



eMeal Plan – Week of Jan 14

Six-Day Meal Plan for 2 People

DINNER MENUS

Sunday

Roasted Salmon
Roasted Carrots and Brussels Sprouts

Monday

Roasted Salmon
Brown Rice Blend
Sautéed Beet Greens

Tuesday

Roasted Chicken Breasts
Steamed Root Veggies
Pico de Gallo or other compote-style sauce

Wednesday

Farro con Pollo
Tossed Salad

Thursday

Salmon with Lemon Sauce
Brown Rice Blend
Roasted Beets

Friday

Salad Bowl with chicken, beets, and farro
Vinaigrette Dressing
GF Croutons (optional)

SHOPPING LIST

	Amount	Use day
Fresh Produce		
<input type="checkbox"/> Carrots	1 lb	Sun, Tue
<input type="checkbox"/> Brussels Sprouts	1/2 lb	Sun
<input type="checkbox"/> Red beets with tops	2 bunches	Mon, Thu, Fri
<input type="checkbox"/> Red Potatoes	2 large	Tue
<input type="checkbox"/> Parsnips	1/2 lb	Tue
<input type="checkbox"/> Cabbage	1/4 head	Fri
<input type="checkbox"/> Lemon	1	Thu
<input type="checkbox"/> Lime	1	Wed
<input type="checkbox"/> Cilantro	1 bunch	Wed, Fri
<input type="checkbox"/> Parsley	1 bunch	Wed, Thu
<input type="checkbox"/> Garlic	1 head	Mon, Wed
<input type="checkbox"/> Yellow onion	1	Wed
<input type="checkbox"/> Red bell pepper	1	Wed
<input type="checkbox"/> Green bell pepper	1	Wed
<input type="checkbox"/> Jalapeno pepper	1	Wed
<input type="checkbox"/> Bag of tossed salad (or make your own)	1	Wed
Meat & Fish		
<input type="checkbox"/> Fresh salmon filet	2 lbs	Sun, Mon, Thu
<input type="checkbox"/> Chicken breasts	2-1/2 lbs	Tue, Wed, Fri
Dairy & Refrigerator		
<input type="checkbox"/> Plain greek yogurt, organic	2 oz	Thu
<input type="checkbox"/> Pico de Gallo (or other compote)	1 container	Tue
Pantry		
<input type="checkbox"/> Capers	1 Tbsp	Thu
<input type="checkbox"/> Farro	1 cup (8 oz box)	Wed
<input type="checkbox"/> Vinaigrette or other light dressing	1 bottle	Wed
Basic Oils and Seasonings		
<input type="checkbox"/> Olive Oil		
<input type="checkbox"/> White wine vinegar		
<input type="checkbox"/> Sea Salt – Fine		
<input type="checkbox"/> Sea Salt – Coarse		
<input type="checkbox"/> Pepper		
<input type="checkbox"/> Adobo seasoning		
<input type="checkbox"/> Garlic powder		
<input type="checkbox"/> Dill		
<input type="checkbox"/> Bay leaf		

Note: Buy only what you need, and remember to buy organic as often as possible. Check the [Dirty Dozen](#) and [Clean Fifteen](#) lists for guidance.

RECIPES

Sunday

Roasted Salmon	<ul style="list-style-type: none"> • Recipe: http://getcookinghealthy.com/recipes/basic-roasted-salmon/ • Make 2 pounds to produce enough for 3 meals. Use one portion (2 5-oz pieces) tonight.
Roasted Carrots and Brussels Sprouts	<ul style="list-style-type: none"> • Recipe: http://www.foodnetwork.com/recipes/food-network-kitchen/roasted-brussels-sprouts-and-carrots-recipe-2111759 • Time Saver Tip: Purchase pre-cut vegetables

