



HOW IT WORKS:

- head to the web address emailed to you and use the password provided to access.
- next, download the links and print.
- each week, look at the meal plan and decide what meal you want on each day. add any extra details/meals. (page 2)
- grab the shopping list and take inventory of your pantry and fridge, crossing off anything that you already have and adding other staples you need.
- take your list to the store for some shopping and then enjoy your week of stress-free mealtime!

IN THE MONTHLY SUBSCRIPTION:

- 3 dinner recipes per week
(including sides & salads)
- 2 or 3 easy leftover recipes per week
(perfect for a light dinner or lunch)
- 1 fun & delish breakfast recipes per week
reference tool for gluten free
(& sometimes vegetarian, and dairy free, etc.)
- shopping list
- beginning pantry list

EXTRAS:

**\$1 from every subscription is donated
to a program that fights hunger**

- Q&A section
(with tutorials if applicable)
- a printable collection for your kitchen
(art print, recipe cards, chore chart, etc.)
- 1 special dinner plan & dessert
(for date night or entertaining)

GRILLED SALMON TACOS WITH GUACAMOLE AND CHILI CREAM

SERVES 6 WITH EXTRA SALMON FOR SALMON CHOWDER RECIPE
PREP TIME: 15 MINUTES, TOTAL COOK TIME: 45 MINUTES

INGREDIENTS //

Corn Salsa

- 1-7 oz can mexicorn, drained and rinsed
- ¼ cup chopped red onion
- 1 lime, juiced
- 1 Pinch each of: sugar, salt, ground cumin, ground coriander

Guacamole, favorite store bought (*for convenience*) or homemade

Chili Cream

- 1 cup sour cream
- ½ teaspoon smoked paprika
- ¼ teaspoon chili powder

Salmon

- 2 pounds salmon filets, whole or in smaller fillets, bones removed
- Olive oil for brushing
- Pinch of salt and pepper
- Pinch of chili powder
- 1 package tortillas (flour or corn for gluten free)

Chopped lettuce and tomato, Optional



Enjoy these salmon tacos with your favorite Mexican inspired side dish or simple fruit sprinkled with chili powder and lime juice. These tacos use the convenience of canned items to make unique condiments as well as lots of herbs and spice to create a quick taco meal that you'd find in restaurants today.

DIRECTIONS //

1. For salsa and chili cream: In separate bowls, mix all ingredients together and chill until use. To make salmon, lightly brush salmon with olive oil and give a light sprinkling of seasonings. Over medium heat on grill use a fish basket, cedar plank or small tin foil piece over grates and add salmon. Cook salmon until desired doneness.
2. To assemble tacos: add salsa, salmon, lettuce and tomato (if using) to warmed tortilla. Add small pieces of salmon and garnish with guacamole and chili cream.

Perfect to serve with fruit salad sprinkled with lime juice and chili powder.

GF

**gluten free when using corn tortillas*

SALMON CHOWDER WITH LEEKS AND DILL



SERVES 6.

PREP TIME: 15 MINUTES. TOTAL COOK TIME: 30 MINUTES

INGREDIENTS //

- ¼ cup butter
- 2 cups of cleaned, chopped leeks
- 1 10 oz bag frozen tri color peppers, diced or strips, thawed and drained.
- 2 tablespoons of rice (or all-purpose) flour
- 1 quart of fish or chicken stock
- 3 cups of diced frozen potatoes
- 1 pound of leftover salmon cut into 1" pieces
- 1 ½ cups of whole milk
- 1/3 cup fresh chopped dill
- Salt and pepper to taste

This recipe can be made in the Crockpot the night before if you don't mind your house smelling like the sea all night :)

DIRECTIONS //

1. In 4 quart sauce pan, add butter and heat over medium high heat until melted. Add leeks and sauté until translucent. Add in peppers and sauté until softened and heated through. Add flour to coat vegetables and form pasty like consistency. Add chicken or fish stock, frozen potatoes and salmon. Bring to boil, and then reduce to medium. Add in milk and dill. Continue to cook until desired thickness. Add salt and pepper to taste.

Serve with salad and a good sour crusty bread or GF alternative.

GF

**gluten free, can be made dairy free with vegan butter flavored shortening & rice milk*

FLANK STEAKS WITH MISO GINGER GLAZE

SERVES 6 WITH EXTRA STEAK FOR A LEFTOVER STEAK SALAD

PREP TIME: 10 MINUTES.

