



4
week

Healthy Meal Plan

24 Recipes to Help You **Save Time**
& **Eat Healthy** at Home

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Welcome!

Welcome to your 4 Week Healthy Meal Plan!

Are you ready to save yourself tons of time planning your meals each week? Need some quick, 30-minutes or less dinner ideas? These recipes are family-friendly, healthy and easy to prepare.

Each week you can print out the shopping list and recipe guide. All 24 recipes included list the ingredients and instructions for you. You can bookmark this guide on your computer, copy to iBooks or Kindle, or have it printed at your local copy shop so you can write your own personal notes on it. Bookmark your favorites that you want to come back to over and over again, like the homemade chicken nuggets!

Thank you for taking the time to create healthy meals. Knowing what's going into your food is one of the first steps towards taking control of your health. If you have any questions as you work through the recipes, feel free to email me at eaaroach@gmail.com.

Happy cooking!

With love and gratitude,

Emily



Table of Contents

Week 1 Shopping List	4
Salsa Chicken	5
Rainbow Thai Chicken Salad.....	6
Korean Beef Bowl.....	6
Lemon Pepper Salmon.....	7
Pizza Night	8
Simple Salad and Dressing	8
Week 2 Shopping List	10
Baked Haddock	11
Chicken Satay Bites.....	12
Spicy Shrimp and Broccoli	12
Buffalo Chicken Cobb Salad	13
Quinoa Taco Lettuce Wraps.....	14
Week 3 Shopping List	16
Sweet Potato Boats	17
Honey Mustard Chicken Stir Fry.....	18
Modern Tuna Cobb Salad	19
Speedy Green Bean and Chicken Piccata.....	19
Meatloaf Muffins.....	20
Week 4 Shopping List	22
Sloppy Joes	23
Easy Homemade Chicken Nuggets	24
Fish Tacos	25
Chicken Orzo Skillet Dinner.....	26
Spinach and Tomato Frittata.....	26
Bonus Recipe: Lemon Quinoa.....	27

4
week

Healthy Meal Plan

Week 1

1. Salsa chicken (slow cooker), served with tortillas, brown rice and optional salad greens
2. Rainbow Thai chicken salad
3. Korean beef bowl, sauteed snow peas, and brown rice
4. One pan roasted lemon pepper salmon and garlic parmesan asparagus, with roasted red potatoes
5. Pizza night with assorted toppings

Bonus: Simple salad and homemade dressing

Groceries (preorder via local delivery, or [Instacart](#))

Produce	Meat/Fish	Grocery	Dairy	Pantry Staples Needed
Lime (2) Lemon (1) Avocado (4) Garlic bulb (1) Tomato Romaine lettuce Arugula Purple cabbage 2 cups snow peas 1 bunch asparagus Raspberries Mango (1) Carrot (1) Red pepper (1) Cilantro Green onions (1 bunch) Red bliss potatoes (5)	4-6 boneless skinless chicken breast halves 1 ½ Salmon fillet, wild is best 1 lb. ground beef (look for grass fed)	¼ cup Cashews or Peanuts (roasted, low salt) ¼ cup walnuts 1 large jar of salsa Tomato sauce for pizza (look for low sugar content) Whole wheat tortillas (or spelt tortillas) 10 minute boil-in-a-bag brown rice	Shredded cheddar Sour cream Parmesan block to shred, or ½ cup finely pre-shredded parmesan Shredded mozzarella Small goat cheese	Cumin Ground ginger Onion powder Sea salt, pepper Red chile pepper ground, red chile pepper flakes Peanut butter Rice wine vinegar, Balsamic vinegar Soy sauce Dijon mustard Honey Maple syrup Vegetable oil, Sesame oil, Olive oil

4
week

Healthy Meal Plan

Cooking Instructions

Salsa Chicken (slow cooker night, use chicken leftovers for *Rainbow Thai Salad*)

Ingredients

4-6 chicken breasts

1 large jar salsa

1 teaspoon cumin

Pinch red chile powder

3 tablespoons lime juice

Whole wheat tortillas (or spelt tortillas)

2 sliced avocados

Shredded cheddar

Sour cream

½ cup chopped cilantro

Romaine lettuce (optional)

Coat slow cooker with nonstick cooking spray and arrange 4-6 chicken breasts in it.

Pour salsa over the chicken. Cook on high for 3-3 ½ hours, or low for 6. *Note: if you need to leave the slow cooker on while away for the day, place at least 6 frozen chicken breasts in the slow cooker and also add ½ cup water.*

Boil water and cook 10 minute brown rice. (2 packets, save second serving for Korean beef night.)

Stir in cumin, red chile powder, and lime juice, cover, and cook for another 15 minutes before serving.