Monday

Roasted Salmon	<ul style="list-style-type: none"> • Leftover from last night. • Gently reheat in the oven. <ul style="list-style-type: none"> ○ Here's some great advice from TheKitchn.com on reheating leftovers: http://getcookinghealthy.com/tips/best-way-reheat-leftovers ○ It's best not to use the microwave to reheat the salmon. If you overdo it even by just a little bit it could harm to the flavor and tenderness. If you absolutely must reheat in the microwave, do so in 10-15 second increments, checking after each increment to see if it's warm enough.
Brown Rice Blend	<ul style="list-style-type: none"> • Start this first. It takes the longest and can stay warm for quite a while, even if it's done well in advance of the rest of the food. • This is one of the few things we make from a box. Always use a quality brand such as Seeds of Change or Lundberg. • An alternative to a boxed rice is to make plain brown rice using chicken or vegetable broth for the water. Add a dribble of olive oil to the cooking water if you like.
Sautéed Beet Greens	<ul style="list-style-type: none"> • Trim the beets. The greens will be used for tonight's meal (recipe below) and the roots for Thursday night's meal. <ul style="list-style-type: none"> ○ Store the roots in an airtight bag in the refrigerator. • Recipe: http://www.foodnetwork.com/recipes/food-network-kitchen/sauteed-beet-greens-3363462

Tuesday

Roasted Chicken Breasts	<ul style="list-style-type: none"> • See Wednesday's recipe for Farro con Pollo. Tonight you will make just the chicken and have it with steamed root veggies (see next item).
-------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

	<ul style="list-style-type: none"> • (Tomorrow you will make just the farro and reheat the chicken, then combine them.)
Steamed Root Veggies	<ul style="list-style-type: none"> • Here's an excellent YouTube video on steaming root vegetables: <ul style="list-style-type: none"> ○ https://www.youtube.com/watch?v=Pm8gNTWiINE
Pico de Gallo (or other compote-style sauce)	<ul style="list-style-type: none"> • Pico de Gallo is a fantastic topping for just about any meat-based protein at any time of year. • Get it in your local supermarket, or make your own if you have time. <ul style="list-style-type: none"> ○ I like this Food Network recipe because it only takes 10 minutes and tastes super-fresh. • An alternative is to purchase a pre-made compote or chutney. The point is really to have something fun to put on the chicken to give it some zing, and variety from previous meals.

Wednesday

Farro con Pollo	<ul style="list-style-type: none"> • Recipe: http://getcookinghealthy.com/recipes/farro-con-pollo/ • You've already made the chicken (yesterday) so today you are only making the farro portion of this recipe. • Make extra farro and store it in the frig for Friday's meal.
Tossed salad	<ul style="list-style-type: none"> • It's good to always have a ready bag of basic tossed salad in the refrigerator. I make my own (more economical) but you can also buy them in bags in a pinch.

Thursday

Salmon with Lemon Sauce	<ul style="list-style-type: none"> • Leftover from Sunday night. • Gently reheat in the oven. Here's some great advice from TheKitchn.com on reheating leftovers: <ul style="list-style-type: none"> ○ http://getcookinghealthy.com/tips/best-way-reheat-leftovers/ <p><u>Lemon Sauce Recipe</u></p> <ul style="list-style-type: none"> • Mix the following together and let sit on the counter while preparing the rest of the meal <ul style="list-style-type: none"> ○ 4 Tbsp plain whole yogurt or sour cream (or blend 2T each) ○ 2 Tbsp fresh lemon juice ○ 1/4 tsp garlic powder (optional) ○ A pinch of dill (optional) ○ 1 tsp capers
-------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



	<ul style="list-style-type: none">○ Fresh ground pepper
Leftover Rice	<ul style="list-style-type: none">● Use leftover rice from Monday night.● Gently reheat in the oven. Here's some great advice from TheKitchn.com on reheating leftovers:<ul style="list-style-type: none">○ http://getcookinghealthy.com/tips/best-way-reheat-leftovers/
Roasted beets	<ul style="list-style-type: none">● Recipe: https://www.thekitchn.com/how-to-roast-beets-in-the-oven-cooking-lessons-from-the-kitchn-172827<ul style="list-style-type: none">○ Peeling before eating is optional. Many people like the peel – it adds “tooth” as well as nutritional value to the meal.

