

# Easy Healthy Cooking for Busy People



14  
21

WITH 1 WEEK  
MENU PLAN

## **Introduction - Healthy Cooking Doesn't Need To Be Complicated**

One of the biggest reasons people give for not eating healthy is that they're too busy. Eating healthy is complicated, right? It takes a lot of time to shop for and prepare. It's expensive too. ...at least that's what they say. The truth is that eating healthy is just as easy, and maybe easier, than eating unhealthy food. And depending on how you shop, eating healthy can save you some money. It doesn't have to be complicated.

Think about this...

You can waste 10-15 minutes in drive through or take out line to pay upwards of \$7 for a burger, fries and a drink. You can wait 30 minutes to an hour for a \$15-20 pizza. The next time you're hungry, you spend that same amount of time and money to eat out again. Alternately, you could cook one healthy dish for about the same cost as that pizza and you can get up to 4 meals from it.

It sounds impossible but it's true. This report is designed to show you how to eat better and we've made it as easy as possible by starting you off with your first week's shopping list and meal plan.

So let's start with the 3 P's which are the foundation of simple healthy eating. And yes, it tastes great too.

### **Part One: The 3 P's What They Are and Why They're Important**

The 3 P's are the foundation of quick and easy meals that are healthy and uncomplicated. By uncomplicated, we mean that you won't be spending hours in the kitchen each night preparing dinner. You also won't be spending hundreds of additional dollars at the supermarket on your new shopping list.

In fact, consider taking a look at your last few grocery bills and add up the time it took you each day to get food on the table. When you're done with this first week of healthy cooking, compare the time and money spent. We think you'll be surprised. So let's take a closer look at what the 3 P's mean and why they're so important to your healthy cooking success.

#### **Planning, Prepping, and Patience/Persistence**

The 3 P's of healthy cooking are planning, prepping, and patience or persistence. They each play a unique and important role in your healthy cooking lifestyle change. Planning is exactly what it sounds like. You'll want to plan your meals each week. Planning helps you stay focused on your goals. It also makes healthy eating a no-brainer.

Planning includes choosing recipes, making a list, and shopping for your meals. And when all of that is taken care of in a systematic and organized way, then eating healthy is super easy. And no, you won't be eating only salads this week. Though, those are easy to prepare and healthy. You'll be enjoying things like enchiladas and meatloaf and pork roast. And it'll be easy. Promise.

Without planning for your meals in advance, it's easy to fall back on take out and cereal for dinner. Planning your meals means that you have food ready when you are hungry and the vending machine, delivery guys and drive through windows are easier to avoid.

So what is the “prepping” part of the 3 P’s?

Prepping means that you do some of the meal work in advance and we’ll talk in a bit more detail about what that means. Prepping can be anything from making your meals on the weekend to using a crock pot, to chopping, dicing, and slicing in advance so that when you get home from a long day, you just have to toss it all in a pan. And there are many fun tricks and appliances to help you get the job done.

Now let’s talk about the patience and persistence factor. Because making any change to your lifestyle and your habits, good or bad, is difficult. There will be days where you will probably have a fully prepared meal ready at home and you’ll swing through the drive through anyway.

There will be days when you just don’t feel like making lists or shopping. Forgive yourself for those days. You’re not perfect. And get back to your healthy cooking plan. Experts say it takes a few weeks to create a new habit. Give yourself the time to adapt to your new routine. You will have bumps in the road and that’s okay. Just get back to it. We’ll talk about how to make the patience and persistence component of your healthy cooking plan easier in a little while.

So let’s get started with the first P, Planning.

## **Part Two: Planning**

As you might suspect, planning plays an important role in cooking healthy meals. You need to choose recipes, make lists, buy the ingredients and more. Rather than tell you how to do all of these steps, we’re going to offer a nice list of planning tips. You can then take what feels right for your family and situation and apply them to your new routine.

### **Choosing Your Recipes**

- **Find Your Favorite Resources.** There are many blogs, cookbooks, and recipe resources available. Find a few resources and bookmark them. These will become your go to recipe sources. You might want to bookmark some recipes to try each week.
- **Keep it Simple.** Great recipes don’t have to take hours to prepare. Sure Julia Child’s boeuf bourguignon is amazing but it’s not practice for a weekday dinner because it takes several hours to prepare. Look for recipes that you can prepare in advance or that take less than 20 minutes to cook. We’re talking about one pot meals, crockpot meals and more. We’ll cover this concept in a bit more detail in the “Preparation” section.
- **Add One New Recipe Each Week.** After a few weeks of making lists and preparing your meals, you may get into a rut. When you do, your new healthy cooking habit may begin to feel less fun. To combat this, try adding at least one new recipe each week.
- **Choose recipes that are well rounded.** Look for recipes that have a good amount of protein, vegetables, and whole grains. These will provide you with better nutrition with less work.