While chicken finishes cooking, slice 2 avocados, romaine lettuce and one tomato as toppings. Place shredded cheddar, sour cream, and cilantro in separate small bowls for serving.

Shred chicken and use for tortilla roll-ups. (or swap tortillas for hard tacos.)

Option 2: serve shredded chicken over salad greens for a gluten free option.

Heat 2 cups frozen corn if you would like an additional vegetable side, or add frozen corn during the last hour of cooking time in the slow cooker.

4
week

Healthy Meal Plan

Rainbow Thai Chicken Salad with Peanut Butter Dressing

Ingredients

3 cups leftover shredded chicken from Salsa Chicken meal, chopped.
2 cups shredded purple cabbage
1 cup chopped romaine
1 avocado, diced
1 large mango, peeled, pitted and diced
1 carrot shredded or finely chopped
1 cup chopped fresh cilantro
½ cup chopped green onions

Dressing

½ cup peanut butter
2-3 tablespoons hot water
2 tablespoons rice wine vinegar
2 tablespoons soy sauce
2 tablespoons honey
¼ teaspoon sesame oil
Juice of 1 lime
Pinch of red pepper flakes

Combine the following in a large bowl: shredded chicken, purple cabbage, romaine, avocado, mango, carrot, cilantro and green onions.

In a separate bowl, add peanut butter, hot water, rice wine vinegar, soy sauce, honey, sesame oil, lime juice and the red pepper flakes. If the dressing is too thick, add another teaspoon of hot water thin it out. Drizzle over salad.

Korean Beef Bowl, Sauteed Snow Peas, Brown Rice

Ingredients

¼ cup maple syrup
¼ cup soy sauce
1 tablespoon sesame oil
½ teaspoon crushed red pepper flakes
¼ teaspoon ground ginger
1 tablespoon vegetable oil

4
week

Healthy Meal Plan

3 cloves of garlic, minced
1 lb. ground beef
2 green onions, thinly sliced
Brown rice for serving (reserved from previous dinner)
2 cups Snow peas
1 tablespoon sesame oil
Pinch of sea salt

In a small bowl, whisk together maple syrup, soy sauce, sesame oil, red pepper flakes and ginger. Set aside.

Heat vegetable oil in a large skillet over medium heat. Add garlic and cook for 1 minute.

Add ground beef and cook until browned, about 4-6 minutes. Break up the meat as it cooks.

Stir in soy sauce mixture and green onions until well mixed, simmer for 2 minutes and serve over brown rice.

Snow Peas: saute in a medium pan with 1 tablespoon sesame oil for 4-6 minutes. Sprinkle with a pinch of sea salt.

One Pan Roasted Lemon Pepper Salmon and Garlic Parmesan Asparagus, with Roasted Red Potatoes

Ingredients

1 ½ lbs salmon filet (look for wild Alaskan salmon)
2 ½ tablespoons olive oil, divided
1 teaspoon lemon zest
4 cloves garlic, minced
1 teaspoon dijon mustard
¾ teaspoon onion powder
½ teaspoon each sea salt and cracked black pepper
½ lemon, thinly sliced
1 large bunch asparagus, break off tough ends
5 red bliss potatoes, quartered
1 tablespoon olive oil
½ teaspoon sea salt

Preheat oven to 400 degrees.

On a small baking sheet, layer red potatoes and drizzle with 1 tablespoon olive oil and sprinkle with ½

4 week Healthy Meal Plan

teaspoon sea salt. Place in oven for 25 minutes.

Line a second large baking sheet with parchment paper. Place salmon in the center of pan.

In a small bowl, whisk together 1 ½ tablespoon olive oil, lemon zest, lemon juice, 2 minced cloves of garlic, dijon mustard and onion powder. Smother the salmon with the dressing and then sprinkle with ½ teaspoon salt and pepper. Top with lemon slices.

Toss asparagus with remaining 1 tablespoon olive oil, remaining 2 garlic cloves and ½ teaspoon sea salt. Arrange around the salmon. Bake in oven for 10 minutes.

Remove from oven and sprinkle asparagus with parmesan. Return to oven and bake for 5-8 minutes longer, or until salmon is cooked through. (it will be flaky.)

**Note: use the convection oven setting if you have it so the air moves around both pans. If you don't have the setting, just rotate the pans at least once.*

Pizza Night at Home!

Option 1

Make your own pizza dough. I still love our easy breadmaker recipe. It makes two pizzas.

Option 2

Call your local pizza shop or bakery and see if they offer the option to buy just the dough, or even better, the dough rolled out.

Choose your favorite toppings. Make one a kid's pizza they can decorate and one grown-up option. Use up any leftover veggies in the fridge. Fun options to try are ricotta, bacon & blue cheese, prosciutto and fig jam with arugula added after it bakes. Save leftovers for lunch the next day.