MARINATE: 6-8 HOURS

COOK TIME: 20 MINUTES

INGREDIENTS //

1 ½- 2 pounds flank steak

½ cup mirin (Asian rice wine)

**Can substitute with sake if you've got it laying around

1 tablespoon chopped fresh ginger, ginger paste

or 1 teaspoon dried ginger powder

½ medium red onion, peeled

2 garlic cloves, peeled

1 tablespoon canola oil

1 tablespoon miso (can be light or dark)

Salt/pepper to taste

2 tablespoons chopped green scallions or chives

SIDE DISHES ON NEXT PAGE...

smokey potato planks & spinach and mizuna salad

DIRECTIONS //

1. Trim steak if necessary, including extra fat or silver skin.

In small food processor or blender, blend the mirin through miso until slightly chunky. Rub over steak and marinate in the refrigerator for 6-8 hours.

2. Remove meat and warm slightly at room temperature before sprinkling with salt and pepper. Grill steak on outdoor grill on medium high or indoor grill pan until cooked to desired temperature, about 5 minutes on each side for medium.

Garnish with chopped green onions or chives. Slice thin upon serving.

***This marinade can be made days ahead of time but should not be added to steak until the day of).

LEFTOVER STEAK SALAD ->

Toss spinach, asian pears, blue cheese and hazelnuts with sesame dressing in a large salad bowl. Top with steak and serve.

GF

*gluten free & dairy free

SMOKEY POTATO PLANKS

SERVES 6- WITH EXTRA FOR BREAKFAST

PREP TIME: 5 MINUTES, COOK TIME: 20 MINUTES

INGREDIENTS //

- 2- 24 oz bag garlic rosemary potato wedges (Alexia brand or other)
- 2 tablespoon canola or olive oil
- 1 tablespoon smoked paprika

DIRECTIONS //

1. In large mixing bowl, mix all ingredients together. Cook potatoes according to directions in oven.

SPINACH AND MIZUNA SALAD WITH SESAME DRESSING

SERVES 6

PREP TIME: 10 MINUTES

INGREDIENTS //

- 5 cups baby spinach, ready to use
- 1 cup mizuna lettuce (or frisee)
- 1 10.75 oz can mandarin oranges
- Sesame seeds (optional)

Sesame Dressing (GF, DF such as Annie's Naturals)

DIRECTIONS //

1. Toss salad greens lightly with dressing in large salad bowl. Garnish with mandarin oranges.

GF

**gluten free & dairy free when using GF/DF dressing*

GREEK INSPIRED CHICKEN PICCATA OVER HERBED NOODLES

SERVES 6 (WITH CHICKEN LEFTOVERS FOR LUNCH)

PREP TIME: 15 MINUTES COOK TIME: 15 MINUTES

INGREDIENTS //

8- 6 ounce chicken breasts, slightly pounded
1 cup rice or all-purpose flour
2 teaspoons kosher salt
1 teaspoon dried oregano
1/2 teaspoon ground black pepper
1/4 cup vegetable oil
1/4 cup chopped, pitted kalamata olives
1 small can artichoke hearts in water, drained and coarsely chopped
1 10 oz bag frozen spinach, thawed and drained
2/3 cup chicken or vegetable stock
1/4 cup fresh lemon juice (from approx 3 lemons)
2 tablespoons chopped and rinsed capers
2 tablespoons chopped parsley
1/4 cup crumbled feta or goat cheese

12 ounce fave noodles, (gf if desired)
olive oil
lemon juice
parsley, chopped
salt & pepper, to taste

DIRECTIONS //

1. For coating: In medium size bowl, add rice flour, salt, pepper and oregano. Dredge the chicken breasts in mixture. Set aside.
2. In skillet, add oil over medium-high heat. Pan fry chicken breast until golden brown on each side. Remove cooked chicken breasts from skillet and drain excess oil. Remove two of the chicken breasts for a later lunch recipe (see BBQ Chicken Sandwich Recipe). Add chicken breasts back to skillet over medium-high heat and add olives, artichoke hearts, spinach, stock lemon juice and capers. Cook over medium heat until sauce boils and thickens, then reduce heat to medium until chicken is cooked thoroughly. Remove from heat and serve family style with parsley and feta.
3. Serve with noodles (gf if desired), boiled according to directions sprinkled with olive oil, lemon juice and chopped parsley, salt and pepper.

