

# MEAL PLANNING FOR HEALTHY FAMILY HARMONY// WEEK TWO

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!

- Avocado** 2-4
  - Cilantro leaves** 1 bunch
  - Garlic** 1 head, 2 recipes
  - Lettuce** 1 head
  - Green onions** 2 bunch, 3 recipes
  - Salad mix** 1
    - ↳ See formulas for easy salad making
  - Onion** 2-4, 4 recipes
  - Parsley** 1 bunch, 2 recipes
  - Red bell peppers** 3, 2 recipes
  - Portobello mushrooms** (about 5 large)
  - Potatoes** 4 large (1 per person)
  - Sprouts** 1 container (optional)
  - Tomatoes** 8-10 large, 3 recipes
  - Zucchini** 1-2
  - Additional veggies for roasting {for quesadilla and quiche recipes}** zucchini, summer squash, kale/chard, winter squash, carrots, broccoli, cauliflower, red/orange/yellow/green bell peppers or whatever you have on hand, used in 3 recipes
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## CANNED / DRY

- Beans** 3-4 cans (black or pinto), 2 recipes
  - Corn** 3 cans (can sub about 4 ears or 1 bag frozen), 2 recipes
  - Corn salsa** 1/2 jar
  - Salsa** 1/2 jar your favorite salsa
  - Black olives** 1/4 cup optional
  - Tomato sauce** 1 (15-ounce) can
  - Vegetable stock** 1 cup or water or bouillon
  - Canola oil** 2 tablespoons, 2 recipes
  - Olive oil** 1 tablespoon
  - Mayo** 2 tablespoons
  - Vinaigrette** or Italian dressing
    - ↳ See salad formulas, make once a month
  - Pesto** (optional)
  - Brown Rice** 3 recipes
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## DAIRY

- Shredded cheese** 8 ounces (about 3/4 cup) use cheddar, mexican blend, or mozzarella - it needs to be somewhat "melty"
  - Eggs** 4
  - Butter** or butter alternative
  - Cheddar cheese** 16 ounces 2 recipes
  - Greek yogurt {to replace sour cream}** or use sour cream, 2 recipes
  - Gruyère** 8 ounces (can substitute cheddar or mozzarella or any cheese that melts)
  - Milk** 3/4 cup
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## BAKERY

- Whole grain bread** 4 pieces or 2 large tortillas
  - 10-inch flour tortillas** 4
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## HERBS & SPICES

- Ground cumin** 1 Tablespoon
  - Bacon bits** (real or fake), two recipes
  - Cayenne, Dried jalapeno or Serrano {optional}** 1/4 teaspoon, 2 recipes
  - Chili powder** 2 tablespoons (find mild chili powder for kids)
  - Mrs. Dash** or other all purpose seasoning
  - Ground nutmeg** 1/8 teaspoon
  - Salt & pepper**
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## FROZEN

- frozen piecrust** 1
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# DINNER RECIPES//WEEK TWO

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

### VEGETARIAN CHILI

#### Ingredients:

2 tablespoons canola oil

1-2 onions (1 onion for chili, chop 1 extra to save as leftovers)

2 red bell peppers chopped (save half for toppings/to save as leftovers)

2 tablespoons minced garlic

2-3 serrano peppers stemmed, seeded, and minced, optional depending upon taste

1 medium zucchini stem ends trimmed and cut into small dice

3 cups corn kernels (about 4 ears or used frozen or canned) (save half for toppings/to save as leftovers)

1 1/2 pounds portobello mushrooms (about 5 large) stemmed, wiped clean and cubed

2 tablespoons chili powder (find mild chili powder for kids)

1 tablespoon ground cumin

#### TOPPINGS

(CHOOSE ANY or ALL and save leftovers for lunch or another meal prep)

4 tomatoes diced

1 bunch green onions

1 block cheese (cheddar or your choice)

1 container greek yogurt (to replace sour cream or use sour cream)

bacon bits (real or fake)

1 avocado diced

#### Directions:

Cook onions, peppers, garlic in oil in a large, heavy pot, over medium-high heat, about 3 minutes. (Remember to save about half of each ingredient as toppings/leftovers)

Add the zucchini, corn, and mushrooms. Stir often, cook until soft and start to brown, about 6 minutes. Add the chili powder, cumin, salt and cayenne, and stir about 30 seconds.

Add the tomatoes, beans, tomato sauce, and vegetable stock, stir well, and bring to a boil. Reduce the heat to medium-low and simmer, stirring occasionally, for about 20 minutes.

Chop/prepare all toppings. Remove from the heat and stir in the cilantro (optional, or save all as toppings).

## TUESDAY

### ROASTED VEGGIE AND CHEESE QUESADILLAS

#### Ingredients:

8 ounces shredded cheese (about 3/4 cup) any melty cheese

1/4 cup pitted, chopped black olives optional

2 tablespoons finely chopped red onion or use leftover roasted onions

Veggies for filling (choose fresh or leftovers you have on hand)

1 cup roasted veggies, diced use leftovers of your choice or chop and roast veggies according to week 1 directions

4 10-inch flour tortillas

1/2 cup salsa of your choice

1/2 avocado optional; serve with diced avocado

#### Directions:

Layer cheese, olives, fresh finely chopped onions (if using), and roasted veggies of your choice onto one half of each flour tortilla. Fold tortilla in half.

