



A close-up photograph of several ripe red tomatoes. One tomato is in sharp focus in the foreground, showing its smooth texture and a small stem hole. Behind it, two more tomatoes are partially visible, slightly blurred. The lighting is dramatic, highlighting the vibrant red color of the tomatoes against a dark, neutral background.

# *Sample Meal Plan for One*

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# *How to Use this Plan*

The typical meal plan says eat this meal here, here, and here.

This, however, isn't your typical meal plan.

Instead of telling you exactly what to do, I'm going to give you some ideas so that you can play in the kitchen and get creative. We'll start with some main meals and then offer variations on the ingredients so that you utilize all of your ingredients without having to eat the same meal over and over again – ultimately saving you money and food waste.

Wasting food and money sucks.

Start by reading through everything so you have an idea of what's going on. After the recipes are a prep plan and shopping list. If you shop and prep on the weekend, you'll be able to eat through the week with minimal time and effort. Just pick a meal or variation, heat, and eat!

Most importantly, have fun. As Julia Child said, "Learn how to cook -- try new recipes, learn from your mistakes, be fearless and above all have fun."

Happy cooking and eating!



# *Menu*

## **Breakfast**

*Pancakes with choice of toppings*

*Frittata with fruit*

## **Lunches/Dinners**

*Nut-crusted chicken with sautéed veggies and baked potatoes*

*Sliced, Nut-crusted chicken with salad greens and maple balsamic vinaigrette*

*Frittata with side salad*

*Spaghetti with meat sauce*

*Eggs in marinara meat sauce*

*Breaded pork chops with sauteed veggies*

*Pork chop marinara with veggies or pasta*

*Grilled, sliced pork chop with salad greens and maple balsamic vinaigrette and nuts*

## Snacks

*Sliced apple sprinkled with cinnamon and peanut butter*

*Veggies and guacamole*

*Sliced bananas topped with peanut butter and chocolate chips*

## Dessert

*Sorbet Pie*

# *Breakfasts*

# Almond Flour Pancakes

## Ingredients

- ❖ 1 1/2 cups almond flour
- ❖ 1/2 tsp baking soda
- ❖ 1/4 tsp sea salt
- ❖ 3 large eggs, room temperature
- ❖ 1/4 cup almond milk + extra to bring to desired consistency
- ❖ 1 tbsp unsalted butter or coconut oil, melted
- ❖ 1 tbsp honey or maple syrup
- ❖ 1 tsp vanilla extract
- ❖ 1/4 tsp apple cider vinegar



## Instructions

1. Preheat griddle over medium heat.
2. In blender, place all of the liquid ingredients then all of the dry ingredients on top. Cover and blend – low to start, gradually increasing to high and then blending for at least 1 minute.
3. Note – The original batter is thick. I added in more milk but didn't measure. So if the original is too thick for your preference, add in more milk bit by bit until it's the consistency you want.
4. Grease preheated griddle with fat of choice. (I'm a fan of butter.) Pour batter until desired size pancake is reached.
5. Cook for a few minutes, until pancakes begin to dry out at edges and the bottoms are a golden brown. (It's good to check before flipping.)
6. Carefully flip and cook another few minutes until golden but not over-browned.
7. Serve hot with toppings of choice.

# *Almond Flour Pancakes*

## **Variations**

1. Traditional with maple and butter.
2. Serve with side of fruit. Clementines are easy to transport.
3. Top with banana and peanut butter.
4. Chop apple. Heat skillet to medium heat. Add butter. Once butter looks foamy, add apple with some cinnamon and sugar (or maple). Sautee until apple is soft and warm. Spoon on top of pancakes.

## **Storage**

1. Store leftovers in individual containers. Then in the morning you can grab and heat. Microwave anywhere from 30 seconds to a minute.

