



WEEKLY DINNER PLANNER

MONDAY

Mediterranean Chicken
Meatball Bowl

TUESDAY

Taco Salad

WEDNESDAY

Salmon with Brown
Rice + Broccoli

THURSDAY

Chorizo Bowl

FRIDAY

Steak with sweet potatoes
& brussel sprouts

SATURDAY

Date Night

SUNDAY

free for all

Notes



MEDITERRANEAN CHICKEN BOWL

INGREDIENTS:

1 LB GROUND CHICKEN

EGG

1 CUP OF PANKO OR ALMOND
FLOUR- WHATEVER FLOATS YOUR
BOAT

SPICES:

SEA SALT, FRESH DILL, DRIED
BASIL, RED PEPPER FLAKES,
GARLIC POWDER, AND GROUND
BLACK PEPPER

A HANDFUL (OR CUP) OF FRESH
MINT

CUCUMBERS

KALAMATA OLIVES

TOMATOES

FETA CHEESE

BROWN RICE

BROCOLI CABBAGE

TZATZIKI- YOU CAN BUY IT, YOU
CAN MAKE IT- THIS IS A NO
JUDGEMENT ZONE, HERE.

DIRECTIONS:

TAKE YOUR GROUND CHICKEN, EGG,
PANKO, SPICES, AND MINT, AND MIX IT
ALL TOGETHER UNTIL BLENDED WELL.
USING AN ICE CREAM SCOOP, MAKE
YOUR MEATBALLS AND PLACE THEM IN
YOUR FRYING PAN AND LET SIMMER.

AS THOSE ARE SIMMERING, CHOP UP
YOUR LETTUCE, CUCUMBER, TOMATOES,
FETA AND OLIVES AND PUT IN A BOWL
TO TOSS UP. ADD A LITTLE OLIVE OIL,
SALT, PEPPER AND FRESH LEMON JUICE
AND LET IT SIT UNTIL READY TO SERVE.

SEPARATELY, COOK YOUR RICE. NOT
GONNA LIE TO YOU, I USE THE TRADER
JOES 3 MINUTE ORGANIC RICE BAGS
AND I HAVE NO SHAME IN ADMITTING
THAT.

GRAB A BOWL, PUT YOUR BROWN RICE (1
CUP PER PERSON), VEGETABLES, FETA
MIX AND MEATBALLS ALL IN ONE BOWL.
TOP WITH A TABLESPOON OF TZATZIKI
AND ENJOY!



TACO SALAD

INGREDIENTS:

SHREDDED ICEBURG LETTUCE

BEANS (I USE GARBANZO BEANS, BUT I'VE ALSO USED PINTO OR BLACK BEANS)

TOMATOES

ONIONS

AVOCADO

PEPPERS

SOUR CREAM OR GREEK YOGURT

HOT SAUCE

TORTILLA CHIPS (PREFERABLY HINT OF LIME TORTILLAS FOR EXTRA FLAVOR)

LIME

CHEESE OF YOUR CHOICE: I FLIP FLOP BETWEEN THE TACO SEASONED CHEESE YOU CAN FIND AT ANY GROCERY STORE AND CHEDDAR CHEESE

TACO MEAT: I USE LEAN TURKEY OR GROUND BEEF, BUT HAVE MADE THIS WITH SHREDDED CHICKEN OR PORK.

DIRECTIONS:

PREPARE TACO MEAT

IN A LARGE SKILLET, OVER MEDIUM HEAT, BROWN YOUR GROUND MEAT AND BREAK IT UP INTO CHUNKS AS YOU COOK IT. WHILE IT'S COOKING, I SEASON IT WITH SALT, PEPPER, AND TRADER JOES LIME SEASONS. (YOU CAN USE A TACO SEASONING PACKET, BUT, I FIND THOSE TO BE HIGH IN SODIUM SO I MAKE MY OWN) SIMMER ON LOW WHILE YOU PREP THE REST.

PREPARE THE SALAD

CHOP UP LETTUCE, TOMATOES, ONIONS, PEPPERS AND AVOCADOS
DRAIN YOUR BEANS OF CHOICE
GRAB A LARGE BOWL, AND THROW EVERYTHING INTO THE BOWL WHILE YOU WAIT FOR THE TACO MEAT TO FINISH

PREPARE YOUR DRESSING:

3 TABLESPOONS OF LOW FAT SOUR CREAM OR GREEK YOGURT AND PLACE IT IN A MIXING BOWL
2 TABLESPOONS OF HOT SAUCE
A DASH OF SALT AND PEPPER
2 TABLESPOONS OF LIME JUICE
MIX IT ALL TOGETHER AND, VOILA, YOUR DRESSING IS READY

FINAL STEPS:

TAKE THE MEAT AND PLACE IT ON TOP OF YOUR SALAD AND FINISH IT WITH YOUR DRESSING. MIX IT ALL TOGETHER AND ENJOY! THE WHOLE MEAL TAKES ABOUT 20 MINUTES ALL TOGETHER AND WILL LEAVE YOU FULL AND HAPPY FOR HOURS.



