sprinkle with salt and allow to cool.

My kids don't love a lot of fruits but they do love oranges! Cut each orange in half and then into wedges, serve with tortilla melts and chips.

MEAL PLAN #1

ONE-POT QUINOA CHICKEN AND VEGGIES (A CLIENT FAVORITE)

Ingredients:

- 2 1/2 cups of water
- 1 cup quinoa rinsed and drained
- 2 tsp organic chicken or vegetable bouillon
- 2 cloves garlic, crushed
- 2 1/2 cups cooked chicken breast, chopped
- 2 zucchini, chopped
- 1/2 cup sun-dried tomatoes, coarsley chopped
- 1/2 tsp dried basil

Directions:

This is one of those recipes that I told you would make your life a lot easier! Bring water to a boil in a medium saucepan over high heat. Add quinoa, bouillon, and garlic and return to a boil. Cover, reduce heat to low, and set timer for 20 minutes. After 10 minutes have gone by, stir in chicken, zucchini, sun-dried tomatoes and basil and cover again. With 2 minutes remaining, remove lid and stir again. Leave pot uncovered to allow any remaining water to evaporate. Divide into bowls for dinner or containers for lunches and you are all set to tackle the week ahead!

MEAL PLAN #1

PORTOBELLO AND CHICKEN SAUSAGE BOWL

Ingredients:

4 portobello mushroom caps, sliced

4 links lean chicken sausage, coarsely chopped (We love the Al Fresco brand). I prefer to remove casing and ground the sausage but either way will work

1 cup water

2 8-ounce can tomato sauce

4 cups fresh baby spinach, loosely packed

1/2 cup parmesan cheese, grated

Directions:

To be honest, mushrooms aren't a favorite with my kids. I replace the mushrooms with whole wheat penne for them. Place Portobello mushrooms and chicken sausage in a small saucepan with water. Cook over medium high heat until mushrooms are soft and liquid is reduced, 4-5 minutes. Reduce heat to low and stir in tomato sauce and spinach. Cook, stirring, until mixture begins to simmer and spinach turns bright green and begins to wilt. Remove from heat, divide into bowls and stir in the cheese.

MEAL PLAN #1

SLOW COOKER BEEF AND VEGETABLE TACOS

Ingredients:

1 (3.4oz) package of shiitake mushrooms

1 small onion, quartered

3 cloves garlic

1 celery stalk cut into chunks

1 lb extra lean ground beef

1/2 cup organic beef broth

1 6-ounce can tomato paste

1 tbsp lime juice

1 tbsp reduced sodium soy sauce

2 tsp chili powder

2 tsp paprika

2 tsp ground cumin

1/4 tsp dried oregano

1/4 tsp salt

1/4 tsp black pepper

8 small whole grain tortillas or corn tortillas

Our favorite toppings are: avocado, nonfat plain Greek yogurt, salsa and diced tomatoes

Directions:

Put all veggies in food processor until finely chopped. If you don't have a food processor, finely chop all veggies. In a slow cooker, mix together beef, chopped vegetables, broth, tomato paste, lime juice, soy sauce, chili powder, paprika, cumin, oregano, salt and pepper. Cover and cook on low for 5 hours until vegetables become extremely tender and practically melt into the meat. Stir thoroughly, breaking up any remaining chunks of meat. Serve with tortillas and toppings.

MEAL PLAN #1

GROCERY LIST

Produce

6 mushrooms
1 (3.4 oz pkg) shiitake mushrooms
lime
ginger
broccoli
green onion
3 oranges
avocados
tomatoes
green leaf lettuce
red potatoes
zucchini
sun-dried tomatoes
4 portobello mushrooms caps
1 bag baby spinach
onion
celery
veggies of your choice for lunch
5 bananas

Pantry Items

chili powder
paprika
ground cumin
dried oregano
salt
black pepper
garlic
olive oil
whole wheat flour
baking soda
baking powder
brown sugar
Dijon mustard

Meat

organic gluten free fresh roasted turkey from deli
4 links of lean chicken sausage
1 lb wild salmon fillets
1 lb boneless skinless chicken breast
1 lb extra lean ground beef
Frozen
steam fresh brown rice

