

MEAL PLANNING FOR HEALTHY FAMILY HARMONY// WEEK ONE

Learn my system for ongoing prep and planning to have fresh, healthy meals throughout the week!

PRODUCE

Always include your family's favorites in the fruit bowl and vegetable drawer!

- Fresh lime juice** 2 teaspoons
 - Ripe mango** 1
 - onion**
 - Red bell peppers** 1-2
 - Fresh spinach leaves** 5 cups
 - Salad mix** 1
 - ↳ See formulas for easy salad making
 - Sweet potatoes**
 - Veggies of your choice for roasting** 3-6 cups, anything in season, starchy and non-starchy (potatoes, sweet potato, zucchini, broccoli, peppers, tomatoes, etc etc)
-
-
-

BAKERY

- 6-inch slices, baguette** 1-2
 - 10-inch flour tortillas** 4
-
-

CANNED / DRY

- Mayonnaise** 1/2 cup or less
 - Olive oil** 1/4 cup
 - Spray oil**
 - Teriyaki sauce** or your choice of sauce
 - Dip {ketchup, ranch, mustard, etc}**
 - Whole grains {ex: brown rice or barley}** 2 cups
 - Pizza sauce** 1/2 jar (can sub spaghetti sauce; avoid added sugar in ingredient list)
-
-
-
-

DAIRY

- Shredded cheese {melty like mozzarella or whatever you have}** 3 cups, two recipes
 - Eggs** 4
 - Soft goat cheese** 2 1/2 ounces, can sub mayo
-
-

HERBS & SPICES

- Cumin**
 - Curry powder**
 - Black pepper**
 - Salt**
 - Smoked paprika**
-
-
-
-

FROZEN

- Fish fillets** 2
 - Cooked sausage** 6 or other meat, can use meat or vegetarian, just make sure they are pre-cooked; two recipes
 - Pizza dough** 1 (avoid preservatives or additives in ingredient list; choose whole wheat if available)
-
-
-

DINNER RECIPES//WEEK ONE

Tue/Wed/Thurs dinners are easily packed for Wed/Thur/Fri lunches. Be sure to plan for and purchase items needed for some simple lunches for Mon/Tue. For example, pita and hummus or cheese and crackers or use some of those salad greens.

The accompanying breakfast schedule is full of shelf stable items that can always be used with any weekly dinner menu.

MONDAY

ROASTED FISH & VEGETABLE

Ingredients:

2 fish fillets or steaks of any kind of fish, skin on or off to taste, from frozen (only cook as much as you plan it)

Teriyaki sauce or your choice of sauce; oil and vinegar, dill and lemon juice, even salsa... almost anything works

Directions:

Heat oven to 400 degrees.

Cover fish with sauce.

Place on a rimmed baking sheet lined with parchment (skin down if applicable).

Roast fish for 15-20 minutes per inch of thickness, until the fish is opaque and tender when pierced with a fork. I like mine just as it starts to flake.

You may need to cut a portion of the fish off in the middle of the thickest part if it is cooking unevenly. By opening up the thick part it will cook through faster in the remaining time.

Roasted Vegetables

4-6 cups vegetables will give you leftovers to reuse in tow more recipes this week. Use anything you have or that looks good (potatoes, sweet potatoes, mushrooms, zucchini broccoli, cauliflower, peppers, etc). It should cover 2 full cookie sheets or several smaller roasting pans.

spray on oil

salt and pepper to taste

Directions:

Preheat oven to 500 degrees F (250 degrees C).

Chop starchy vegetables (potatoes, root vegetables like carrots) smaller so they cook faster. Cook other vegetables small to medium cubes.

Spread veggies evenly on a large roasting pan lined with parchment paper (this helps prevent burning and sticking).

Make an area or use a separate pan for each type of vegetable. This way, if something needs to cook longer you can remove the ones that are done. Also, you can store separately and easily repurpose into different meals later in the week!

Spray with oil, sprinkle with salt and/or pepper.

Bake 20-40 minutes until brown on edges.

TUESDAY

PIZZA

Ingredients:

1 pizza dough (avoid preservatives or additives in ingredient list; choose whole wheat if available)

1/2 jar pizza sauce (can sub spaghetti sauce; avoid added sugar in ingredient list)

2 cups shredded cheese

Vegetable Toppings of Your Choice (use Leftovers)

1 cup fresh spinach leaves.

Leftover roasted vegetables

Optional

Cooked, crumbled sausage or other meat

Directions:

Roll dough and preheat oven according to directions on dough.

Use your hands or a rolling pin to get dough thin. Whole wheat dough is harder to make thin, but take the time to do so to make sure it cooked well.

If using a lot of sauce, pre-bake the dough 5 minutes (or a few minutes longer than suggested if it suggests pre-baking).

Lay spinach leaves (if using) across dough.

Spread sauce.

Sprinkle any cooked vegetable toppings you are using (ex: roasted veggies). Sprinkle cheese.

Sprinkle raw vegetable toppings you are using (Ex: bell peppers, onions). Sprinkle meat (go light on the meat).