# *Spinach, Mushroom, and Sausage Frittata*

## **Ingredients**

- ❖ A couple of handfuls of spinach
- ❖ Mushrooms
- ❖ Breakfast sausage or chorizo
- ❖ 6 eggs, beaten
- ❖ Salt, pepper, and seasonings of choice



*Not this frittata, but a frittata none the less.*

## **Instructions**

1. Preheat oven to 350 degrees.
2. Heat a large skillet to medium heat, add sausage. Cook until sausage is fully cooked. (If using pre-cooked sausage, cook until hot.)
3. Add a couple of handfuls of mushrooms and season with salt, pepper, and any other seasonings of choice. Cook until mushrooms are cooked. I like my mushrooms to still have some bite so it's usually around 5 minutes.
4. Add spinach and stir.
5. When spinach is slightly wilted, add in eggs and stir entire mixture. Make sure everything is spread evenly.
6. Place in over and cook until eggs are done – about 15-25 minutes.
7. When finished, allow to cool for a few minutes. Then, place a plate over the top of the pan and carefully flip your frittata onto the plate.
8. Slice like pie.

# *Spinach, Mushroom, and Sausage Frittata*

## **Prep tips**

- ❖ **Spinach** – take a couple of giant handfuls of spinach. Roll them up like a cigar. Slice into small ribbons. Don't worry if it looks like a massive amount. It will shrink when it heats.
- ❖ **Mushrooms** – chop into bite size pieces. Doesn't need to look even or pretty.
- ❖ **Breakfast sausage or chorizo** – If it's bulk sausage, break it apart like hamburger meat. If it's links, chop into bite sized pieces.
- ❖ **Eggs** - Crack into a bowl and, using a fork, beat them within an inch of their life. Add salt, pepper, and seasonings of choice.

## **Variations**

1. Serve with side of fruit for breakfast.
2. For lunch or dinner, serve with a side salad.
3. Great topped with avocado or guacamole.

## **Storage**

1. Store leftovers in individual containers. Then in the morning you can grab and heat. Microwave anywhere from 30 seconds to a minute.
2. Can be eaten cold, room temperature or hot.

# *Lunches/Dinners*

# *Nut-Crusted Chicken*

## **INGREDIENTS**

SEE ADDITIONAL INFO IN NOTES

- ❖ Favorite nuts
- ❖ Dijon mustard
- ❖ Honey
- ❖ Chicken parts
- ❖ Cooking oil of choice



## **DIRECTIONS**

1. Preheat oven to 350 degrees. Spray or wipe down glass baking dish with oil of choice.
2. Pulse nuts in food processor until coarsely ground. Put in bowl. (Can also chop into small pieces)
3. Mix dijon mustard and honey to taste. Place in second bowl.
4. Pat chicken dry. Dip in mustard mixture until covered. Dip in ground nuts until covered. Place in baking dish. Repeat process with each piece of chicken. Tip: It's easiest if you keep a "wet" hand for dipping and a "dry" hand to sprinkle nuts on missed spots.
5. Bake for 30-45 minutes or until juices run clear.
6. Allow to rest for 5 minutes before cutting. Serve with sauteed veggies and baked potatoes.

# *Nut-Crusted Chicken*

## **PREP TIPS**

- ❖ **Favorite nuts** – any kind of nut will work. I especially like pecans with this.
- ❖ **Chicken** – can use boneless skinless breasts but I prefer boneless, skin-on thighs. Thighs have the most flavor.
- ❖ **Cooking oil of choice** – butter, ghee, or coconut oil hold up best in high heat. I usually use coconut oil
- ❖ **Sauteed veggies** – Chop veggies into bite sized pieces. Heat up some oil to medium heat in a skillet. Add in veggies and seasonings. (Salt, pepper, garlic powder and anything else handy.) Cook until desired doneness. I prefer my veg to have some crunch so I don't cook for long.
- ❖ **Baked potato** - Quickest when done in the microwave. Poke holes all over it with a fork. Place on microwave safe dish and cover with paper towel. Zap for 5 minutes. Flip over and zap for another 5 minutes. Be careful when pulling out of the microwave as it will be VERY hot.