- **Choose Recipes for Meals and Snacks.** Yes, there are three meals a day. There are also snacks. Snack time is the time when many people get too busy to eat healthy. If you include snacks into your healthy cooking plan then you'll avoid this trap.
- **Use the Store's Flyer.** Your local markets have weekly flyers. They showcase the items that are on sale each week. These sales often reflect seasonal produce. For example, in the fall apples will be on sale. In the springtime, citrus will be on sale and so on.

You can choose some of your recipes based on what's on sale and what's seasonal. This can be a significant money saver when you're looking at things like meat and dairy.

## Organizing Your Recipes

There are many different ways to organize your recipes. There is the good old fashioned recipe box full of index cards. You can also print off your recipes and keep them in three ring binders. However, technology offers you a few options too.

- **Create Your Own Private Recipe Blog.** Blogs don't have to be public. You can create a blog for your family recipes and make it private. You can then cut and paste your favorite recipes into new posts, categorize them, add links and pictures. You can customize the site however it works best for you.
- **Use Pinterest for Storing Recipes.** Did you know you can create private boards on Pinterest? If you enjoy that social networking site, you can create private boards with your favorite recipes.
- **Leverage Recipe Software.** There are recipe organization software systems that you can purchase. They also often come with mobile applications so you can access recipes whenever and wherever you are. Some software to consider include:
  - [Master Cook](#)
  - [Cook'n Recipe Organizer](#)
  - [Living Cookbook](#)
  - [Big Oven](#)
  - [Chef Tap](#)
  - [Paprika](#)
  - [Evernote Food](#)

## Make a List

From your selected recipes, you'll want to make a shopping list. The list will ensure you have everything you need which, of course, makes it easier to follow through with your healthy cooking plans. It also makes it easier to save money, shop smartly, and save time.

- **Cut and Paste.** If you're using online recipe resources like blogs, then making a list is quick and easy. Simply cut and paste the ingredients you need into a word processing document. You can then delete overlap.

For example, if you have a recipe on Monday that needs carrots and you have a recipe on Thursday that needs carrots, well you don't need to buy carrots twice. Just delete one of the list items and make sure that you buy enough for both recipes.

- **Organize by Department.** Your supermarket is organized by department so why not organize your list by department too? For example, group all of your produce together, your dairy and bulk items and so on. It makes your shopping much more efficient.
- **Stick to Your List.** One of the benefits of making a list is that it holds you accountable. You don't have to think about what you're buying, and not buying. It helps you avoid placing junk into your cart.

## Shopping

Shopping is part of the process of planning your meals and it makes good sense to plan your shopping too. After all, if you can make this part of your healthy cooking plan easy, then the rest may fall into place.

- **Weekly or Biweekly?** Sometimes it feels too overwhelming to buy an entire week's worth of groceries in one trip. And to be fair, sometimes produce that you buy on Sunday doesn't last until Saturday. You'll have to decide if you shop for groceries weekly or twice a week.

Keep in mind that some stores release their sale prices on Wednesdays and the sale prices overlap that day. Wednesdays are often a good day for sticking to your grocery budget. Also, you may find that shopping on the weekend works for you because you're busy during the week and just don't have time to shop. You may want to try a few different approaches to find what shopping schedule works best for you.

- **Local Markets or Big Box Chains.** There are different reasons to shop at different stores. When it comes to food and produce, you may find that you get better prices and better produce at your local market. And during the summertime you may enjoy your local farmer's market.

Of course big box grocery stores have their benefits too. You might find that you hit two or three different stores each week. And if it's easier, you might consider having the supermarket deliver your groceries to you. They often do it for a very small fee, some around \$5.

Okay, we've covered a myriad of tips for planning. So now that you have a refrigerator full of produce and a week's worth of recipes what's next?

## Part Three: Preparation

Preparation is a key component to your success. A great plan in place is the start. However, if you don't take the time to prepare your meals with some strategy, then you may be right back where you started, no time to cook. The following tips will help you succeed.

## **Make Ahead/Prep Ahead**

There are different ways that you can get prepared for the week. One of the steps you can take is to chop and do your prep work in advance. For example, if you're making a stir fry or a curry you can prepare the veggies on the weekend and store them in airtight containers. This works well for a variety of recipes.

Buy prepared. You can buy some of your ingredients prepared. For example, you can buy sliced mushrooms instead of whole ones. You can buy herbs in paste or tube. So you don't have to hunt for fresh and your herbs are always ready to use. No mortar and pestle required. Here's an example of what we're talking about. <http://www.gourmetgarden.com/en-us>

## **Make Ahead and Freeze**

Some meals can be made in advance and frozen. For example, casseroles work really well as make ahead meals. You can freeze them and then when you're ready to have them for dinner, just pop them in the refrigerator in the morning to thaw out. When you get home, reheat and you're good to go.