*Pizza can be made very non-traditional and can use any leftover vegetables you have on hand. Pesto can be subbed for red sauce for fun and variation. You can substitute pureed roasted onions for a sweet sauce that goes well with red peppers, smoked cheese, and protein like black beans or chicken - kind of a light barbecue flavor. You can sub barbecue sauce. Be creative!

*Make sure raw veggies are sliced thin so they cook well in the short time pizza usually cooks (10-15 minutes).

*Going heavy on the sauce and vegetable toppings and light on the cheese and meat toppings is a healthy way to make pizza! Thin crust is also a way to increase the vegetable to carbs ratio for the better.

Salad Mix: [See salad formulas](#)

WEDNESDAY

SAUSAGE AND MANGO WRAPS

Ingredients:

1/2 cup mayonnaise or less

2 teaspoons fresh lime juice optional

1 teaspoon curry powder

4 sausages (about 12 oz.) can use meat or vegetarian, just make sure they are pre-cooked

4 10-inch flour tortillas

4 cups baby spinach

1 ripe mango peeled, pitted and thinly sliced

Directions:

Whisk together mayonnaise, lime juice and curry powder in a small bowl; set aside. Cook sausages on grill or in pan (or even microwave) - make sure they are pre-cooked so you are really just heating them up at this point.

Spread 2 Tbsp. mayonnaise mixture onto each tortilla. Divide spinach among tortillas, arranging it across middle. Top with two sausage halves and some mango slices. Roll up tightly, tucking in ends as you go. Cut wraps in half diagonally and serve.

Make extras and pack for lunches! Or for kids, pack up the separate ingredients for lunch (or even serve them separate ingredients for dinner).

DINNER RECIPES//WEEK ONE

Tue/Wed/Thurs dinners are easily packed for Wed/Thur/Fri lunches. Be sure to plan for and purchase items needed for some simple lunches for Mon/Tue. For example, pita and hummus or cheese and crackers or use some of those salad greens.

The accompanying breakfast schedule is full of shelf stable items that can always be used with any weekly dinner menu.

THURSDAY

MAGIC PATTIES

These patties are an awesome way to get kids eating whole grains. They are not as messy as serving wholegrains and kids seem to be more amenable to the texture and the fact that they can dip them!

These are great for a meal made from staples, or a way to use up leftovers (or cook a double batch of grains earlier in the week, knowing you will use them in this recipe).

Ingredients:

2 cups whole grains (ex: brown rice or barley) cooked

1 cup shredded cheese needs to be melty, such as mozzarella, cheddar, gruyere, etc. Can mix a less melty kind (like gouda)

2-4 eggs

1/4 cup shredded vegetables or finely diced veggies can substitute dip (ketchup, ranch, mustard, etc) spray oil

Directions:

The exact proportions are fairly forgivable. You want enough cheese and egg to make it stick together, but not so much that is totally runny and falling apart when you try to cook it. It should be chunky and a little runny, but the egg should not spill too far out the side when you cook it (maybe 1/4-1/2 inch).

Plus, of course, cheese and egg make it taste delicious, too :)

Mix all ingredients together. Heat pan to medium or medium-high. Spray oil to prevent sticking. Put 3-4 patties on a large pan/skillet. Cook until the color starts to change (subtle, from a clear to an opaque), then flip and cook the other side.

Serve with dip.

sweet potatoes (slice like fries, spray with oil, bake at 500 for 25-30 minutes)

FRIDAY

ROASTED RATATOUILLE AND GOAT CHEESE SANDWICH

Ingredients:

4 tablespoons olive oil

1/2 teaspoon salt

2-3 cups roasted veggies of your choice (use up leftovers here)

1/4 teaspoon cumin

1/4 teaspoon smoked paprika

1/4 teaspoon freshly ground black pepper

2 6-inch slices, baguette

2 1/2 ounces soft goat cheese or sub tomato sauce or mayonnaise

1 tomato

Directions:

Dice roasted veggies into small cubes.

Dice tomato.

Mix together and sprinkle with paprika, salt, pepper, and cumin.

(To make traditional ratatouille vegetables follow these steps:

Heat 2 tablespoons olive oil in a large skillet over medium heat. Once hot, add onions and 1/4 teaspoon salt and saute until onions are translucent, about 5 minutes. Stir in the garlic and cook for 3 minutes. Add the eggplant and 1 tablespoon olive oil and cook, stirring occasionally, for 8 minutes or until the eggplant has softened. Stir in the zucchini, tomatoes, cumin, and paprika and cook over medium heat, stirring occasionally, for 5 to 7 minutes or until all the vegetables are tender. Season with salt and pepper. Remove mixture from heat and let cool to room temperature.)

Divide the roasted veggies or ratatouille mixture in two and pile it by the heaping spoonful into the baguettes. Spread goat cheese across each baguette (or sub tomato sauce or mayonnaise).

Wrap sandwiches tightly with plastic film or wax paper or serve immediately.

NOTES FOR THE WEEKEND