Canned Goods

unsweetened applesauce
molasses
wheat bran
whole wheat English muffins
chicken broth
corn tortillas
quinoa
chicken bouillon
tomato sauce
tomato paste
soy sauce
whole grain tortillas

Dairy

eggs
unsweetened almond milk
parmesan cheese
skim milk
pepper jack cheese
provolone slices
plain greek yogurt
hummus
string cheese

MEAL PLAN #2

SLOW COOKER CHICKEN GYROS

Ingredients:

1/2 small onion

3 cloves garlic

2 pounds ground chicken or extra lean ground turkey

2 eggs, whisked

1/2 cup plain whole wheat breadcrumbs

1 lemon, juiced and zested

1 teaspoon dried thyme

1/4 teaspoon cinnamon

1/4 teaspoon nutmeg

2 teaspoons salt

1 tablespoon extra virgin olive oil

12 mini whole wheat naan or pita bread rounds (Lettuce wraps work great too and a good substitute for a gluten free diet)

We top ours with tomatoes, greek yogurt and cucumbers!

Directions:

Start by pureeing the onion and garlic in a food processor. If you don't have one, just chop very fine. In a large bowl, stir together onion puree, ground chicken or turkey, eggs, breadcrumbs, lemon (juice and zest), thyme, cinnamon, nutmeg, and salt. Mix together until well combined. Form into a large ball and place in a 4-quart crockpot which has been drizzled with olive oil. Cover and cook for 4-6 hours on high, or 6-8 hours on low. This next step is crucial to the "Gyro process". Unplug crockpot and remove lid 30 minutes before serving. This will allow the gyros to set and cut into nice slices. When ready to serve, remove meat from slow cooker. Slice and serve on warmed pita bread topped with tomatoes, cucumbers, and yogurt! These are also great for lunches!

MEAL PLAN #2

SHRIMP TACOS WITH SWEET AND TANGY COLESLAW

Ingredients:

For Tacos

1 tablespoon olive oil

1 lime, juiced

1/4 teaspoon ground cumin

1/4 teaspoon paprika

1/4 teaspoon red pepper flakes

1 pound medium shrimp, peeled and deveined

1/4 teaspoon salt

8 (6-inch) corn tortillas

Coleslaw:

1/2 cup apple cider vinegar

1/4 cup pure maple syrup

Kosher or sea salt to taste

1/4 cup olive oil

2 tablespoons Dijon Mustard

6 cups thinly sliced green cabbage

1/2 cup grated carrots

1/2 red bell pepper, diced

1/2 cup grated onion

1 teaspoon caraway or celery seeds

1/2 teaspoon freshly ground black pepper

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MEAL PLAN #2

SHRIMP TACOS WITH SWEET AND TANGY COLESLAW

Directions for Coleslaw:

Whisk together the first 5 ingredients.

In a large mixing bowl, combine cabbage, carrots, bell pepper, onion, caraway seeds and black pepper. Add the vinegar mixture and toss to coat. Serve immediately or refrigerate until ready to serve.

Directions for Tacos:

Combine olive oil, lime juice, cumin, paprika, and red pepper in a small bowl. Combine shrimp and spice mixture in a zip-top plastic bag, and seal. Let stand 15 minutes. Remove shrimp from bag; you can throw away marinade at this point. Heat a grill pan over medium-high heat. Sprinkle shrimp with 1/8-teaspoon salt. Cook shrimp for 2 minutes on each side or until pink. If all of the shrimp doesn't fit in the pan, cook in batches until all shrimp is cooked!

Place shrimp evenly in warm tortillas and top with the coleslaw. Perfect for Tex Mex Tuesday!



MEAL PLAN #2

TURKEY AND QUINOA STUFFED PEPPERS

Ingredients:

- 1 sweet onion, diced
- 2 cloves garlic, minced
- 1/4 cup fresh flat leaf parsley, chopped
- 1 teaspoon dried oregano
- 1 cup dry quinoa, rinsed
- 1/4 cup whole wheat bread crumbs(you can also use gluten free panko crumbs if needed)
- 1/2 teaspoon black pepper
- Kosher or sea salt to taste
- 1/2 cup freshly grated parmesan cheese (can omit for dairy free)
- 1 egg
- 2 tablespoons tomato paste
- 1 pound extra lean ground turkey
- 6 bell peppers, slice away tops, scoop out seeds and membrane
- 1 (24 ounce) marinara sauce, no sugar added (make sure to check your labels)
- 1/2 cup water

Directions:

Mix the first 9 ingredients in a large mixing bowl. Add 1/3 cup of parmesan, egg, tomato paste and ground turkey, mix well. Using the turkey mixture, evenly stuff the peppers and place side by side in 4-6 quart slow cooker. Pour marinara over peppers, add water to the marinara jar, swirl around and pour around the peppers. Cover and cook on low 6 hours. Remove from slow cooker and allow proper time to cool before devouring!

