

MEAL PLANNING FOR HEALTHY FAMILY HARMONY//WEEK THREE

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!

- Ripe avocado** 2-3
 - Basil leaves** 1/2 cup
 - Cilantro** 1 bunch
 - Cucumbers** 3
 - Lemon, Lime** (for juice)
 - Salad mix**
↳ See formulas for easy salad making
 - Mushrooms** 1 box, 1 small bag is equivalent
 - Green Onions or scallions** 1 bunch
 - Onion** 2-3
 - Bell peppers** 7 large assorted colors
 - Shredded Romaine Lettuce** 2 hearts
 - Tomatoes** 2-4
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BAKERY

- Tortillas** 8 each
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CANNED / DRY

- Refried beans** 1 can or other beans of your choice
 - Black beans** 2 cans, 2 recipes
 - Mayonnaise**
 - Corn** 2 cans, 2 recipes
 - Creamy Cilantro Dressing**
 - Salsa Verde** 1 jar
 - Chipotle Red Salsa** (or your favorite salsa) 1 jar, 2 recipes
 - Salt and pepper**
 - Sesame Oil**
 - Taco shells** (or sub tortillas)
 - Quinoa** 1 cup or rice, cooked, leftovers work great
 - Brown rice** 2-3 recipes
 - White Vinegar** (or vinegar of your choice)
 - Hot sauce**
 - Oil for cooking**
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DAIRY

- Shredded Cheese** 1 cup Cheddar or Your Choice, 2 recipes
 - Shredded Monterey Pepper Jack cheese** 1/2 cups
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DELI

- Tofu** 1 package Extra Firm
 - Your choice of Protein** 1 pound ground meat of - or 1 package of tofu - or 1 pound white fish - or 1 pound turkey
 - Fresh cheese tortellini** 1 pound
 - Salmon** 8 ounces
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HERBS & SPICES

- Chili powder**
 - Cumin powder**
 - Garlic powder**
 - Taco Seasoning**
 - Mrs. Dash** or garlic powder or dried dill or other all purpose seasoning
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FROZEN

- Frozen peas** 1 cup
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DINNER RECIPES//WEEK THREE

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

STUFFED PEPPERS

Ingredients:

1 cup quinoa or rice, cooked
4 large bell peppers halved, seeds removed

1/2 cup salsa plus more for serving
1/2 cup shredded cheese

2 tsp cumin powder

1 1/2 tsp chili powder

1 1/2 tsp garlic powder

1 can black beans drained

1 cup whole kernel corn drained

TOPPINGS (your choice)

1 ripe avocado sliced
Fresh lime juice

Hot sauce
Cilantro chopped
Diced red onion
Creamy Cilantro Dressing
Chipotle Red Salsa (or your favorite salsa)

Greek yogurt or sour cream (optional, not purchased this week since it is only used in small amounts and net necessary)

Directions:

Cut and de-seed peppers. Feel free to take 1/2 or 1 bell pepper and chop it into slices for kids as well - often kids won't eat cooked but will eat raw. This takes a couple minutes and is an easy way for them to eat the same thing... but more happily than if prepared the same way :)

Brush halved peppers with a neutral, high heat oil, such as grape seed, avocado or refined coconut.
Cook a small portion of filling separate for kids (or just remove from one of the cooked peppers at serving time).

Add cooked quinoa/rice to a large mixing bowl and add salsa through corn. Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.

Generously stuff halved peppers with quinoa mixture until all peppers are full. Sprinkle with additional shredded cheese if desired. Then cover the dish with foil.

Bake for 30-40 minutes covered, then remove foil, increase heat to 400 degrees F, and bake for another 10-20 minutes, or until peppers are soft and slightly golden brown. For softer peppers, bake longer.

Serve with desired toppings (listed above) or as is. Best when fresh, though leftovers keep covered in the refrigerator for 2-3 days. Reheat in a 350 degree oven until warmed through - about 20 minutes.

Prep Notes

1 day before: Can cook rice or quinoa, can stuff peppers up to one day ahead, freezes reasonably well

TUESDAY

DIY TACOS

Ingredients:

your choice of protein
ex: 1 pound ground meat of - or 1 package of tofu (crumbled) - or 1 pound white fish - or 1 pound ground turkey

Toppings:

1 can black beans (save leftovers)

1 red bell pepper chopped (save half as slices, save leftovers)

1 yellow bell pepper chopped (save half as slices, save leftovers)

1 small green bell pepper chopped (save half as slices, save leftovers)

1 1/2 cups smoked cheddar or shredded cheddar, about 1/2 pound

1 1/2 cups shredded Monterey Pepper Jack cheese about 1/2 pound

Shredded Romaine lettuce 1 hearts

green onions/scallions chop the whole bunch and save leftovers

Chopped cilantro (chop the whole bunch and save leftovers for later in the week)

3 vine ripe tomatoes diced

1 small onion chopped (save leftovers)

Taco shells or tortillas

Optional:

Brown rice (Cooked)
Refried beans or other beans of your choice

Directions:

Cook protein in a pan with a tablespoon or two of oil; ground meat or tofu or fish can be spiced with chili powder, taco seasoning, and/or cumin/salt/pepper (mild for kids).

To assemble bar, arrange taco shells (or tortillas) next to the stove top. Serve the fillings from the skillets they were cooked in. Place toppings in small dishes on opposite side of the stove top (use bowls with lids or easy put away afterward!).