Heat pan to medium with a light coating of oil.

Cook up to two quesadillas at a time, about 2 minutes on each side, until lightly browned and cheese begins to melt. Make sure cheese is beginning to melt before you flip it the first time - otherwise the veggies all fall out while you flip them!

Serve warm with salsa of your choice.

#### \*Some combinations to consider\*

Roasted zucchini and tomato, serve with pico de gallo.

Roasted butternut squash, serve with salsa verde (you can even add black beans to the quesadilla).

Roasted onions and zucchini, served with roasted tomato salsa.

Roasted broccoli and cheddar cheese, serve with tapatio sauce.

## WEDNESDAY

### SALMON SALAD SANDWICH/WRAP

#### Ingredients:

1 can canned salmon (or tuna)

1/2 jar corn salsa

1/2 cup diced green onions

1/2 cup diced cilantro

2 tablespoons mayo

4 pieces whole grain bread or 2 large tortillas

#### Directions:

Mix all ingredients together (except bread/tortilla). Spread on bread or tortilla.

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## THURSDAY

### MAGIC QUICHE

#### Ingredients:

- 1 tablespoon olive oil
- 2 medium yellow onions diced
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup fresh flat-leaf parsley or spinach or bell pepper or roasted veggies, chopped
- 4 eggs
- 3/4 cup milk
- 8 ounces Gruyere grated (can substitute any melty cheese)
- 1/8 teaspoon ground nutmeg
- 1 frozen piecrust

#### Directions:

Heat oven to 375° F.

In a large skillet, over medium-low heat, heat the oil. Add the onions, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper. Cover and cook until the onions are softened, 5 to 7 minutes. Even better if you use leftover roasted/sauteed onions from earlier in the week!

Sautee parsley or spinach or bell peppers, if using. Or use leftover roasted veggies of your choice.

Meanwhile, whisk together the eggs and half-and-half. Stir in the cheese, nutmeg, the remaining salt and pepper, and the onion mixture.

If your pie crust is not in a tin, place it in a pie tin. Place the pie tin on a foil-lined baking sheet to catch overflow while cooking. You need to use a full size pie tin (a small pie tin will overflow), but if you have more than your pie tin will hold, you can cook it in a pan for a little scrambled omelette or put it in lined and sprayed muffin tins for little crustless quiche bites (great for lunches!).

Scrape the egg mixture into the piecrust; it will be very full. Bake until the filling is set and a knife inserted into the center comes out clean, about 40 minutes. Let rest for 5 minutes. Cut into wedges and serve.

Tip: Tailor this quiche to your liking by stirring in a handful of chopped cooked ham or any sauteed or roasted vegetables you like when you add the cheese. Quiche is a great way to clear out prepped veggies in a way that most people love! Great for breakfast or lunch or dinner!

## FRIDAY

### "LOADED" BAKED POTATO

Super healthy baked potatoes! DIY to make it anything between a veggie feast to a salad on top of a potato!!!! This is a great "Clean out the fridge" recipe as well because you can use anything you want as a topping.

#### Ingredients:

4 large potatoes for a real power meal sub sweet potatoes

#### Toppings choose any or all:

Roasted Vegetables (choose the vegetables of your choice or those you have on hand, such as kale/chard, cauliflower, broccoli, peppers, garlic, tomatoes, onion,

lettuce chopped (save leftovers for salad)

sprouts  
tomatoes diced  
green onions chopped  
parsley or cilantro, chopped  
cheese shredded  
greek yogurt (to replace sour cream or use sour cream

bacon bits (real or fake)  
vinaigrette or Italian dressing

Mrs. Dash or other all purpose seasoning

Butter or butter alternative  
beans of your choice

Pesto

#### Directions:

Preheat oven to 400 degrees F.

Wash and scrub potatoes. Pierce in three places with a grill fork or knife. Place in oven and bake for about an hour and 15 minutes, depending on size. Oil or wrap in foil (optional). Place in oven.

While potatoes bake, wash and chop all vegetables. Place on a tray or cooking sheet in separate areas. This allows everyone to choose their own veggies and allows you to save them in separate containers for other recipes in the week. Spray with oil and sprinkle lightly with salt.

Put the baking pan with the veggies in the oven when there is about a half hour of baking time remaining and raise temperature in bake mode to 500 F.

After an hour of total cooking time, test the potatoes for doneness - they should be semi-soft, if they feel too firm they need more baking time.

Remove roasted vegetables when they are turning brown and crispy on edges (25-30 minutes). Cut a slice in the potatoes or cut in half and mush or fluff the middle. DIY toppings.

#### Great combos to consider:

broccoli, cheddar, sprouts, Mrs Dash  
tomatos, feta, olive, vinaigrette  
kale, roasted squash, mozzarella, pesto

## NOTES FOR THE WEEKEND