MEAL PLAN #2

BALSAMIC CHICKEN AND BRUSSELS SPROUTS

Ingredients:

- 2 tablespoon olive oil
- 1/2 pound fresh Brussels sprouts, halved
- 2 chicken breasts, sliced
- 1 teaspoon fresh thyme leaves
- 1 tablespoon balsamic vinegar
- 1/2 cup chopped, toasted walnuts
- 1/4 teaspoon sea salt
- 1/2 teaspoon fresh ground black pepper

Directions:

This recipe couldn't be easier. Heat a large sauté pan over medium high heat. When it's good and hot, add the olive oil, then add the sprouts cut side down. Allow to cook for several minutes until well browned, and then flip. Add the chicken to the pan, and season with salt and pepper. Stir and cook until the chicken is well browned, and add the thyme. Continue cooking until the chicken is cooked through, and add the balsamic vinegar and walnuts. Continue cooking until vinegar is reduced and walnuts are toasted before serving.

MEAL PLAN #2

SLOW COOKER SWEET POTATO AND BEAN SOUP

Ingredients:

- 1 medium sweet potato
- 1 tablespoon extra-virgin olive oil
- 1 onion, diced
- 4 medium carrots, peeled and sliced into 1/2" pieces
- 1 (15 ounce) can Great Northern Beans
- 1 cup vegetable juice, optional tomato juice (I used spicy low sodium v8)
- 2 1/2 cups vegetable broth
- 1 cup canned lite coconut milk
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon cumin
- 1/2 teaspoon black pepper
- Kosher or sea salt to taste
- 1 teaspoon freshly grated ginger

Directions:

Preheat oven to 400 degrees. Wrap sweet potato in foil, place on an oven safe pan and bake until tender, approximately 1 hour. Allow to cool slightly before peeling. (This is a great step you can do during Sunday prep to save yourself time during the week). In a medium skillet, add oil and sauté onion over medium-low heat until tender, approximately 5 minutes. Add onion, sweet potato, and all other ingredients to the slow cooker, stir to combine. Cover and cook on low 6-8 hours, or high 3-4 hours. This is a great choice for Meatless Monday's!

MEAL PLAN #2

SLOW COOKER SANTA FE CHICKEN BURRITO

Ingredients:

- 1 lb Chicken breast (boneless, skinless)
- 1 cup Salsa (your favorite kind)
- 1 (4 oz) can Chopped green chiles (optional)
- 1 cup Corn
- 1 cup Black beans, drained
- 1 tsp Minced garlic (or 1/2 tsp garlic powder)
- 1 tsp Chili powder
- 1 tsp Cumin
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 1/4 cup Plain low fat Greek yogurt
- 3/4 cup 2% Shredded cheddar cheese
- 5 whole grain or corn tortillas

Directions:

Place everything except for the yogurt, cheese, and tortillas in the crockpot. Stir to combine, cover, and cook on high for 4 hours or on low for 8 hours. Remove the chicken and shred with two forks and return to the crockpot. Add the yogurt and cheese, and stir to combine. Divide mixture among 5 tortillas, and roll into burritos. (I like to roll my tortilla just over the filling, tuck in the ends, and finish rolling so none of the filling comes out). I prefer to top with salsa on the day that I eat so that it doesn't get soggy. These also freeze great if you want to make a lot at one time. Just freeze them individually in foil so you can pull them out when needed! You can also bake them for a few minutes if you have time to get them nice and toasty!