Bonus: Simple Salad

Ingredients

2 cups arugula

1 cup raspberries

3 tablespoons goat cheese

¼ cup chopped walnuts (or pecans)

Dressing

½ cup olive oil

¼ cup balsamic vinegar

Pinch of pepper

Place the salad ingredients on a plate starting with the arugula and build up with remaining ingredients.

4
week

Healthy Meal Plan

Whisk together dressing and serve on the side. Use a mason jar and shake it up until it's well combined. Give this job to one of the kids! Pair this with pizza night or for a lunch option. Swap out raspberries for blueberries or apples keep up with what's in season.

Note: when shopping, look to avoid the following by reading labels: monosodium glutamate, added sugars, high fructose corn syrup.

4
week

Healthy Meal Plan

Week 2

1. Baked haddock, sweet potato fries and green beans
2. Chicken satay bites, jasmine rice and sauted veggies
3. Spicy shrimp, Naan bread, broccoli and leftover rice
4. Buffalo chicken cobb salad
5. Quinoa taco lettuce wraps (or use corn taco shells or whole wheat tortillas)

Groceries (preorder via local delivery, or [Instacart](#))

Produce	Meat/Fish	Grocery	Dairy	Pantry Staples Needed
1 head romaine lettuce 1 large avocado 1 red pepper 1 yellow pepper 2 ribs celery 1 English cucumber 1 bunch green onions 3 limes 2 lemon 1 bunch flat leaf parsley (Italian) 1 bunch cilantro 1 head broccoli 1 red onion Minced ginger (usually in veggie aisle) or ginger root Frozen: Sweet Potato Fries, 1 Bag Stir Fry Veggies, Froz Corn	2 lbs haddock fillets 1 ½ lbs boneless chicken breasts 1 ¼ lbs peeled and deveined shrimp	1/2 cup walnuts Frank's hot sauce Panko whole wheat breadcrumbs (gluten-free options available) Jasmine rice (or brown rice) Naan bread Quinoa 1 can black beans	Blue cheese crumbles (optional)	Cumin Curry powder Cayenne powder Cinnamon Paprika Sea salt, pepper Nut butter Worcestershire sauce Mayonnaise Honey Minced Garlic Olive Oil Sesame Oil Butter

4
week

Healthy Meal Plan

Cooking Instructions

Baked Haddock, Sweet Potato Fries, Green Beans

Ingredients

3/4 cup whole wheat panko breadcrumbs
3 tablespoons unsalted butter room temperature
3 tablespoons mayonnaise
3 green onions, green tops only thinly sliced
1 teaspoon Worcestershire sauce
1/2 teaspoon Frank's hot pepper sauce
1 1/2 tablespoons lemon juice freshly squeezed (approx. 1/2 lemon)
1/2 tsp salt and 1/4 tsp pepper
4 white fish fillets approx. 6 oz; 1/2 to 3/4 inch thick (haddock or cod)
2 tablespoons fresh flat-leaf parsley finely chopped
2 sweet potatoes OR 1 bag frozen sweet potato fries
2 cups green beans, trimmed and cut in half if long

Preheat oven to 425 degrees.

In a small bowl, mix together all ingredients through salt and pepper.

Butter a 9x13 baking dish and lay all fish fillets flat in the pan.

Distribute the topping on the fish fillets equally.

Bake 8-10 minutes until fish is flaky.

Remove from oven and garnish with chopped parsley.

Sweet Potato Fries

Option 1

2 sweet potatoes sliced lengthwise, then quartered. Lay on a baking sheet and drizzle with 1 tablespoon olive oil and 1 teaspoon sea salt. Roast in oven for 20 minutes.

Option 2

Alexia sweet potato fries from the freezer aisle. So easy! The sea salt variety is great for young palates, while more daring eaters can choose the spicy version.

4
week

Healthy Meal Plan

Green Beans

Boil 2 cups of water in a medium sauce pan. Once boiling, add green beans and cook for 4 mins. Drain and rinse under cold water to stop the cooking process and keep them bright green and crispy. Sprinkle with a little salt or butter.

Chicken Satay Bites, Jasmine Rice and Sauteed Veggies

Ingredients

1 tablespoon nut butter

1 garlic clove, minced

1 teaspoon grated ginger (I buy minced ginger in the jar, often in the produce aisle near minced garlic,) or buy one ginger root. Use the extra ginger in tea or smoothies.

1 tablespoon soy sauce

1 tablespoon honey

½ teaspoon sesame oil

2 boneless, skinless chicken breasts, cut into 1" cubes

Jasmine rice (or swap for brown rice or quinoa)

Preheat oven to 400 degrees.

Fill saucepan with 2 cups water and bring to a boil. Add 1 cup jasmine rice. Turn heat to a simmer, cover and cook for about 25-30 minutes.