And think beyond tuna noodle casserole. For example, there are great, and healthy, recipes to consider like veggie lasagna and chicken enchiladas. Broccoli, beef, and potato casserole is one example of how you can get a whole meal in one dish. And curry casseroles with rice are fun to try too.

You might be surprised to learn that you can also make ahead and prepare your breakfast. You can refrigerate or freeze them depending on the recipe. One example is to make a large batch of breakfast burritos on the weekend and then wrap them individually with parchment paper and freeze them. In the morning, you just thaw them in the microwave, reheat and enjoy with the family or on the go. Whole grain waffles can be made ahead and frozen and then popped in the toaster in the morning.

Muffins, egg cups, and steel cut oats can all be made in advance and stored in single servings. You can then simply reheat in the morning. It's a healthy breakfast in less than five minutes. If you prefer a smoothie, then why not prepare your smoothie ingredients on the weekends. Place each smoothie's diced fruit and/or veggies into a baggie and freeze. In the morning, add your fruit to your milk of choice in the blender; blend and enjoy. You can take it with you on your way out the door.

There are a number of different ways to start the day off right with a healthy breakfast and do it in just a few quick minutes. There really isn't any reason not to. And of course other meals can be made ahead and refrigerated or frozen until you need them.

For example, you can roast two chickens on the weekend. One is for Sunday dinner and the other can be diced up and used for chicken salad, stir fry, curry or a chicken casserole during the week. It's all about planning in advance and setting aside a little time to prepare. Of course, some handy appliances can really help too.

## **Time Saving Kitchen Appliances**

Let's talk about the different timesaving healthy cooking appliances that can make your life a whole lot easier. You're probably already familiar with the crockpot or slow cooker. A crockpot is

excellent for making things like chili and stew. But you can also use a crockpot to make a roast, enchiladas and all sorts of dishes. This is a healthy cooking appliance that can literally change how you eat.

Another quick cooking appliance you might want to consider adding to your kitchen is a pressure cooker. Did you know you can cook chicken fricassee in the pressure cooker? You can also use it to make beans, whole grains, soups, and broths. Many people think pressure cookers are a bit old-fashioned. However, you can use them to make a number of very trendy meals like bone broths.

And the pressure cooker can prepare a meal in a tenth of the time that it might take to prepare in the oven. Today's pressure cookers are digital too so you don't have to worry about pressure building up or having any accidents. They're much safer than they used to be.

Another appliance you might not have considered is the handy-dandy rice steamer or cooker. Did you know you can make an entire meal in a rice cooker? In a rice cooker all you have to do is dump your ingredients in and push a button. Twenty minutes later the meal is done.

It's the same for pressure cookers, crock pots and other handy kitchen appliances. You can have healthy food waiting for you when you get home. It just doesn't get any easier than that

## **Part Four: Patience and Persistence**

Any new habit takes time to integrate into your life. And healthy cooking requires you to adopt a few new habits. Steps like making a meal plan, going shopping, and preparing the meals are all new habits and they take a little bit of time to build. Any tip or tactic you can use to help you stick with your plan is a good one. Let's take a look at a few to consider.

- **Maximize your time.** Find time in your day to make your meal plan and your lists. You might be able to fit it in as you eat your lunch on Monday or you can dictate your shopping list as you commute. There are little bits of time during the week to take care of the planning portion of your healthy cooking lifestyle.
- **Get the family involved.** If you live with roommates, have children or a significant other then get them involved in the process. Ask them to choose meals, to create lists, and to help with the meal prep. You can assign each family member a meal that they're responsible for. You can swap weeks or nights with your roommate or significant other. There are many different ways to get everyone involved. This way it's more fun and you don't have to do it all yourself.
- **Have fun with it.** Try new foods. Enjoy foods from other cultures. There are so many different grains, fruits, and vegetables that you could easily try something new each week. You can make a game of it. Eating should be fun and healthy food should taste great. Sure, you may choose some recipes that don't work out. However, that's part of the process. You'll learn what works best for you.
- **Create systems that support you.** We've talked about technology and tools to help you plan and prepare your meals. Find the best technology and system for you. It might be pencil and paper and your grandmother's cookbook or it might be an online note taking

system and a subscription to a dozen healthy eating recipe resources. The approach doesn't matter as long as it's one that supports you and that you will follow through on.