GF

**gluten free, dairy free (if served without cheese)*

LEFTOVERS BBQ CHICKEN SANDWICH AND QUICK COLESLAW MIX

SERVES 6

PREP TIME: 15 MINUTES REHEAT TIME: 5 MINUTES

INGREDIENTS //

6 left over pieces of breaded chicken
6 slices cheddar cheese
6 slices of red onion
6 slices of lettuce and tomato
BBQ sauce (any kind you have on hand)
6 soft buns

COLESLAW MIX

1 bag coleslaw mix
1 tablespoon sugar
¼ cup cider vinegar
¼ teaspoon of celery or cumin seed
Salt and pepper to taste

DIRECTIONS //

1. Reheat chicken in microwave (since it's already cooked, just microwave until hot to prevent drying it out). Serve over soft bun with cheddar cheese, warmed BBQ sauce and all the fixings. Hot chicken and sauce should melt cheese slightly.
2. Empty coleslaw mix into a medium-large salad bowl. In a small bowl combine sugar, vinegar, and seasonings. Stir to combine and pour over the coleslaw mix. Toss to coat.
3. Top sandwiches with lettuce and tomato (if desired) and serve with a side of coleslaw!

GF

**gluten free (if using a gf bbq sauce and gf bread)*

APPLE PIE OATS IN THE CROCK POT

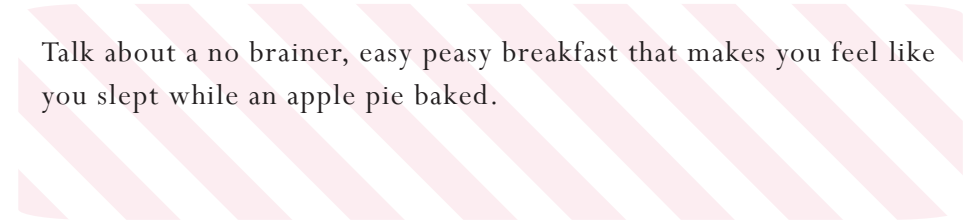


SERVES 6. TAKES 9 HOURS (5 MINUTES HANDS-ON)

**dairy & gluten free (if using gf oats)*

INGREDIENTS //

- 1 ½ cups steel cut oats, rinsed
- 1 cup chopped dried apples
- 1 cup dried cherries
- 4 cups water
- 1 cup apple cider
- ½ tsp ground cinnamon
- 1 pinch ground nutmeg
- 1 pinch of salt



Talk about a no brainer, easy peasy breakfast that makes you feel like you slept while an apple pie baked.

DIRECTIONS //

1. Add all ingredients into the crock pot. Stir lightly to incorporate. Cover and set crockpot to low and cook overnight. Garnish with nuts, brown sugar and/or cream.

SHOPPING LIST → WEEK 1 // APRIL 28-MAY 4

PRODUCE

Ginger root, ginger paste, or dried ginger (spice)
2 red onions
Garlic
2 leeks
2 bags baby spinach
1 bunch mizuna or frisee (*lettuce*)
1 head leaf lettuce
2 slicing tomatoes
1 bag coleslaw mix
3 lemons
4 limes
Fresh parsley
Fresh dill
scallions or chives
tomatoes (optional)
2 pears
Fruit (optional fruit salad)

MEATS, NON-MEATS, PROTEINS

Family Pack Chicken Breasts 8-10
2 lbs flank steak
2 lbs salmon fillet

SNACKS & CEREAL

Steel cut oats (gf if prefer)

BAKING & SPICES

Salt
Pepper
Cumin
Coriander
Paprika (smoked)
Chili powder
Oregano
Celery seed
Cinnamon
Nutmeg
Sugar
Brown sugar
Olive oil
Vegetable/Canola oil

SAUCES, CONDIMENTS, SPICES, CANNED GOODS

Miso paste
Mirin (Asian rice wine)
2 Qt. vegetable or chicken stock
1 Qt. fish or chicken stock
1-7 oz can mexicorn
(*Mexican style corn with peppers*)
Sesame salad dressing
(*Annie's is gluten free*)
Kalamata Olives
1 can artichoke hearts in water
Capers
Prepared guacamole
1 small can mandarin oranges
Lemon juice
Favorite BBQ sauce
Cider vinegar

GRAIN, PASTAS, RICE, NOODLES

Soft Buns (for BBQ Chicken sandwiches, GF if prefer)
All-purpose or Rice Flour
Corn or Flour Tortillas
Noodles (GF if prefer)

HOUSEHOLD

DAIRY

Cheddar cheese (sliced if prefer)
Feta or goat cheese crumbles
Blue Cheese
Whole milk (1 pint or quart)
Sour cream
Butter

FROZEN

10 box or bag of frozen spinach
2 lbs frozen diced potatoes
10 oz frozen tricolor peppers, sliced or diced
2-24 oz bags frozen rosemary potato wedges

OTHER

Dried apples,
Dried cherries
Sesame seeds (optional)
Hazelnuts (for salad topping)
Apple Cider