Friday

Salad Bowl	<ul style="list-style-type: none">● Recipe: http://getcookinghealthy.com/recipes/salads/versatile-salad-bowl/● Use leftovers: chicken, beets, farro● Additional items: shaved cabbage for crunch, chopped parsley and/or cilantro, shaved shallots, canned corn (drained)<ul style="list-style-type: none">○ All good, but all optional!
Vinaigrette dressing	<p>I make my own but plain old oil and vinegar is good in a pinch too.</p> <ul style="list-style-type: none">● Recipe: http://getcookinghealthy.com/recipes/condiments/basic-homemade-vinaigrette-dressing/

Saturday

Saturdays are not generally on the plan but here are some thoughts about how to make Saturday night's meal as easy as possible while still keepin' it healthy.

By the time you get to Saturday it's likely that your schedule has changed during the week and maybe you even missed one of your cooking nights (happens all the time). So... what to do?

- There may be enough leftovers to reheat into a meal.
- You might have something in the freezer leftover from a previously week.
- Stopping at the local hot bar or salad bar on your afternoon errands is also an option.

BREAKFASTS, LUNCHES, AND SNACKS

Years ago I read Dr. Oz's book "You: On a Diet." It's a great book, [check it out on Amazon here](#). One of the things I remember from that book was to automate at least one meal per day. My husband has automated his breakfast by making oatmeal with almond butter and maple syrup. I generally have a bowl of cereal (Heritage Flakes are my favorite) with 30-calorie almond milk and a half a banana, followed by a hard-boiled egg. By automating this one meal, we don't even have to think about it. It's effortless and nutritious.

Breakfast Ideas

[Check this page for some great breakfast ideas](#). If having the same thing every day bores you, simply cycle through a handful of faves. But whatever you do, DON'T SKIP breakfast. Ever.

Lunch Ideas

Lunch can be super easy, it just takes a little planning -- especially if you work outside of the home and bring your lunch to work. Try these quick options:

- When you are making dinner, make an extra serving or two and package them separately, and use them for lunches.
- Buy pre-cooked protein (chicken, salmon, etc) and package it in 3-4 oz portions. Take some along with a salad and some dressing. You can get pre-cooked protein in the freezer section or deli. If you buy it frozen make sure to take it out of the freezer and put it in the refrigerator the night before or it may still be frozen when you open up your lunch box. (Ew!)
- Roast a chicken or a big salmon filet on Sunday afternoon. Steam up some veggies and package them up together with 3-4 oz portions of the meat. Fill a small container with vinaigrette or other pre-made sauce to jazz it up a little. Here's a wonderful [roast chicken recipe from Williams-Sonoma](#). This [roasted salmon recipe from Epicurious](#) is so easy you can hardly believe how good it tastes.
- Buy a pound or two of nitrate-free lunch meat ([here's why](#)). Roll 2-3 slices up in (gluten-free) corn tortillas with some shredded cabbage, or make lettuce wraps with some olives, lemon juice, and shredded cheese.

Snack Ideas

Snacks are like miniature meals that keep you going until the next bigger meal. If you work a 9-5 job for example, it's good to have a snack around 10:00, or whatever your half-way point is between breakfast and lunch. Same with lunch and dinner. Here are some healthy snack ideas:

- Baby carrots and hummus
- Small garden salad with vinaigrette
- Hard-boiled egg and chunks of avocado
- 1/2 whole grain English (or Ezekiel) muffin with 1T nut butter or mashed avocado



GetCooking
HEALTHY!
Cook Healthy. Feel Better. Live Longer.

- Any whole fruit
- Green smoothie (watch out for hidden sugars and calories though!)
- Light cottage cheese with chunks of pineapple or blueberries mixed in
- Small handful of raw, unsalted almonds
- A small helping of a broth-based soup
- Celery sticks and peanut butter
- 1/2 healthy snack bar such as Kind or Lara
- Small helping of oatmeal without sugar (make extra in the morning, then just heat it briefly in the microwave)
- Reheated steamed vegetables from a previous night's dinner

Visit GetCookingHealthy.com/eMeal-Plans to
view more meal plans or sign up.