Okay, we've covered the 3 P's and you now have a solid framework to begin cooking healthy meals at home, eating better, and feeling better. In the last section of this book we'll talk about getting started. This is where you'll find your meal plan, recipes and your shopping list. It's exactly what you need to kick off your new healthy cooking lifestyle.

## **Part Five: Getting Started**

If you look at your weekly schedule, when do you think you'll plan your meals for the upcoming week? When do you think you'll go shopping and how often? And what will you do to prepare your meals in advance or to make meal preparation easier at meal time? It makes sense to start thinking about those things now. Consider how you'll organize your recipes; make your lists and what tools and technologies you'll leverage.

We've started things off for you by creating a sample weekly menu along with the recipes and a shopping list. You can use this guideline to help you get started on your first week and as a template for future weeks. We've divided the menu by days and included 3 meals a day with one snack. You can, of course, change your meal plan however it best suits you and your needs and goals.

### **Sample Weekly Menu**

Monday:

- Breakfast: Baked egg cups with egg, cheese, and spinach or broccoli. Side of sliced fruit.
- Lunch: Chicken salad on mixed greens with a whole grain roll.
- Dinner: Cabbage and beef enchiladas topped with avocado.
- Snack: Edamame

Tuesday:

- Breakfast: Whole grain waffle with fresh fruit
- Lunch: Leftover enchiladas
- Dinner: Slow cooker hoisin pork roast, sweet potatoes and kale salad
- Snack: Greek yogurt with fresh fruit

Wednesday:

- Breakfast: Fruit and yogurt smoothie
- Lunch: Left over slow cooker pork sandwiches
- Dinner: Curried chicken casserole with carrot salad
- Snack: Snack mix, dried nuts and fruit

Thursday:

- Breakfast: Baked egg cups with egg, cheese, and spinach or broccoli. Side of sliced fruit.
- Lunch: Leftover curried chicken casserole
- Dinner: Arugula salad and mini meat loaves
- Snack: Kale chips

Friday:

- Breakfast: Whole grain waffle with fresh fruit
- Lunch: leftover mini-meatloaves and arugula salad
- Dinner: Black Bean Quinoa Salad with Lemon Dressing
- Snack: Banana and nut butter

Saturday:

- Breakfast: Fruit and Yogurt smoothie
- Lunch: Quinoa salad leftovers
- Dinner: Butternut, bacon, and apple soup
- Snack: Fresh veggies and hummus

Sunday:

- Breakfast: Whole grain and fruit muffins
- Lunch: Soup leftovers
- Dinner: Roast chicken, roasted broccoli, and brown rice
- Snack: Summer fruit salad

## Recipes

### Baked Egg Cups

Makes 12 individual cups

Ingredients:

- 5 eggs
- Splash of milk
- 1 (10 oz) package frozen chopped spinach, thawed and squeezed dry
- 2 chopped scallions
- 1 cup shredded cheese of your choice (you can also use feta or goat cheese)
- Salt and Pepper, to taste

Directions

Preheat the oven to 375F. Spray a 12-cup muffin tin with non-stick cooking spray. In a bowl, add the eggs and milk and whisk until blended. Season with salt and pepper

Evenly distribute spinach and scallions in muffin cups, adding the egg mixture on top. Sprinkle some cheese on top of the eggs.

Bake for about 20-25 minutes, or until well set and a toothpick inserted in the center comes out clean.

Serve immediately.

Egg cups can be frozen for up to one month using plastic wrap and freezer bags. Simply warm them in the microwave before serving.

## **Chicken Salad**

### Ingredients:

- Whole chicken for roasting (Use a store-bought roasted chicken to save time.)
- Thyme
- Mixed greens (freshly cut or pre-mixed bagged)
- Whole grain rolls (for pork sandwiches later in the week too)
- Edamame
- Seeds, nuts, fresh or dried fruit (optional)
- Vinaigrette salad dressing (optional)
- Salt & pepper to taste

### Directions

Preheat the oven to 450°F. Rinse the chicken & dry it very well with paper towels, inside and out. The less it steams, the better.

Salt and pepper the cavity, then truss the bird to help the chicken to cook evenly.

Place chicken in roasting pan and salt and pepper it. Roast 50 to 60 minutes or until it's done. Remove from the oven and sprinkle juices with thyme. Allow it to sit about 5 minutes. Remove the twine and then baste the chicken with the juices. Let it rest on a cutting board for 15 minutes. Slice into desired thickness.

Wash and dry the mixed greens and edamame, then add to a large bowl. Top with chicken. Add your favorite seeds, nuts, fresh or dried fruit if desired. If using salad dressing, add a small amount and toss.

Serve with whole grain rolls.