SALMON WITH BROWN RICE

INGREDIENTS:

- 1 OR 2 SALMON FILETS: *I ALWAYS BUY FRESH SALMON, NOT FROZEN, AND EVEN THOUGH THE SKIN GIVES ME THE ICK, YOU HAVE TO GET THE FILETS WITH THE SKIN. IT ADDS SO MUCH FLAVOR. AFTER I COOK IT, I USUALLY FEED THE SKIN TO MY DOGS BECAUSE IT'S GOOD FOR THEM!*
- 4 LEMONS, SQUEEZED IN A BOWL
- 1 TBSP OF GARLIC POWDER
- 1TBSP OF SALT
- 1TBSP OF PEPPER
- 2 CUPS OF OLIVE OIL
- BAG OF BROWN RICE (I ALWAYS DO THE 3 MINUTE TRADER JOE BAGS! READY RICE IS GREAT, TOO)
- 4-5 BROCCOLI HEADS
- TINFOIL (NOT TO BE USED TO PROTECT YOURSELF WHILE THINKING OF CONSPIRACY THEORIES)

DIRECTIONS:

PRE-HEAT YOUR OVEN TO 325. IN A MEDIUM SIZE BOWL, SQUEEZE 3 OF YOUR LEMONS FOR JUICE, ADD IN YOUR SEASONS AND OLIVE OIL AND WHISK TOGETHER THE INGREDIENTS. THEN, SLICE YOUR LAST LEMON INTO THIN SLICE TO PLACE ON TOP OF THE SALMON.

LINE UP YOUR TINFOIL TO BE LARGE ENOUGH TO COMPLETELY ENGULF YOUR SALMON FILETS (EACH SALMON FILET YOU COOK SHOULD HAVE IT'S OWN TINFOIL HOME). PLACE YOUR SALMON FILET IN THE MIDDLE OF THE TINFOIL AND FOLD THE EDGES UP SO THE JUICE STAYS IN, THEN DRIZZLE YOUR BOWL OF SEASONING ON EACH FILET AND RUB IT IN. AFTER EACH ONE IS DRIZZLED AND RUBBED, PUT TWO LEMON SLICES ON EACH FILET, AND COMPLETELY WRAP YOUR SALMON FILET IN THEIR TINFOIL HOUSES, MAKING SURE THE JUICES STAY IN THERE.

THEN, TAKE YOUR BROCCOLI, CUT IT UP, DRIZZLE IN OLIVE OIL AND PUT IT ON A BAKING SHEET.

THEN, PLACE YOUR SALMON HOUSES ON BAKING SHEETS AND POP IN THE OVEN FOR 20 MINUTES WITH THE BROCCOLI.

WHILE THAT'S COOKING, COOK YOUR RICE.

TAKE EM OUT, THEY'LL BE A LITTLE MEDIUM RARE (WHICH IS TOTALLY OKAY BECAUSE YOU MOST LIKELY EAT SUSHI AND SUSHI IS RAW!) AND SERVE WITH YOUR FAVORITE SIDES. YOUR FILETS WILL BE FLAKEY, TENDER, JUICY AND DELICIOUS!



CHORIZO BOWL

INGREDIENTS:

- 1 POUND NO SUGAR ADDED GROUND CHORIZO
- 1/2 RED ONION, DICED
- 1 BAG RICED CAULIFLOWER OR BROWN RICE
- 1 SMALL CAN OF CHICKPEAS
- BROCCOLI CABBAGE OR CABBAGE SLAW BAG
- 1 CUCUMBER, DICED
- 1 TOMATO, DICED
- 1 EGG (PER BOWL) OVER MEDIUM
- CRUMBLLED GOAT CHEESE
- 1 TABLESPOON AVOCADO OIL
- 1 TABLESPOON OF HONEY
- GARLIC POWDER
- SALT
- PEPPER
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DIRECTIONS:

IN A LARGE SKILLET, HEAT AVOCADO OIL AND ADD IN RICED CAULIFLOWER (IF YOU'RE USING BROWN RICE, SAME THING)

ONCE IT BECOMES TRANSLUCENT, REMOVE FROM HEAT AND TRANSFER TO A STRAINER
ALLOW THE RICE TO COOL FIRST, AND THEN REMOVE THE EXCESS WATER BY SQUEEZING THE BAG OR PRESSING AGAINST THE STRAINER

IN THE SAME PAN WHILE RICE IS COOLING, BROWN THE CHORIZO

WHEN THE CHORIZO IS BEGINNING TO BROWN, ADD IN THE DICED ONION AND COMBINE
WHILE THE ONION AND CHORIZO IS COOKING, START ASSEMBLING YOUR BOWL BY ADDING THE CABBAGE AND THE CAULIFLOWER RICE

WHILE ALL THAT'S GOING ON, IN A SEPARATE PAN SPRAY IT WITH AVOCADO OIL AND ON MEDIUM, COOK AN EGG TO OVER MEDIUM.

TO MAKE YOUR DRESSING, WHISK TOGETHER YOUR OIL OF CHOICE, HONEY, LEMON, GARLIC, SALT AND PEPPER.

ONCE MEAT IS THOROUGHLY COOKED, PLACE A SERVING OF IT IN YOUR BOWL

FILL THE BOWL CHICKPEAS, CUCUMBER, TOMATOES, OR WHATEVER YOUR FAVORITE TOPPINGS ARE!



GROCERY LIST

PRODUCE

- _____
- _____
- _____

CANNED GOODS

- _____
- _____
- _____

CONDIMENTS

- _____
- _____
- _____

OTHERS

- _____
- _____
- _____
- _____
- _____
- _____
- _____

FROZEN FOODS

- _____
- _____
- _____

PANTRY

- _____
- _____
- _____

DAIRY

- _____
- _____
- _____
- _____