In a medium bowl, combine the nut butter through sesame oil and whisk to combine. Add chicken and let rest for 15 minutes.

Place chicken on a baking sheet and bake for 14 minutes, or until golden and cooked through.

Saute a bag of frozen mixed stir fry veggies. Add 1 tablespoon of coconut oil (or olive oil) and cook until defrosted and slightly browned.

Spicy Shrimp and Broccoli (Inspired by my favorite cookbook [*Dinner: A Love Story*](#). I have had it for two years and I still pick it up weekly.)

Below are the spice amounts to sprinkle over one shrimp dinner for four. Triple or quadruple if you want to make a stash to have on hand for the next time.

Ingredients (Spice Rub)

¾ teaspoon salt

¾ teaspoon paprika

½ teaspoon ground cumin

4
week

Healthy Meal Plan

1/2 teaspoon curry powder
1/8 teaspoon cayenne
pinch cinnamon

1 ¼ lbs peeled, deveined shrimp
1 tablespoon butter
Naan bread, lime
1 head broccoli, stalk removed and florets chopped

Mix together the above spices. Sprinkle over the peeled shrimp.

Melt butter in a large skillet over medium-high heat. Add shrimp to pan — try to get the spiced side down — and saute 5 minutes until done, adding more spice as they flip around and cook.

Toast a few pieces of Naan bread and serve with cooked shrimp, a spoonful of plain yogurt, and a squeeze of lime.

Serve with sauteed broccoli (or swap for a favorite veggie). Chop broccoli and saute in 1 tablespoon coconut oil, (or olive oil). Sprinkle with a little sea salt to taste.

Buffalo Chicken Cobb Salad

Ingredients (Buffalo Chicken Marinade--put together during dinner the night before)

1/2 cup Frank's Red Hot Sauce
1 large lime, juiced
2 tablespoons olive oil
1/2 teaspoon black pepper
1/2 teaspoon salt
1.5 lb. boneless, skinless chicken breast

For the Salad:

½ head romaine lettuce, chopped
1 large avocado, diced
2 hard boiled eggs, chopped
1 red pepper, diced
2 ribs celery, sliced
1/2 cups walnuts
1/2 of an English cucumber, diced
2 green onions, sliced

4
week

Healthy Meal Plan

Heaping 2/3 cup blue cheese crumbles (optional)

Your choice blue cheese dressing for serving (optional)

Combine hot sauce, lime juice, olive oil, pepper, and salt. Add the chicken and the marinade to a large zip top bag. Refrigerate for at least 3 hours or up to 24 hours.

Preheat the grill to medium. Place the chicken on hot, clean grill grates and cook. Grill the chicken 12-15 minutes (this depends on the thickness of your chicken breasts), turning once. Remove from grill and allow to rest 5 minutes before cutting and serving. Slice the chicken diagonally and set aside for the salad.

On a large plate or shallow serving bowl, fill with the lettuce. Arrange the additional salad items in groups to allow for kids to make their own creations. Serve with Blue Cheese Dressing. *(for dairy free, you can make this super simple avocado dressing: <http://www.simplyscratch.com/2014/04/creamy-avocado-salad-dressing.html>. Super quick and you will feel like a kitchen rockstar making your own dressing!)*

(Recipe adapted from *Good Life Eats*)

Quinoa Taco Lettuce Wraps

Ingredients

- 1 cup quinoa, cooked according to package directions.
- 2 tablespoons coconut oil
- 3 cloves garlic, minced
- ½ red onion, thinly sliced
- Pinch of sea salt and black pepper, adjust to taste
- 1, 15 ounce can black beans
- 1 cup organic corn (if frozen, then thaw)
- 1 cup thinly sliced yellow peppers
- 1/3 cup fresh chopped cilantro
- 2 tablespoons taco seasoning
- Juice of 1 lime
- Juice of 1 lemon
- 1 head of butter leaf lettuce
- Garnish options: fresh cilantro, sliced jalapeno, diced tomato, avocado
- Hard shell tacos or whole wheat tortillas (optional)

Cook quinoa to package directions.

Meanwhile, in a skillet, add coconut oil, sea salt, black pepper, onions, and garlic and cook for 8

4
week

Healthy Meal Plan

minutes or until fragrant. Add in cooked quinoa, rinsed beans, corn, and peppers until warm. Stir in taco seasoning, juice of lime, and lemon. Adjust seasonings to taste.

Next, take one washed and dried lettuce leaf and add ¼ cup of the quinoa mixture in the center, fill with optional garnishes and wrap edges of the lettuce leaf onto itself as a handheld wrap. Enjoy immediately.

Hard shell tacos or whole wheat tacos are also options to eat the quinoa filling.