## **Cabbage and Beef Enchiladas**

Makes 4 servings

### Beef Enchilada Cabbage Rolls

#### Ingredients

- 1 lb. Ground Beef
- 1 Small Onion, Chopped
- 1 Clove Garlic, Crushed
- 1 tsp. Celtic Sea Salt
- 1 tsp. Ground Black Pepper
- 1 can Enchilada Sauce
- 1 Medium Head Cabbage
- 2-4 Small Avocados
- 1 can enchilada sauce

#### Directions

In a large stockpot, bring 2 cups of water to a boil.

Remove core from cabbage and very carefully peel off 10-12 leaves. If you do this under running water in the sink, the water will help peel the leaves off without tearing. Place leaves in boiling water and turn off heat.

Place leaves carefully into water. Boil for about 2 minutes or until soft and pliable. Remove from heat. While cabbage is boiling, using a skillet over medium-high heat, fry ground beef, onion, salt and pepper. Remove from heat and add crushed garlic.

Using tongs, carefully remove one cabbage leaf. Fill with beef mixture & roll tightly. Place in a glass baking dish. Repeat with until all leaves and meat are used. Spread enchilada sauce across the top of the rolls and bake at 350 degrees F for 20 minutes.

Top with avocado slices and serve immediately.

### **Whole Grain Waffles**

Makes 6 servings

#### Ingredients

- 2 eggs, beaten
- 1 3/4 cups skim milk
- 1/4 cup canola oil
- 1/4 cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 1 cup whole wheat pastry flour
- 1/2 cup flax seed meal
- 1/4 cup wheat germ
- 1/4 cup all-purpose flour
- 4 teaspoons baking powder
- 1 tablespoon sugar
- 1/4 teaspoon salt
- Fresh fruit for topping

#### Directions

In a large bowl, using a fork, whisk the eggs, applesauce, milk, oil and vanilla. Slowly add the remaining ingredients and blend until batter is smooth.

Preheat a waffle iron, and coat with non-stick cooking spray. Pour batter into waffle iron in batches, and cook until crisp and golden brown. Top with fresh fruit.

### **Slow Cooker Hoisin Pork Roast**

Makes 8 servings

#### Ingredients

- 1/4 cup lower-sodium soy sauce
- 1/4 cup hoisin sauce
- 3 tablespoons ketchup

- 3 tablespoons honey
- 2 teaspoons minced garlic
- 2 teaspoons grated peeled fresh ginger
- 1 teaspoon dark sesame oil
- 1/2 teaspoon five-spice powder
- 1 (2-pound) boneless pork shoulder (Boston butt), trimmed
- 1/2 cup fat-free, lower-sodium chicken broth

#### Directions

In a bowl, combine the soy sauce, hoisin sauce, ketchup, honey, garlic, ginger, sesame oil and five-spice. Whisk to blend well. Place sauce in a large Ziploc plastic bag. Carefully add the pork shoulder to the bag and seal. Marinate in refrigerator 2 hours or overnight, turning occasionally.

Place pork and marinade in a slow cooker. Cover and cook on high for 4 hours or low for 8 hours. Remove pork from slow cooker and cover with aluminum foil to keep warm. Add the chicken broth to sauce in slow cooker. Cover and cook on low for 30 minutes or until sauce thickens. Slice or shred pork with 2 forks; serve with sauce.

Serve with baked sweet potatoes and kale salad

### **Fruit and Yogurt Smoothie**

Makes 1 serving

#### Ingredients

- 2 cups fat-free milk
- 1 (8-ounce) container vanilla low-fat yogurt
- 1/2 cup thawed pineapple-orange juice concentrate
- 2 cups frozen strawberries
- 1 banana, coarsely chopped

#### Directions

Using a blender, process all ingredients until smooth, stopping to scrape the sides as needed. Serve immediately.

### **Curried Chicken Casserole**

Makes 8 servings

#### Ingredients

- 3 teaspoons canola oil, divided
- 8 boneless, skinless chicken thighs, trimmed
- 3/4 teaspoon salt, divided
- 1 large onion, sliced
- 2 tablespoons curry powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon freshly ground pepper
- 6 tablespoons all-purpose flour

- 1 14-ounce can reduced-sodium chicken broth
- 1 cup low-fat milk
- 1 10-ounce bag frozen peas (2 cups)
- 1/4 cup low-fat mayonnaise
- 1 tablespoon lemon juice or cider vinegar
- 2 tablespoons unsalted butter
- 4 slices whole-wheat country bread, crusts removed, cut into 1-inch cubes

#### Directions

Preheat oven to 400°F. Coat a 9 x 13 baking dish with cooking spray.

In a large skillet over medium heat, heat 2 tablespoons of canola oil. Sprinkle chicken with 1/2 teaspoon salt. Fry thighs until browned on both sides and cooked through, about 8-10 minutes. Transfer to the baking dish. Reserve the drippings in the pan.