This is the best prep recipe ever; it's almost nothing but prep so the next few days should be easy!

MID WEEK (Tuesday or Wednesday)

CUCUMBER SALAD/FRIDGE PICKLES

Make these easy cucumbers as a side dish or lunch addition. They easily keep a week or more and add a fresh crunch to any meal.

Ingredients:

3 cucumbers thinly sliced or cut lengthwise into pickles/-spears

Brine:

1/2 cup white vinegar

1/2 cup water

1/2 teaspoon salt

1/2 teaspoon Mrs. Dash or garlic powder or dried dill or other all purpose seasoning

Directions:

Place cucumbers in a jar or serving bowl.

Pour other ingredients on top (if making "pickles" be sure to adjust recipe to completely cover the cucumbers with the brine).

If serving as salad, let marinate for 3 hours or more. Pickles will last a week in the fridge (or more). Cucumbers not completely covered by brine should only be kept 1-2 days.

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WEDNESDAY

MAGIC BOWL

Ingredients:

1 cup quinoa or rice, cooked
4 large bell peppers halved, seeds removed

1/2 cup salsa plus more for serving
1/2 cup shredded cheese

2 tsp cumin powder

1 1/2 tsp chili powder

1 1/2 tsp garlic powder

1 can black beans drained

1 cup whole kernel corn drained

TOPPINGS (your choice)

1 ripe avocado sliced
Fresh lime juice

Hot sauce
Cilantro chopped
Diced red onion
Creamy Cilantro Dressing
Chipotle Red Salsa (or your favorite salsa)

Greek yogurt or sour cream (optional, not purchased this week since it is only used in small amounts and not necessary)

Directions:

Cut and de-seed peppers. Feel free to take 1/2 or 1 bell pepper and chop it into slices for kids as well - often kids won't eat cooked but will eat raw. This takes a couple minutes and is an easy way for them to eat the same thing... but more happily than if prepared the same way :)

Brush halved peppers with a neutral, high heat oil, such as grape seed, avocado or refined coconut.
Cook a small portion of filling separate for kids (or just remove from one of the cooked peppers at serving time).

Add cooked quinoa/rice to a large mixing bowl and add salsa through corn. Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.

Generously stuff halved peppers with quinoa mixture until all peppers are full. Sprinkle with additional shredded cheese if desired. Then cover the dish with foil.

Bake for 30-40 minutes covered, then remove foil, increase heat to 400 degrees F, and bake for another 10-20 minutes, or until peppers are soft and slightly golden brown. For softer peppers, bake longer.

Serve with desired toppings (listed above) or as is. Best when fresh, though leftovers keep covered in the refrigerator for 2-3 days. Reheat in a 350 degree oven until warmed through - about 20 minutes.

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THURSDAY

CORN & TOFU ENCHILADAS VERDES

Ingredients:

1 Package Tofu Extra Firm

1 Can Corn Can substitute half a bag frozen corn

1 Onion Red or White, diced

1 Box Mushrooms 1 small bag is equivalent

1 Bunch Green Onions

1 Tblsp Taco Seasoning or to taste

1 dash Sesame Oil

1 Jar Salsa Verde Green Salsa

1/2 Cup Shredded Cheese Cheddar or Your Choice, Cheese is optional

6-8 Each Tortillas Corn or Flour

Directions

Dice mushrooms and onions. (I use a paper bag on top of my chopping board when I cut onions so it doesn't leave flavor behind on, say, the apple I cut next.) Add diced spicy peppers if you want. Cook mushrooms and onions in pan for a few minutes (with a few dashes of oil) until softened and color brightens. Five minutes or so. Crumble tofu in. Add seasonings. I use smoked paprika and garlic powder. Feel free to add other seasoning, like half a pack of taco seasoning or more salt. Add frozen or drained canned corn. Cook a few more minutes until corn is hot.

Quickly heat/fry the tortillas in a bit more oil until soft. Fill each tortilla with the tofu corn mixture, line up in a pan, and pour green salsa (salsa verde) over the top. Feel free to sprinkle with lots of cheese (optional).

Bake in oven at 350 or so for 20-30 minutes until the sauce bubbles but take it out before it burns!!!!

Tip: You can make up to one day in advance. You can also freeze after assembling (before baking), and defrost in fridge the night before cooking, or cook 60+ minutes (covered until the last 20 minutes) from frozen.)

FRIDAY

TORTELLINI SALAD WITH SALMON AND PEAS

Ingredients:

8 ounces fresh salmon fillet skin removed

1 pound fresh cheese tortellini (can sub brown rice)

3/4 cup light mayonnaise can sub alfredo sauce

2 tablespoons fresh lemon juice
1 cup frozen peas defrosted

1/2 cup finely chopped fresh basil leaves

Salt and pepper

Directions

Preheat grill to high; oil grate. Sprinkle salmon with pepper. Grill salmon, turning once, until cooked through and easily flaked with a fork, about 12 to 15 minutes total.

Meanwhile, bring a pot of salted water to a boil. Cook tortellini according to package label directions, about 7 minutes. Drain and run under cold water, then drain again.

In a large bowl, whisk together mayonnaise and lemon juice. Mix in tortellini and peas to coat. Season with salt. Gently stir in salmon and basil and serve. Or serve salmon on side.

Accompany with salad using salad formula.

NOTES FOR THE WEEKEND