

# Quick and Easy Meal Planning

## Recipe Favorites

### Taco Seasoning

2 tablespoons chili powder  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon crushed red pepper flakes  
1/2 teaspoon dried oregano  
1 teaspoon paprika  
3 teaspoons ground cumin  
1 teaspoon sea salt  
2 teaspoons black pepper

Mix in a small bowl and put into an air tight container.

Pour 3 tablespoons of taco seasoning onto one pound of cooked meat. Add 1/2 to 3/4 cup of water and simmer over medium heat until there is very little liquid left.

### Tacos

1 tablespoon Extra Virgin Olive Oil  
1 pound ground beef  
1 small yellow onion, chopped  
2 garlic cloves, minced  
1/2 red bell pepper, finely chopped  
2 tablespoons Worcestershire sauce  
2 tablespoons chili powder  
Fresh ground pepper  
1/2 cup tomato sauce  
1 cup cheddar cheese  
2 scallions, chopped  
leaf lettuce

Brown the meat over medium high heat in a skillet. Add the onions, garlic, and bell peppers and season with Worcestershire sauce, chili powder and pepper. Cook the beef mixture for 5 minutes more, then add the tomato sauce, stir to combine, and turn off the heat. Serve the filling in a bowl with lettuce and toppings of cheese and scallions in small bowls alongside. Take a piece of lettuce, place a helping of beef mixture on it, top with cheese and scallions. Fold up the sides of the lettuce leaf and eat.

### Coleslaw

32 ounces or a very Large bag of chopped coleslaw mix (about 16 cups). You can also chop a head of cabbage very fine, plus 1/4 head of purple cabbage and shred 2 carrots but, I like to save time and buy it already done.  
1/2 cup mayonnaise  
1 Tablespoon vinegar  
1/2 teaspoon celery seed  
1/2 teaspoon salt

Mix this all together and chill before eating.

### Baked BBQ Chicken

2 pounds of chicken pieces  
1/2 cup cider vinegar  
1 Tablespoon Worcestershire sauce  
1 Tablespoon prepared mustard  
1 teaspoon paprika  
1/2 teaspoon pepper  
1/4 teaspoon celery seed  
1/4 hot pepper sauce  
1/8 teaspoon salt

Mix all ingredients together except chicken. This can be done in a Ziploc bag to save on dishes. Add the chicken and marinate for 1 hour. Grill chicken pieces over medium high heat for 20 minutes, turn and grill for another 15-25 minutes or until chicken is no longer pink inside.

### 5-Minute Tomato Sauce

1 1/2 cup chopped tomato  
1/2 cup Fresh basil  
2-3 Tablespoons olive oil  
1 Tablespoon fresh lemon juice  
3 sun-dried tomatoes  
2 garlic cloves crushed  
1 teaspoon fresh thyme (opt.)  
1 date  
salt & pepper to taste

All ingredient's go to a blender and you're ready to go. When you heat it up, don't boil, just simmer.

### Veggie-tuccini

1/2 cup carrot  
3/4 cup zucchini  
3/4 cup broccoli stalk (imperfections trimmed)

Peel the outside layer of the carrots and discard. Now use the peeler and peel the carrots, zucchini and broccoli into strips and then set aside. This is the "fettuccini." With the zucchini peel down until you reach the seeded soft center and then either mash up and add to the sauce or discard.

Pre-heat and spray. Add the carrot and broccoli "fettuccini" to the pan and sauté for 3 minutes. Add 2 tablespoons of stock or water and then add the zucchini and sauté for 2 minutes more. Add your favorite tomato sauce and toss until warm.



## Balsamic Salad Dressing

1/2 cup extra virgin olive oil  
1/4 cup balsamic vinegar  
pinch of salt  
pinch of celery seed  
fresh ground pepper

These are approximate measurements. Adjust to your tastes. Mix everything in a mason jar and your good to go!

