

Meal Plan – Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Snacks on Hand
Breakfast	Cheesy Mushroom Eggs (Saute mushrooms, scramble eggs, melt in a cheese slice)	Oatmeal w/ pear, hazelnuts and drizzle of maple syrup	Cottage Cheese and Fruit	Toast w/ jam	Cereal	Mediterranean Morning Mix (Vanilla yogurt, Cottage Cheese, Fruit & Berries, nuts)	<ul style="list-style-type: none"> - Cheese - Crackers - Fruit - Yogurt - Granola Bars - Homemade Cheese Crackers - Popcorn - Almonds - Hazelnuts
Lunch		Leftover Spaghetti and Meatballs	Meatball Subs (prepare sub buns as garlic bread, top with meatballs, parmesan and bake until heated through)	Tofu Pad Thai	Tofu Pad Thai	Leftover Mexican Chicken	
Dinner	Spaghetti and Meatballs – BIG batch	New Year's Eve – pot luck (we brought dessert)	New Year's Day – pot luck (we brought Fig Goat Cheese and Crackers)	Coconut Chicken, Sweet Potato medallions and raw veggies w/ Honey Dijon Dip	Slow Cooker Mexican Chicken w/ guacamole and corn tortillas	Maple Soy Salmon w/ roasted cauliflower and asparagus	
Daily Notes	Make enough pasta for Monday lunch		Thaw enough chicken for next 2 days		Make enough tortillas for Friday lunch		

Recipes – Week 1

Dave's Spaghetti & Meatballs

Meatballs – mix all ingredients well and bake @ 350 until done (about 30 mins)

- Ground Beef (2-3 lbs)
- 1/8c Sour Cream
- 1/8c Parmesan Cheese
- 1 tsp dried Oregano & Basil
- 2-3 Cloves Garlic minced
- 1 small onion minced
- Salt and Pepper

Sauce

- 1 Tbsp olive oil
- 1 large can Tomato Paste (or 2 small cans)
- 1 large can Tomato Sauce
- 1 can Crushed Tomato (28oz)
- 1 tsp dried Oregano & Basil
- Salt & Pepper
- ¼ tsp Garlic Salt
- 2 Tbsp white sugar
- 1-2 Tbsp brown sugar

Heat oil in large saucepan and add tomato paste and white sugar. Cook until sugar dissolves and oil is absorbed, stirring often. Add the rest of the ingredients and simmer.

Add the meatballs to the sauce, cover and keep on low heat until ready to serve.

Tofu Pad Thai

Cook vermicelli noodles according to package. Drain and rinse in cold water.

Sauce – combine the following ingredients and set aside.

- ¼ c Ketchup
- 2 Tbsp each soy sauce, lime juice, brown sugar
- 1 Tbsp seasoned rice vinegar
- 1 tsp sesame oil

Heat 1 tsp sesame oil in skillet and add the following, cooking until tofu is browned

- 1 package cubed firm tofu
- 1 package coleslaw mix (I like the broccoli mix too)
- ½ small red onion, diced
- 2 cloves garlic, minced

Add sauce and bring to boil. Stir in noodles. Serve and top with fresh cilantro, green onion, chopped peanuts and a wedge of lime.

Note: If I don't have fresh cilantro I add freeze dried or a couple cubes of frozen (found in produce section at Sobeys) to the skillet.

Coconut Chicken Tenders (Canadian Living)

- Boneless skinless chicken breast cut in ½ to make cutlets (or pound)
- 1/4 tsp salt
- 1/4 tsp pepper
- 2/3 cup panko bread crumbs
- 1/3 cup unsweetened shredded coconut
- 2 egg whites
- 1/4 cup cornstarch
- 3 tbsp vegetable oil

Sprinkle chicken with salt and pepper. Combine panko and coconut. Whisk egg whites until frothy. Dredge chicken in cornstarch, shaking off excess. Dip chicken in egg whites, letting excess drip off; dredge in panko mixture, pressing all over to adhere.

In skillet, heat 1 tbsp of the oil over medium-high heat. In batches, cook chicken, turning once and adding more oil as necessary, until chicken is no longer pink inside, about 3 minutes. Transfer to paper towels to drain.

Slow Cooker Mexican Chicken

Add the following ingredients to slow cooker and cook on low for 8hrs. I sometimes add a bit of water (~1/2 c) if I think I'll gone much longer than that so it doesn't dry out.

- 2 boneless skinless chicken breasts (2 pieces will make supper for the 3 of us with enough leftovers for lunch the next day)
- 1 can black beans (19oz)
- 1 jar of salsa (I highly recommend using the Garden Fresh brand)
- 1 c frozen corn
- 1 ½ Tbsp of Mexican Spice Mix (see recipe below)

Mexican Spice Blend (Chatelaine)

Stir 3 tbsp (45 mL) chili powder with 2 tsp (10 mL) each ground cumin, black pepper, dried oregano leaves, 1 tsp (5 mL) each salt, garlic powder, onion powder, paprika and 1/4 tsp (1 mL) cayenne pepper (optional). Great as burger seasoning or as a rub for pork, chicken or steak. Store in a sealed jar or plastic bag. Keeps well at least 2 months. Makes about 1/3 cup (75 mL)

Maple Soy Salmon (Chatelaine)

Place salmon fillets in baking dish, skin side down. Sprinkle with salt & pepper. Combine 2Tbsp each soy sauce and maple syrup with ½ tsp ground ginger and spoon over fish. Broil in top 1/3 of oven until done (about 15min).

Grocery List – Week 1

<p><u>Produce</u> Variety of Fruit Avocado Asparagus Cauliflower Sweet Potato Onions Red Onion Coleslaw Mix Choice of Veggies for sides/snacks Garlic Lime</p> <p><u>Deli/Seafood</u> Salmon</p> <p><u>Bread</u> Sub Buns Whole Wheat Bread</p> <p><u>Meat</u> Lean Ground Beef</p> <p><u>Dairy</u> Cottage Cheese Cheddar Cheese Vanilla Yogurt Sour Cream Eggs</p> <p><u>Frozen</u> Berries</p>	<p><u>Grocery</u> Tomato Paste (lg can) Tomato Sauce (lg can) Crushed Tomatoes (28oz can) Parmesan Cheese Black Beans (19oz can) Cereal Oatmeal White sugar Brown sugar Bread Crumbs Panko Bread Crumbs Oregano Basil Garlic Salt Whole Wheat Spaghetti Nuts of choice (eg. Hazelnuts, Almonds) Peanuts Maple syrup Ketchup Soy Sauce Rice Vinegar Sesame Oil Unsweetened coconut Mayo Dijon mustard Honey Corn Flour</p> <p><u>Health Food Section</u> Tofu</p>
---	--