MEAL PLAN #2

CHOCOLATE AND PISTACHIO OATMEAL

Ingredients:

Oil for coating the slow cooker

1 cup steel-cut oats

5 cups water

2 tablespoons cocoa powder (cacao powder is best but it's expensive)

4 tablespoons crushed pistachios, divided

2 tablespoons coconut sugar

Directions:

Chocolate for breakfast. Your family may love you even more this week! Start by coating the bottom of your slow cooker with a little amount of any neutral-flavored healthy oil like almond oil, safflower oil, etc. This is important because the oats have a tendency to stick to the slow cooker! You will lose half of your oats if you don't spray! In the slow cooker, combine the oats, water, cocoa powder, half of the pistachios, and sugar. Set the slow cooker on low for 1-1/2 hours then leave it to keep warm automatically while you are sleeping.

Stir it in the morning then sprinkle the remaining pistachios and add some almond milk if you wish!

MEAL PLAN #2

GROCERY LIST

Produce

3 yellow onions
Lemon
Tomato
Cucumber
Lime
Parsley
6 bell peppers
½ lb brussels sprouts
Sweet potato
Carrots
Celery
apples

Meat

2 lbs ground chicken
1 lb shrimp
1 lb ground turkey
2 lb boneless skinless chicken breasts

Pantry

Garlic
Dried thyme
Cinnamon
Nutmeg
Olive oil
Cumin
Paprika
Red pepper flakes
Balsamic vinegar
Chili powder

Dairy

Eggs
Greek yogurt
Parmesan cheese
Shredded cheddar cheese
hummus

Canned Goods

Whole wheat breadcrumbs
Naan or pita bread pockets
Corn tortillas
Quinoa
Tomato paste
Marinara sauce
Walnuts
1 15oz can of northern beans
Vegetable broth
Vegetable juice
Canned lite coconut milk
Salsa
Chopped green chilis
Corn
Black beans
Whole grain tortillas
Steel cut oats
Cocoa powder
Crushed pistachios
Coconut sugar
Almond butter

MEAL PLAN #3

OVERNIGHT APPLE CINNAMON STEEL CUT OATS

Ingredients:

3 cups steel cut oats or gluten free oats

3 cups unsweetened vanilla almond milk

10 cups water (you can use more, but we like the thicker texture)

1 cup unsweetened applesauce

1/4 cup of honey

3 tbsp. cinnamon

1 ½ tsp. pure vanilla extract

Directions:

This is my favorite breakfast! Your house will smell amazing when you wake up! The first step is crucial. Always spray your crock pot with non-stick spray before starting. Your oats will stick very easily. I use Trader Joe's coconut oil spray. Once you have sprayed, put all the ingredients into your slow cooker and cook overnight on low (around 8 hours). Divide into individual portions so all you have to do is warm each morning and mix with unsweetened almond milk. Top with Blueberries or your favorite fruit!



MEAL PLAN #3

TURKEY LETTUCE WRAPS

Ingredients:

Romaine lettuce leaves

organic deli turkey meat (I prefer the applegate brand or better yet, roast one yourself during meal prep)

2 tsp dijon mustard

veggies of your choice

Directions:

This lunch couldn't be easier. Take 2 lettuce leaves and fill with 1 oz of organic deli turkey meat. Top with veggies of your choice and mustard!

I add a side of carrots and hummus and an apple and it's a healthy and fast lunch!

MEAL PLAN #3

CUBAN HALIBUT WITH BLACK BEAN AND ORANGE QUINOA

Ingredients:

4 4oz halibut filets, skin and bones removed (you can also use cod)

Marinade 1 tsp orange zest

1 tsp lime zest

juice 1/2 lime

1/4 tsp sea salt

1/8 tsp ground black pepper

Quinoa

1 tsp peanut oil

1/2 cup diced red onion

1 tsp ground cumin

1 tsp dried oregano

1/4 tsp sea salt

1/8 tsp ground black pepper

1 clove garlic, crushed

1 bag of spinach, roughly chopped

1 cup uncooked quinoa

1 cup cooked black beans

1 orange, sectioned with juice

1 tsp orange zest

1/2 cup chopped fresh cilantro

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MEAL PLAN #3

CUBAN HALIBUT WITH BLACK BEAN AND ORANGE QUINOA

Directions:

This recipe is a good one to serve when you want to impress your dinner guests. They will never know how simple it was for you to make! Set oven to broil. Place halibut in a large bowl.

Prepare marinade: In a small bowl, mix together orange and lime zests, lime juice, salt and pepper. Pour marinade over halibut and set aside.