Add remaining 1 teaspoon of oil to the pan as well as the sliced onion. Cook about 5 minutes or until softened and light brown. Add the pepper, curry powder, ginger and the remaining 1/4 tsp salt. Stir well and cook for about 1 minute.

Sprinkle mixture with flour and stir to coat. Add broth and milk. Bring to a simmer, stirring constantly for about 2 minutes or until thickened.

Remove from the heat and stir in the mayonnaise and lemon juice (or vinegar). Add the peas and stir. Pour this sauce over the chicken.

In a separate pan over medium heat or in the microwave, melt the butter. Remove from the heat and stir in cubed bread pieces. Toss to coat. Then evenly distribute the bread on top of the casserole.

Bake for 35-40 minutes or until sauce is bubbly and the bread topping is golden brown. Let stand for 10 minutes before serving.

Serve with carrot salad

#### **Carrot Salad**

Makes 4 servings

#### Ingredients

- 1 1/2 pounds carrots, peeled and sliced into thick rounds
- 1/4 cup olive oil
- 3 tablespoons seasoned rice vinegar
- 2 tablespoons chopped mint
- 1 small clove garlic, minced
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper

## Directions

In a pot over medium high heat, add sliced carrots. Add enough water to cover carrots. Bring to a boil, reduce heat and simmer until carrots are just tender. When carrots are fork tender, drain well.

While carrots are cooking, in a medium - large bowl add the olive oil, vinegar, mint, garlic, salt and pepper. Whisk until well blended. Add warm carrots to this vinaigrette and let them at room temperature until cooled.

Place in refrigerator to marinate for at least one hour before serving.

## **Mini Meat Loaves**

Makes 4 servings

### Ingredients

- 10 ounce ground sirloin
- 5 ounces lean ground lamb
- 1/3 cup dry breadcrumbs
- 1/3 cup grated red onion
- 3 teaspoons chopped fresh mint
- 3 teaspoons chopped fresh thyme
- 3/8 teaspoon salt, divided
- 1/4 teaspoon ground allspice
- 1/4 teaspoon crushed red pepper
- 3 garlic cloves, minced
- 1 large egg, lightly beaten
- Non-stick cooking spray

### Directions

Preheat oven to 450°.

In a large bowl, combine all ingredients and well.

Coat 8 muffin cups with non-stick cooking spray. Divide meat mixture evenly between cups. Bake at 450° for 7 minutes. Then broil on high for 3 minutes.

Serve with arugula salad

## **Arugula Salad**

### Ingredients

- 4 cups baby arugula leaves
- 1 1/2 cups (1/4-inch-thick) diagonally sliced seeded peeled cucumber
- 1/8 teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup plain fat-free Greek yogurt

- 2 ounces reduced-fat feta, crumbled
- 2 tablespoons fresh lemon juice, divided
- 1 teaspoon chopped fresh mint
- 1 teaspoon chopped fresh thyme

#### Dressing:

Using a food processor, add the yogurt, feta cheese, 1 tablespoon lemon juice, mint and thyme. Pulse about 10 times to combine.

#### Salad:

In a bowl, add 1 tablespoon lemon juice, olive oil, salt, and the pepper. Stir. Add arugula and cucumber and toss to coat.

Serve immediately with dressing or refrigerate until ready to eat

### **Black Bean Quinoa Salad with Lemon Dressing**

Makes 10 servings

#### Ingredients

- 1 1/2 cups uncooked quinoa
- 3 cups organic vegetable broth (such as Swanson Certified Organic)
- 1 (14-ounce) package reduced-fat firm tofu, cut into 1/4-inch cubes
- 3 tablespoons olive oil, divided
- 1 1/4 teaspoons salt, divided
- 1 cup chopped fresh basil
- 3 tablespoons fresh lemon juice
- 2 tablespoons Dijon mustard
- 1 teaspoon sugar
- 2 teaspoons grated lemon rind
- 1/2 teaspoon freshly ground black pepper
- 3 garlic cloves, minced
- 1 (10-ounce) package frozen baby lima beans
- 4 cups chopped tomato (about 3 medium)
- 1/2 cup sliced green onions
- 1/2 cup chopped carrot
- 1 (15-ounce) can black beans, rinsed and drained

#### Directions

In a saucepan over medium-high heat, bring quinoa and vegetable broth to a boil. Reduce heat, cover and simmer 15 minutes or until quinoa is tender and broth is absorbed. Remove from heat.

Remove moisture from tofu by placing several layers of paper towels on a plate, add the tofu and cover with additional paper towels. Let stand 5 minutes.