## **VARIATION**

1. Slice cold leftovers and top a salad for future lunches or dinners. Serve with maple balsamic dressing.

## **STORAGE**

1. Package individually for quick use of leftovers.
2. Lasts in the fridge for about a week.

# *Spaghetti with Meat Sauce*

## INGREDIENTS

- ❖ 1 lb hamburger meat
- ❖ Mushrooms
- ❖ 1 jar marinara of choice
- ❖ Salt, pepper and additional spices to taste. (I usually use Italian Spice blend, garlic powder, and dash of cinnamon.)
- ❖ Pasta of choice



## DIRECTIONS

1. Bring giant pot of water to boil. Add in pasta and cook according to package directions.
2. Separately, heat large skillet to medium-high heat. Add hamburger, salt, pepper and spices (Italian blend and garlic powder are what I use) to taste. Cook until meat is browned.
3. Add chopped mushrooms. Continue cooking until the mushrooms are almost cooked – about 5-8 minutes.
4. Pour in jarred marinara until sauce to desired level of chunkiness. Add in additional spices as necessary. (I usually add a splash of red wine, more Italian Blend spice, garlic powder, and a tiny dash of cinnamon.)
5. Simmer until fully warmed.
6. When pasta is finished cooking, drain well.
7. Instead of mixing sauce and pasta together, place pasta on plate or in bowl and spoon amount of sauce you want on top of it.
8. Enjoy!

# *Spaghetti with Meat Sauce*

## **PREP TIPS**

❖Mushrooms – use leftovers from frittata.



## **VARIATION**

**Eggs in sauce** – Can be used for breakfast, lunch, dinner, or brunch.

1. Preheat oven to 350 degrees.
2. In small, ovenproof skillet, heat up serving of leftover sauce. Once warm, make a hole in the center of the sauce. Crack in egg into it.
3. Cover and place in oven. Cook until the egg reaches desired doneness – about 5-10 minutes.

## **STORAGE**

1. Package individually for quick use of leftovers.
2. Lasts in the fridge for about a week.
3. At the end of the week, take any remaining marinara and pour 1 cup amounts into freezer bags. Lay flat in the freezer to freeze and use later. Remember to label the date you froze it.

# *Quick Cooking Pork Chops*

## **PREP TIPS**

❖ Center cut, quick cooking pork chops cook up in just a couple of minutes. Perfect when you don't really want to bother but seem like you did.

## **VARIATIONS**

### **Lightly breaded with veggies.**

1. Pour a little bit of almond flour on a plate. Add salt, pepper, and any additional spices to taste. Press dry pork chop into flour. Flip to cover the other side.
2. Heat skillet to medium high heat. Add coconut oil or other fat of choice. Once melted and hot, add pork chop. Pan fry about 2-3 minutes on each side.
3. Serve with side of veggies.

### **Lightly breaded, marinara style.**

1. Follow directions above.,
2. Warm up some of the leftover jarred marinara.
3. Serve pork chop topped with warmed marinara and a side of veggeis or pasta.

### **Pork chop salad**

1. Season both sides of pork chop. Using a grill pan, grill on each side for 2-3 minutes or until fully cooked. Let sit for about 2 minutes. Slice and serve on top of salad greens with nuts and dressing.

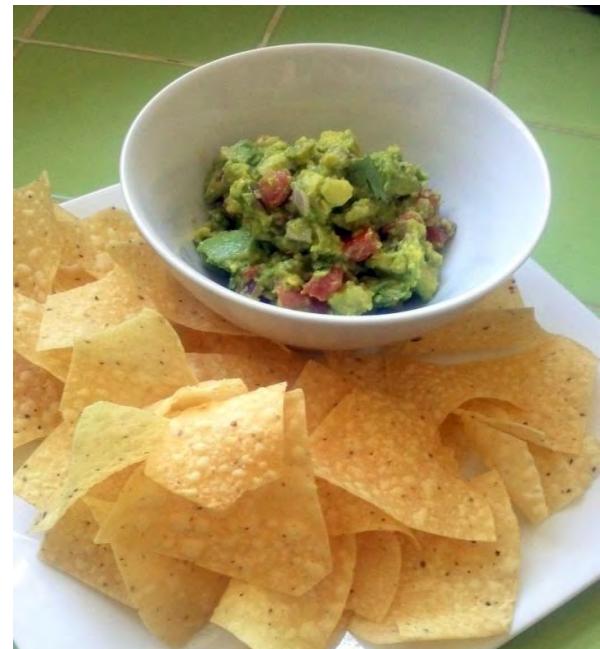
## **STORAGE**

1. Package individually in freezer bags for quick use during the week.
2. Lasts in the fridge for about a week. Any remaining raw chops can be frozen for later use.