You can prepare the quinoa during meal prep on Sunday. Make a big batch and it will be great for leftovers or lunches. Start by heating oil in your saute pan. Add onion, cumin, oregano, salt, pepper, and garlic. Cook for 3 minutes, until the onions start to soften. If onion starts becoming too brown, add 1/4 cup water. In batches, add spinach and cook, covered for 3 to 4 minutes until slightly wilted. Add quinoa and 2 cups water. Increase heat and bring mixture to a boil, then reduce heat to simmer.

Cook, covered for 10 minutes. Add beans and cook for 5 more minutes. Then gently mix in orange sections and juice, orange zest and cilantro. Heat through for 1 more minute. Meanwhile, place halibut and marinade on a baking sheet and broil in oven for about 8 minutes. Serve halibut over quinoa mixture.

MEAL PLAN #3

BUTTERNUT SQUASH ENCHILADAS

Ingredients:

2 tbsp chipotle peppers in adobe sauce
5 cups peeled and diced butternut squash
2 tbsp sunflower, safflower or grape seed oil
1 clove garlic, peeled
1 tbsp unsalted tomato paste
1 tsp ground cumin
1 tsp dried oregano
1 tsp sea salt
Olive oil cooking spray
12 6-inch corn tortillas
1/4 cup crumbled queso fresco (TIP: If queso fresco is unavailable, crumbled reduced-fat feta or goat cheese are also good options.)
scallions, thinly sliced

Directions:

This is one of my personal favorites. I love butternut squash everything! You can pre make the enchilda sauce during Sunday prep to save you some time! Preheat oven to 375°F. In a large bowl, toss squash with oil. Arrange on a large, rimmed baking sheet and roast until tender, about 20 minutes. Meanwhile, prepare enchilada sauce (if you haven't prepped it already): Add chipotle peppers to a blender, along with garlic, tomato paste, cumin, oregano and salt; purée. Transfer mixture to a medium saucepan. Bring to a boil, reduce to a simmer and cook for 10 minutes.

•DIRECTIONS CONTINUED ON NEXT PAGE

MEAL PLAN #3

BUTTERNUT SQUASH ENCHILADAS

Transfer squash to a medium bowl and stir in about 1/2 cup enchilada sauce; keep oven on. Transfer remaining sauce to a round 8- or 9-inch shallow bowl. Spray a 9 x 13-inch baking dish with cooking spray.

* I find it's easier to work with corn tortillas if I warm them in the microwave for about 30 seconds. If not, they might tear.

Dip tortilla in enchilada sauce to coat both sides, then transfer to baking dish. Fill each tortilla with 1/4 of squash filling. Roll up tortilla, enclosing filling, and place seam side down. Repeat with remaining tortillas and squash. Spoon remaining enchilada sauce over enchiladas and bake until heated through, 15 to 20 minutes. Sprinkle with queso fresco and scallions.

MEAL PLAN #3

SPAGHETTI SQUASH WITH CHICKEN, PEARS AND PARMESAN

Ingredients:

3 lb spaghetti squash, quartered and seeded

1 tsp olive oil

1 lb boneless, skinless chicken breasts, trimmed and cut into 1/2-inch-thick strips

1 Bosc pear, cored and sliced 1/4 inch thick (TIP: To prevent sliced pear from browning, place in a bowl of cold water; drain when ready to use.)

1 tsp dried sage

2 tbsp minced fresh chives

3 oz shaved Parmesan cheese

Directions:

Don't be intimidated by cooking such an odd looking squash! It's literally fool proof. If I can do it, you can do it! Preheat oven to 375°F. Place squash cut side up on a foil-lined, rimmed baking sheet. Add 1/4 inch water to sheet. Bake until edges are golden brown and squash is easily pierced with the tip of a sharp knife, about 35 minutes. Set aside until just cool enough to handle. In a large nonstick skillet, heat oil on medium. Add chicken and cook for 2 minutes. Flip chicken and add pear and sage. Sauté, stirring occasionally, until chicken is cooked through, about 5 minutes. Transfer chicken, pears and pan drippings to a large bowl. With 2 forks, scrape stringy squash flesh from skin, separating into strands. Add squash flesh to bowl with chicken mixture. Add chives and toss to combine. To serve, top with cheese.