## Greek Burgers

1 1/2 pounds ground chuck beef  
4 ounces crumbled tomato-basil feta cheese  
4 tablespoons chopped olives  
1 teaspoon Greek seasoning  
1/2 small red onion, thinly sliced  
1 medium tomato, thinly sliced  
4 tablespoons dill vegetable dip

Combine meat, cheese, olives, and seasoning until thoroughly blended. Divide mixture and form into 4 patties. Preheat grill (or large sauté pan). Place burgers on grill or in pan; cook 3-4 minutes on each side or until burgers are 160°F. While burgers cook, slice onion and tomato. Spread 1 tablespoon dill dip on top half of each roll. Garnish with onions and tomatoes before serving.

## The Best Broccoli Salad on the Planet

1 1/2 cups broccoli spears, shredded  
1 cup carrots, shredded  
3/4 cup red cabbage, shredded  
1/2 cup thinly sliced red onion  
2 tablespoons Creamy Italian Dressing (recipe below)

Using the shredding blade in your food processor, grate broccoli, carrots and red cabbage. Peel and slice red onion into thin slices and quarter the slices. (Shhh... when I'm in a rush or I don't want to clean all those dishes, I buy a bag of broccoli slaw mix but use my dressing, not the one included in the packaging). Add all ingredients to a large bowl and mix. (Another secret tip: I like to add a bit of chopped broccoli just to give it some texture). Serve chilled.

## Creamy Italian Dressing

2 tablespoons mayonnaise  
1 tablespoon balsamic vinegar  
1 clove of garlic  
1/8 teaspoon Italian herb  
Salt and pepper to taste

Mix all ingredients in a blender. If mixture is too thick add either vinegar or water. Remember, your dressing will get slightly more liquidy as you toss it with your salad. (Tip of the day: 1/2 teaspoon of garlic powder can be substituted for the clove of garlic).

## Sautéed Shrimp

2 tablespoons Butter (or olive oil)  
8-12 ounces Wild-Caught Shrimp, shelled & deveined  
1 Red or Yellow Bell Pepper  
2 garlic cloves, minced  
Himalayan Pink Salt & fresh ground pepper to taste  
1 teaspoon fresh thyme, chopped

In a skillet, melt the butter over medium-low heat. Add the bell peppers and cook for about a few minutes until softened. Add garlic and cook until fragrant (about 30 seconds)

Add the shrimp and salt and pepper and sauté for 5-6 minutes (until shrimp is no longer translucent)

Add the thyme, mix all of the ingredients one last time, and enjoy!

\*\*\*Shrimp cooks very fast, so a good rule of thumb is to remove the pan from the heat as they are almost finished cooking. Once you remove the pan from the heat, continue tossing and the heat of the pan will continue to cook them until they're done.

## Almond Chicken Fingers

1 pound boneless, skinless chicken breasts  
1 cup almond meal  
1 tablespoon paprika  
1/2 teaspoon garlic powder  
1 teaspoon cumin  
1 teaspoon cayenne pepper  
1 teaspoon black pepper  
1 teaspoon sea salt  
2 eggs, lightly beaten  
Olive oil cooking spray

Preheat oven to 375.

Slice chicken breasts into long strips, 1-2" wide. Mix together almond meal, paprika, garlic, cumin, cayenne, pepper, and salt. Dredge each piece of chicken in egg and then coat with almond spice mixture. Place in a cookie sheet greased with olive oil cooking spray. Repeat with all chicken pieces. Bake for 20-25 minutes, until golden. Serve!

## Ginger Chicken Strips

1 cup chicken broth  
3 Tablespoon Pineapple juice  
1 Tablespoon Dijon mustard  
1 clove garlic, minced  
2 Tablespoon fresh ginger, minced  
1 teaspoon fresh sage, chopped  
1 pound of boneless skinless chicken breast

Add all the ingredients into a Ziploc bag and marinade for 2 hours up to overnight.

Preheat grill for 10 minutes on medium high. Grill the chicken for 4 minutes, turn and grill for another 4 minutes, brushing with ginger glaze. Cook until juices run clear.