Using a large nonstick skillet, over medium-high heat, warm 1 tablespoon of olive oil. Add the tofu and sprinkle with 1/4 teaspoon of salt. Sauté for 9 minutes or until lightly browned. Remove from heat and cool completely.

In a large bowl, add 2 tablespoons oil, 1 teaspoon salt, basil, lemon juice, Dijon mustard, sugar, lemon rind, black pepper and garlic. Stir until blended. Carefully stir in cooled quinoa.

Cook lima beans according to package directions; cool completely. Add the lima beans, tofu, and remaining ingredients to quinoa mixture; stir gently to combine.

Cover and store in the refrigerator until ready to serve.

### **Whole Grain Fruit Muffins**

Makes 12 muffins

#### Ingredients

- 1 1/4 cups whole-wheat flour, spooned and leveled
- 1 cup old-fashioned rolled oats
- 1/4 cup flaxseed meal
- 1/4 cup pecans
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1 cup plain low-fat yogurt
- 1/2 cup packed light brown sugar
- 3 tablespoons unsalted butter, melted
- 1 tablespoon grated orange zest, plus 1/4 cup orange juice
- 1 large egg
- 1 teaspoon pure vanilla extract
- 2 cups fresh blueberries or one 8-ounce bag frozen blueberries (can substitute for apples pieces, raspberries or other fruit)

#### Directions

Heat oven to 375° F. Coat a 12-cup muffin tin with non-stick cooking spray or line with paper liners.

Using a food processor, process the flour, oats, flaxseed meal, pecans, baking powder, baking soda, and salt until finely ground.

In a large bowl, add the remaining ingredients (except the blueberries) and mix well. Add the flour mixture and stir until incorporated – but do not overmix. A few lumps are okay. Carefully fold in the blueberries.

Evenly divide the batter between the muffin cups. Bake for 20-25 minutes or until a toothpick inserted in the center comes out clean.

## **Roasted Chicken with Broccoli & Brown Rice**

### Ingredients:

- Whole chicken for roasting (Use a store-bought roasted chicken to save time.)
- Salt & pepper to taste
- Fresh broccoli
- Uncle Bens Brown Rice (or your own personal favorite)

### Directions

Preheat the oven to 450°F. Rinse the chicken & dry it very well with paper towels, inside and out. The less it steams, the better.

Salt and pepper the cavity, then truss the bird to help the chicken to cook evenly.

Place chicken in roasting pan and salt and pepper it. Roast 50 to 60 minutes or until it's done. Remove from the oven and sprinkle juices with thyme. Allow it to sit about 5 minutes. Remove the twine and then baste the chicken with the juices. Let it rest on a cutting board for 15 minutes. Slice into desired thickness.

Prepare brown rice according to package directions

Cut 1 ½ inch long broccoli florets from stem. Using a saucepan over medium-high heat and a small amount of water, steam florets for 4-7 minutes or until tender.

Serve sliced chicken with a side of brown rice and steamed broccoli. Alternately, create a rice bowl by mixing everything together and adding some of the chicken drippings for additional flavor.

## **Butternut Bacon & Apple Soup**

Serves 6

### Ingredients

- 1 large butternut squash, peeled and cut into large chunks
- 3 whole carrots, peeled and cut into large chunks
- 1 1/2 tablespoons coconut oil, melted
- 1/2 pounds raw bacon, chopped
- 1 small onion, chopped
- 1 small apple, chopped
- 2 cups chicken stock
- 1 cup full fat coconut milk
- 1 teaspoon salt
- 1-2 tablespoons cinnamon (taste bud depending, start with 1 and add to taste)
- 1 tablespoon nutmeg

### Directions

Preheat oven to 350 degrees Fahrenheit

Using a Ziploc plastic bag, toss the squash and carrots with coconut oil to coat. Arrange them in a baking dish and roast uncovered until tender, about 30- 35 minutes.

In a large stock pot or Dutch oven over medium heat, crisp the bacon. Remove from pan and set aside as garnish.

Add the onion and apple to the bacon drippings and sauté until tender, about 5 minutes. Add the roasted squash, carrots, chicken broth, and coconut milk to the sautéed onions and bring to a boil, stirring often. Remove from heat and season with salt, cinnamon, and nutmeg.

If you prefer a smooth, creamy soup.... Once soup has cooled to a manageable temperature, blend it in a food processor until smooth. You may need to work in small batches to do this. Return soup to the pot and bring it to a simmer to warm it up.