Store leftover filling in an airtight glass container and assemble upon serving.

Note: when shopping, look to avoid the following by reading labels: monosodium glutamate, added sugars, high fructose corn syrup.

4
week

Healthy Meal Plan

Week 3

1. Sweet potato boats with black beans and corn
2. Honey mustard chicken stir fry and rice
3. Modern tuna cobb salad
4. Speedy green bean and chicken piccata
5. Meatloaf muffins with stir fry veggies

Groceries (preorder via local delivery, or [Instacart](#))

Produce	Meat/Fish	Grocery	Dairy	Pantry Staples Needed
2-3 sweet potatoes 1 Avocado 1 Lime 1 Lemon 1 Orange Cilantro Parsley 3 yellow onions 1 bunch asparagus ½ lb sugar snap peas Green onions Salad Greens 2 large handfuls green beans 2 garlic cloves 1 bag broccoli slaw	3 boneless chicken breasts 1 pkg chicken cutlets 1 can white tuna in oil (Italian style-tonno) 1 lb ground turkey or beef	Black bean and corn salsa Couscous Rice Capers Panko breadcrumbs 1 bag frozen stir fry veggies	Sour cream (or dairy free alternative) Shredded cheddar cheese	Sea salt, pepper Coconut oil Rice wine vinegar Olive oil Honey Yellow mustard Ketchup Worcheshire sauce Grated ginger All purpose flour 1 Egg Dry white wine Chicken broth

4
week

Healthy Meal Plan

Cooking Instructions

Sweet Potato Boats with Black Beans and Corn

Ingredients

2 medium/large sweet potato

Black bean and corn salsa

salt and pepper, optional and to taste

heaping 1/4 cup shredded cheddar cheese blend (omit to reduce dairy)

Avocado Crema

1 medium ripe avocado, peeled and de-seeded, reserving a small portion for garnishing

1/4 cup sour cream (non-dairy option Tofutti brand's Sour Supreme)

2 tablespoons lime juice (from about medium 1 lime)

pinch salt, to taste

cilantro, optional for garnishing

Pierce potatoes with fork a few times before cooking in microwave on high power for about 7 minutes (medium) to 10 minutes (large). Cook until fork tender and done; don't overcook because potato will be broiled briefly. Remove and let cool.

Preheat oven to broiler setting.

Slice each potato lengthwise. Hollow out a center column of each half with a spoon. Redistribute the potato so the center column is a bit shallower to make room for the filling, and there's more flesh built up around the edges.

Place the halves on a non-stick baking sheet.

Evenly divide the corn and bean salsa between each potato half.

Optionally add salt and pepper to taste

Evenly top each potato half with cheese.

Broil for about 3 minutes, or just until cheese begins to melt and is bubbly. Keep a very close eye on them so they don't burn. Remove from oven and set aside to cool momentarily. While potatoes cool, make the avocado crema.

Avocado Crema - In a food processor or blender (mini food processors work great here), combine most of the avocado (reserving a small portion of chunks or slices for garnishing and set it aside), sour cream, lime juice, salt to taste, and blend until smooth and creamy. If mixture is thick, add water 1 tablespoon at a time until desired consistency is reached. Drizzle avocado crema over potato.

4
week

Healthy Meal Plan

Garnish with reserved avocado and optional cilantro. Potatoes are best enjoyed warm and fresh. Extra avocado crema will keep airtight in the refrigerator for up to 24 hours, squeeze a lime on top to avoid browning.

(Recipe adapted from *Averie Cooks*)

Honey Mustard Chicken Stir Fry and Rice

Ingredients

- 2 tablespoon refined coconut oil
- 3 boneless, skinless chicken breasts (about 1.5 lbs), chopped into bite-sized pieces
- 2 medium yellow onions, sliced
- 1 lb asparagus, chopped into 1 inch pieces
- ½ lb sugar snap peas
- 2 green onions, chopped (scissors are great for this!)
- 1 teaspoon salt
- 2 tablespoon honey
- 4 tablespoons yellow mustard
- 1 cup brown rice

Prepare rice according to package directions.

In a large skillet, heat 1 tablespoon coconut oil over medium high heat. Add the chicken, sprinkle with ¼ teaspoon salt, and saute until golden brown and crispy.

Remove the cooked chicken from the pan. Turn heat down to medium, adding 1 tablespoon of coconut oil, and the onions. Sprinkle with ¼ teaspoon salt, and saute, stirring frequently, until the onions are soft and slightly caramelized, about 5 minutes. If the pan starts to dry out or the onions are browning too quickly turn the heat down and add a splash of water to the pan.

Remove the onions from the pan. Over medium heat, add the asparagus, snap peas, ½ teaspoon salt, and ¼ cup water to the pan. Saute, stirring frequently until the vegetables are crisp-tender, about 3 minutes. You want the veggies to stay green and slightly crunchy, so be careful not to overcook.