MEAL PLAN #3

LIGHT SESAME ASIAN MEATBALLS WITH BROWN RICE AND GREEN BEANS

Ingredients:

Meatballs

- 1 lb. ground chicken or ground turkey
- 1 tsp sesame oil
- 1 tbsp garlic powder
- 1 clove garlic, crushed
- 1 tsp fresh ginger
- 2 tbsp almond flour
- 1 egg
- 3 tbsp scallions
- 1/2 tsp Himalyan sea salt
- 1 tsp sriracha

Sauce

- 1 tsp Sesame oil
- 2 garlic cloves, crushed
- 3 tbsp coconut aminos (or liquid aminos)
- 1/4 cup seasoned rice vinegar
- 2 tsp sriracha
- 2 tbsp raw honey
- Himalayan sea salt, to taste

Garnish

- Sesame seeds
- Scallions
- 1 bag steamfresh brown rice
- 1 bag steam fresh whole green beans

•DIRECTIONS ON NEXT PAGE

MEAL PLAN #3

LIGHT SESAME ASIAN MEATBALLS WITH BROWN RICE AND GREEN BEANS

Directions:

AGAIN, meal prep can be key here! The night before when you are finishing up dinner dishes, mix up the meatballs and form them so the next day all you have to do is pop them in the oven! It will take you 5 minutes to prep! Preheat oven to 375. In a large bowl mix together meatball ingredients and form into balls. Bake on baking sheet for about 15 minutes or until meatballs are golden on the outside. While meatballs are baking, whisk together sauce ingredients until smooth. Pour into saucepan and heat over low. Remove meatballs from oven and gently dip into sauce. Garnish and serve warm. Microwave steamed rice and green beans and serve with meatballs.



MEAL PLAN #3

CROCKPOT ITALIAN SLOPPY JOES AND SIDE SALAD

Ingredients:

1 lb Italian turkey sausage, removed from casing
1/2 cup chopped onions
3 cloves garlic, minced
1 red bell pepper, chopped
1 green pepper chopped
28 oz crushed tomatoes (look for no salt added)
1/2 tsp dried rosemary
salt and fresh cracked pepper, to taste

For serving:

6 whole wheat rolls or lettuce wraps work great too
6 slices provolone or your favorite cheese
1 cup baby spinach

Directions:

I don't know about you but sloppy goes always take me back to my childhood. Except now my side is a salad instead of tater tots! You can cook your sausage during meal prep on Sunday to make this recipe even easier during the weekday! In a medium non-stick skillet, cook the sausage over medium-high heat, breaking up as it cooks into small bits until cooked through, about 5-6 minutes. Add onions and garlic, and cook another 2 minutes. Transfer to the slow cooker and add the bell peppers, crushed tomatoes, rosemary and fresh cracked pepper. Cover and cook on low 4 hours. Makes 3 1/2 cups. To serve, place heaping 1/2 cup of meat on a roll and if desired, top with cheese and baby spinach.
* If your kids don't like peppers, try subbing carrots! My girls love these made that way!

MEAL PLAN #3

GROCERY LIST

Produce

fresh ginger
green onion
blueberries
spaghetti squash
pear
orange
lime
red onion
spinach
cilantro
butternut squash
onion
red pepper
green pepper
romaine lettuce
carrots
apples

Meat

1 lb extra lean ground turkey breast
1 lb boneless, skinless chicken breasts
4- 4oz halibut filets
1 lb lean Italian turkey sausage
1 lb organic deli turkey breast (I prefer applegate farms brand)

Dairy

eggs
unsweetened almond milk
parmesan cheese
crumbled queso fresco
reduced fat provolone slices
cottage cheese
hummus

Frozen

steam fresh brown rice
steam fresh whole green beans

Canned Goods

sriracha sauce
coconut aminos
steel cut oats
unsweetened applesauce
quinoa
black beans
10 dried chilis
tomato paste
corn tortillas
crushed tomatoes
whole wheat 100 calorie potato rolls
almond butter

Pantry- you may already have these items. Double check before heading to store

sesame oil
garlic powder
garlic
almond flour
rice vinegar
honey
cinnamon
vanilla
olive oil
sage
cumin
oregano
grape seed oil
rosemary