Garnish with bacon

### **Summer Fruit Salad**

Makes 6 servings

#### Ingredients

- 6 cups mixed seasonal fruit such as pitted and sliced peaches and cherries, watermelon, cantaloupe, blackberries, blueberries, raspberries, kiwi and nectarines
- 2 teaspoons sugar
- 1/3 cup orange juice
- 1 tablespoon lime juice

#### Directions

In a large bowl, combine the sugar, orange juice and lime juice. Add the fruit and toss. Allow salad to sit for 15 minutes, stirring occasionally, before serving.

### **Kale Chips**

Makes 4 servings

#### Ingredients

- 1 head kale, washed and thoroughly dried
- 2 tablespoons olive oil
- Sea salt, for sprinkling

#### Directions

Preheat the oven to 275 degrees F.

Remove ribs from kale and cut into 1 ½ inch pieces. In a small bowl toss kale and olive oil to coat. Arrange kale in a single layer on a baking sheet and sprinkle with sea salt.

Bake about 20 minutes or until crisp, turning the leaves halfway through.

## Shopping list

### Egg cups

- Eggs
- Shredded cheddar
- Fresh spinach/baby spinach or chopped broccoli
- Seasonal fruit (for several recipes)

### Chicken salad

- Whole chicken for roasting
- Mixed greens
- Whole grain rolls (for pork sandwiches later in the week too)
- Edamame

### Enchiladas

- Head of cabbage
- Pound of ground beef
- Extra virgin olive oil
- Chili powder
- Beef broth
- Tomato paste
- Dried oregano, cumin, salt
- Fresh or frozen edamame
- 1 can enchilada sauce

### Waffles

- Skim milk
- Canola oil
- Unsweetened applesauce
- Vanilla extract
- Whole wheat pastry flour
- Flax seed meal
- Wheat germ
- All-purpose flour
- Baking powder
- Sugar
- Sweet potatoes or yams
- Kale, 2 bunches
- Greek yogurt (for snacks and smoothies)

### Pork Roast

- Soy sauce
- Hoisin sauce
- Ketchup
- Honey
- Minced garlic
- Grated peeled fresh ginger

- Dark sesame oil
- Five-spice powder
- 1 (2-pound) boneless pork shoulder (boston butt)
- Chicken broth

#### Curried chicken casserole with carrot salad

- Carrots
- Vinegar
- 8 boneless, skinless chicken thighs, trimmed
- Onion
- Curry powder
- 10-ounce bag frozen peas
- Mayonnaise
- Unsalted butter
- Snack mix, dried nuts and fruit your choice

#### Arugula salad and mini meat loaves

- 10 ounce ground sirloin
- 5 ounces lean ground lamb
- Breadcrumbs
- Fresh mint and thyme
- Reduced-fat feta, crumbled

#### Black bean quinoa salad with lemon dressing

- Uncooked quinoa
- Vegetable broth
- Firm tofu
- Dijon mustard
- Grated lemon rind
- Fresh or frozen baby lima beans
- 3 medium tomatoes
- Green onions
- Can black beans
- Bananas
- Nut butter

#### Butternut, bacon, and apple soup

- 1 large butternut squash
- Coconut oil
- Bacon
- Apple
- Canned coconut milk
- Cinnamon
- Nutmeg
- Snack: veggies, your choice, and hummus. You can buy prepared hummus or make it yourself with tahini, chickpeas, lemon juice, salt, olive oil, and garlic.

#### Roast chicken, roasted broccoli, and brown rice

- 2 chickens to roast

- Broccoli
- Brown rice (box or bag – your choice)

#### Fruit and Yogurt Smoothie

- Fat-free milk
- 16 oz vanilla low-fat yogurt
- Pineapple-orange juice concentrate
- 4 cups frozen strawberries
- 2 bananas

#### Summer Fruit Salad

- 6 cups mixed seasonal fruit: peaches, watermelon, cantaloupe, blackberries, blueberries, raspberries, cherries, kiwi, and nectarines
- sugar
- orange juice
- lime juice

#### Whole Grain Fruit Muffins

- whole-wheat flour
- old-fashioned rolled oats
- flaxseed meal (available at natural-food stores)
- ¼ cup pecans
- baking powder
- baking soda
- kosher salt
- 1 cup plain low-fat yogurt
- light brown sugar
- 3 tablespoons unsalted butter, melted
- grated orange zest
- orange juice (1/4 cup)
- egg
- pure vanilla extract
- 2 cups fresh blueberries or one 8-ounce bag frozen blueberries (can substitute for apples, raspberries or other fruit)

As you can see, a healthy pantry and spice cabinet can eliminate many of the items on this shopping list. Healthy cooking doesn't have to be complicated. Plan your meals. Make a list, and prepare what you can in advance. All of the meals on the sample weekly menu are recipes that make a lot of food so you can enjoy leftovers. You can make them in advance and leverage your efforts all week long. Enjoy your new healthy cooking lifestyle!



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