Add the chicken and onions back to the pan, then stir in the honey and mustard. The chicken and veggies should be well coated in the honey-mustard sauce. Note: save a portion without the sauce if that works better for the kid's palette.

Sprinkle with green onions and serve over rice.

4
week

Healthy Meal Plan

Modern Tuna-Cobb Salad with Citrus Honey dressing

Ingredients

1 medium orange, juice squeezed (This tool is so handy: <http://amzn.to/28JwABk>)

1 medium lemon, juice squeezed

2 T. olive oil

2 T. rice wine vinegar

2 tsp. honey

2 tsp. grated ginger (optional)

1 can chunk white tuna in oil (Italian brand)

Multicolored cherry tomatoes (12)

8 cups salad greens

1 avocado, peeled and cut into thin wedges

(add any extra items you can use up in the fridge: hard boiled eggs, extra chicken, cucumbers, peppers, walnuts, etc.)

Whisk juices, olive oil, rice wine vinegar, honey and ginger in a medium bowl. Add salad greens and toss until coated. Divide among 4 plates. Top with avocado, tuna, tomatoes and any extras from the fridge.

Speedy Green Bean and Chicken Piccata with Herbed Couscous

Ingredients

1 large package boneless skinless chicken breast cutlets (antibiotic free)

1/4 tsp each salt and pepper

2 tbsp all-purpose flour, divided

1 tbsp olive oil

2 large handfuls green beans, trimmed and cut in 2-inch lengths

1 tbsp butter

1/2 cup dry white wine (like chardonnay, or a cooking wine)

1 cup reduced sodium chicken broth

1 tbsp capers, drained and rinsed

1 tbsp lemon juice

Herbed Couscous

1/4 cup couscous (look for whole wheat if possible)

pinch each salt and pepper

1 cup boiling water

4
week

Healthy Meal Plan

1/4 cup chopped fresh parsley

2 tsp lemon juice

Sprinkle chicken with pinch each of the salt and pepper. Sprinkle with 1 tbsp of the flour, turning to coat both sides and shaking off excess. In nonstick skillet, heat 2 tsp of the oil over medium-high heat; cook chicken, turning once, until golden, about 4 minutes total. Remove to plate.

In same pan, heat remaining oil over medium heat; cook green beans, stirring occasionally, until tender-crisp, about 3 minutes. Remove to plate.

In same pan, melt butter over medium heat. Gradually whisk in remaining flour; cook, stirring, for 1 minute. Pour in wine; bring to boil over medium heat. Cook, stirring, until reduced by half, about 1 minute.

Pour in broth; bring to boil. Add chicken; cook, stirring until chicken is no longer pink inside and sauce is thickened, about 3 minutes. Stir in capers, lemon juice and remaining salt and pepper. Stir in green beans.

Herbed Couscous - While chicken is cooking, in bowl, whisk together couscous, salt and pepper; pour in boiling water. Cover with a kitchen towel on top; let stand until no liquid remains, about 5 minutes. Fluff with fork. Stir in parsley and lemon juice. Serve piccata and sauce over the couscous.

(Recipe adapted from *Canadian Living*)

Meatloaf Muffins

Ingredients

1 lb Ground Turkey or Grass fed beef

3 cups (1 bag) broccoli slaw

7 tablespoons ketchup, divided

1 tablespoon Worcestershire sauce

1/2 cup chopped yellow onion

1 egg

1 cup whole wheat panko breadcrumbs

2 garlic cloves minced

1 teaspoon sea salt

Side option: 1 bag frozen veggies (or corn on the cob)

Preheat oven to 350 degrees. Spray muffin tray with non-stick spray.

Chop Broccoli Slaw in food processor until the consistency is finer, or chop by hand on a large cutting board.

Combine all ingredients except 3 Tbl Ketchup in a bowl. Distribute evenly in muffin tray.



Healthy Meal Plan

Brush remaining ketchup on top of muffins.

Bake for 25-30 minutes.

While muffins cook, stir fry bag of frozen veggies with a little drizzle of olive oil. Pair any leftover grains or veggies from the past week on the side.

Note: when shopping, look to avoid the following by reading labels: monosodium glutamate, added sugars, high fructose corn syrup.