# *Snacks*

Slice apples. Sprinkle with cinnamon. Serve with side of peanut butter. (Use almond butter for true Paleo.)

Chips or veggies and guacamole.



Slice bananas. If you get natural peanut butter you can drizzle that over the bananas and then sprinkle on a few chocolate chips.

# Dessert



## INGREDIENTS

- ❖ 1 pint of sorbet of choice
- ❖ Pre-made graham cracker crust

## DIRECTIONS

1. Allow sorbet to sit out on the counter for about 10 minutes to soften but not to the point it's runny.
2. Spoon into pie crust.
3. Place back into freezer to re-freeze. About 30 minutes.
4. Slice and enjoy!

# *Prep Plan*

## **Make ahead**

Start with the frittata.

- ❖ Use leftover mushrooms in spaghetti sauce
- ❖ Mix leftover spinach in with spring greens for salad

While frittata is in the oven, start the almond pancakes.

While the pancakes are cooking, portion up the veggies and make the salad dressing.

- ❖ Mix leftover spinach together with spring greens. Separate into individual serving size containers.
- ❖ Can mix broccoli and carrots or keep separate. Then divvy up into portion sizes and containers for side dishes and snacks.

Salad dressing:

- ❖ In a small, lidded container or mason jar place and shake within an inch of its life. Taste by dipping the salad greens into it. Adjust as necessary.
- ❖ Forkful of mustard
- ❖ A little balsamic vinegar
- ❖ A little maple syrup
- ❖ Sprinkle of garlic and pepper
- ❖ Twice as much olive oil as vinegar.

Clean up the kitchen.

Assemble the sorbet pie.

Then start on the nut-crusted chicken.

While the chicken is cooking, start the spaghetti sauce.



# *Prep Plan cont.*

While the spaghetti sauce is simmering, transfer the pork chops from their original packaging to a freezer bag. If you have any left over at the end of the week place remaining pork chops into their own freezer bag to freeze for later use.

## **Additional Notes**

Making the frittata and pancakes on Sunday creates super-quick breakfasts through the week. And the chicken is more involved so make that for Sunday dinner. The spaghetti sauce isn't too taxing so you can make that on the weeknight if you don't get to it during meal prep.

# *Shopping List*

## Produce

- Bag of spinach
- Bag of mixed greens
- Package of sliced mushrooms (I like cremini)
- Apples
- Clementines
- Bananas
- Bag of broccoli
- Bag of baby carrots
- 2 baking potatoes

## Meat Case

- Breakfast sausage or chorizo
- Pork chops – center cut quick cooking (thin cut)
- Chicken – 1 package or boneless, skinless breasts or boneless, skin-on thighs.
- 1 lb hamburger meat

## Refrigerator Case

- Eggs
- Butter
- Almond milk
- Guacamole – The 100 calorie Holy Guacamole packs are perfect for snacks

## Freezer Case

- 1 pint sorbet of choice

## Nuts

- Container of nuts of choice. Pecan is excellent with the chicken.

## Baking Section

- almond flour
- baking soda
- Pre-made graham cracker crust. Can be regular sized graham or chocolate. Mini graham cracker crusts are good as well.
- Vanilla extract
- Chocolate chips

## Oils, Vinegars & Spices

- Salt
- Pepper
- Garlic Powder
- Italian Blend
- Cinnamon
- Olive oil
- Coconut Oil
- Apple cider vinegar
- Balsamic vinegar

## Condiments

- Honey
- Maple (Grade B is best)
- Peanut Butter (or Almond butter for true Paleo)
- Dijon mustard

## Italian section

- 1 jar marinara of choice
- Pasta of choice

# *Shopping List Cont.*

## **Optional**

- Avocado – delicious on top of the frittata or the salads. Also a good snack with a little salt that will keep you feeling full.
- Whatever you'd like on the baked potato if you don't already have it.
- Bag of tortilla chips if want to have them as a snack with the guacamole in addition to or instead of the veggies.