4
week

Healthy Meal Plan

Week 4

1. Sloppy joes with summer squash
2. Baked chicken nuggets, sauteed spinach, quinoa
3. Fish tacos with coleslaw
4. Chicken and orzo skillet dinner
5. Spinach and tomato frittata

Bonus: Lemon quinoa- make once and use it as a side (or lunch) as needed

Groceries (preorder via local delivery, or [Instacart](#))

Produce	Meat/Fish	Grocery	Dairy	Pantry Staples Needed
4 carrots 1 medium onion 1 garlic bulb 2 summer squash Baby spinach 2 limes 1 bag shredded coleslaw veggies 1 bunch cilantro 1 avocado 3 large tomatoes	1 pound ground turkey (93% lean, dark meat) OR grass fed beef 3-4 boneless chicken breasts 1 pound white fish like haddock or cod	Tomato paste 1 can (28 oz) crushed tomatoes 4 hamburger rolls Breadcrumbs (or Panko) Taco shells Orzo	6 eggs	Sea salt, pepper Cayenne pepper Red chili pepper Olive oil Apple cider vinegar Brown sugar Worcestershire sauce Soy sauce Dijon mustard Honey Orange juice Mayonnaise Parmesan cheese

4
week

Healthy Meal Plan

Cooking Instructions

Sloppy Joes with Summer Squash (A family favorite! Using ingredients from the pantry, pull this recipe together quickly. If you want to save some time and prep ahead, grate the carrots the night before or on a Sunday.)

Ingredients

- 1 tablespoon olive oil
- 4 carrots, coarsely grated (2 cups). (Use a box grater like this.)
- 1 medium onion, minced
- 1 garlic clove, minced
- Coarse salt and ground pepper
- 3 tablespoons tomato paste
- 1 pound ground turkey (93% lean, dark meat) or grass fed beef
- 1 can (28 ounces) crushed tomatoes
- 2 tablespoons dark-brown sugar
- 1 tablespoon cider vinegar
- 1 teaspoon Worcestershire sauce
- 4 whole-wheat hamburger rolls, split
- 2 summer squash, sliced lengthwise and then cut into half moons ½" wide

In a large saucepan, heat oil over medium; add carrots, onion, and garlic. Season with salt and pepper. Cook, stirring occasionally, until softened, 4 to 5 minutes.

Add tomato paste and cook, stirring, 1 minute. Add turkey; cook, breaking up meat with a spoon, until no longer pink, 4 to 5 minutes.

Add tomatoes, sugar, vinegar, and Worcestershire sauce. Cook, stirring occasionally, until slightly thickened, 12 to 14 minutes. Serve on whole-wheat rolls.

While the turkey mixture thickens, grab a new skillet and sauteed summer squash (or zucchini) with 1 tablespoon olive oil and a sprinkle of sea salt.

4
week

Healthy Meal Plan

Easy Homemade Chicken Nuggets (This is one of those recipes to learn and memorize over time. You can change the breading based on what you have in the house. To make homemade bread crumbs, use the heels from a loaf of bread and let them air out on the counter to get a bit stale. Grind in a food processor to make the breadcrumbs. Extra breadcrumbs can be stored in the freezer as needed.)

Ingredients

3-4 boneless chicken breasts

2 tablespoons olive oil

2 garlic cloves, minced

¼ teaspoon ground black pepper

1 cup breadcrumbs (or Panko, or 2-3 pieces of bread if making homemade)

¼ teaspoon cayenne pepper

Dipping Sauce~ 2½ teaspoons Honey and 2 tablespoons Dijon Mustard

Baby spinach

Preheat oven to 425 degrees.

Cut chicken into bite size pieces, about 8 pieces per breast.

Mix oil, garlic, pepper and chicken in a large bowl.

Mix breadcrumbs with cayenne pepper. Roll chicken pieces in breadcrumbs and place on a large cookie sheet. Line your cookie sheet with parchment paper to make cleanup easy.

Bake 15-17 minutes until lightly browned and cooked through.

Use honey mustard sauce or ketchup for dipping.

Note: Instead of a breadcrumb topping, you can coarsely chop ¾ cups of nuts. Pecans, walnuts or almonds are all healthy choices. If you choose a nut topping, omit the garlic from the recipe.

While nuggets are in the oven, saute 8 cups of spinach with a 1 tablespoon olive oil, 1 chopped garlic clove and a hint of salt. (If the kids don't eat cooked spinach yet, serve them raw spinach with a couple strawberries as a side salad. Great with poppyseed dressing.)

Note: make this gluten free by swapping the breadcrumbs for 1 cup coarsely ground pecans or walnuts.

4
week

Healthy Meal Plan

Fish Tacos with Coleslaw (This is an easy recipe you can play with to suit everyone's tastes and topping preferences. Adding more tropical fruit like mango and pineapple are a healthy option to make it sweeter for younger palates. Pair this with corn on the cob or another family favorite vegetable.)

Ingredients

1 pound white fish like haddock or cod
¼ cup orange juice
2 limes
4 cloves garlic, minced
¼ cup soy sauce

Aioli Slaw

½ cup mayonnaise
2 cloves garlic, minced
pinch cayenne
1 bag shredded coleslaw
½ cup cilantro, finely chopped
Salt & pepper
8 corn taco shells
1 avocado, sliced
sour cream (optional)

Place the fish in a medium sized baking dish. Whisk together the orange juice, zest and juice of 1 lime, minced garlic, and soy sauce and pour over the fish. Allow to marinate for 15 minutes in the refrigerator.

To make the Aioli; in a large bowl add the mayonnaise, garlic, ¼ teaspoon kosher salt, and cayenne. Stir well to combine.

Add the bag of shredded veggies and cilantro. Toss the slaw to incorporate. Add salt and pepper to taste. Cover and refrigerate.

Warm the tacos in the oven per directions on the box.

In a large skillet, heat 2 tablespoons of olive oil over medium-high heat. Remove the fish from the marinade. Working in batches if needed, add the fillets cooking 2 -3 minutes per side – until white and opaque. Transfer the fish to a plate and break it up into large pieces.

Quarter the remaining lime. To assemble: place a heaping spoonful of aioli slaw onto the taco. Top with the fish, sour cream, sliced avocado, and lime wedges. Serve and Enjoy!

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Chicken and Orzo Skillet Dinner (Skillet dinners are great for weeknights. Everything is in one pan and it makes clean-up faster too! Orzo is a good kid pick for adding in grains, even better with a whole wheat version. If you want to increase the nutrition level, you can swap out the orzo for wheatberries.)

Ingredients

1 pound skinless, boneless chicken breast halves, cut into bite-sized pieces
8 cups water
12 ounces uncooked orzo
2 cups chopped tomatoes (about 2 medium)
2 teaspoons no-salt-added tomato paste
1/2 teaspoon salt
1/2 teaspoon crushed red pepper
1/4 teaspoon black pepper
3 cups baby spinach leaves
1/4 cup parmesan cheese -can be omitted if needed, but it does help bind it all together.

Heat a nonstick skillet over medium-high heat. Add chicken. Sauté 6 minutes, turning to brown all sides. Remove chicken from pan; keep warm.

Bring 8 cups water to a boil in a large saucepan. Add orzo; cook 8 minutes or until orzo is al dente. Drain in a colander over a bowl, **reserving 1/4 cup cooking liquid**.

Add reserved cooking liquid, chopped tomato, tomato paste, 1/2 teaspoon salt, and peppers to skillet; cook over medium-high heat for 2 minutes. Add chicken, pasta, and 3 cups spinach leaves, stirring until spinach wilts. Remove from heat; sprinkle with cheese.

Spinach and Tomato Frittata (Frittatas are a great way to use up leftover veggies in the fridge. Keep it simple and pair it with a salad or fruit for dinner.)

Ingredients

6 large eggs, lightly beaten
salt and pepper, to taste
1 to 2 cups fresh spinach, loosely measured in cup
1 medium tomato, diced small
optional: add extra produce (i.e. onions, mushrooms, zucchini, leftover sweet potatoes, etc.) and/or sprinkle with a handful of shredded cheese

Preheat broiler to high with a rack placed in the middle of the oven. I prefer to broil in the middle of the

4
week

Healthy Meal Plan

oven because it's easier to keep an eye on it to avoid scorching the top.

In a medium bowl, lightly whisk the eggs, add salt and pepper to taste, and stir to combine; set aside.

To an oven-safe skillet such as an **enameled cast iron skillet** (spray with cooking spray if it's not well-seasoned), add the spinach and heat over medium heat on the stove until spinach wilts slightly, about 30 seconds.

Evenly sprinkle the tomatoes and any optional produce or cheese, add the eggs, and cook over medium heat (covered if possible) without stirring for about 5 minutes, or until edges begin to set.

To encourage center to set, place skillet under the broiler for 3 to 5 minutes, or as necessary. Broiling time will vary based on type of skillet, how done the eggs got on the stove, how hot your broiler gets, exact positioning of oven rack, etc. Make sure to keep an extremely watchful eye on eggs so they don't overcook. Pull skillet before you think you need to so eggs don't become overcooked as they cool in skillet before serving. Frittata is best served warm and fresh.

Bonus: Lemon Quinoa (One of the keys to making quinoa taste great is to add the lemon juice during the cooking process instead of afterwards. You can dress it up by adding chopped parsley or cilantro. Toasted almonds are another great option.)

Ingredients

1 teaspoon olive oil

1 cup quinoa

Juice of ½ lemon

2 cups low-sodium chicken broth (or veg broth) or water

¼ teaspoon salt (if using water)

Heat oil in a small stockpot on medium heat.

Add the dry quinoa and coat with the oil.

Let it toast for 2-3 minutes.

Stir in the broth or water and salt.

Cover and reduce heat to low and simmer for 25 minutes or until the quinoa looks like it has “popped”.