

Grilled Fish and Veggie Packs  
Strawberry Spinach Salad  
Taco bowls  
Italian Sausage Pasta  
[Whole Chicken](#) w/ [Brown Sugar Glazed Carrots](#)  
Citrus Chicken Salad  
Pizza night  
Spaghetti  
Pineapple Chicken Fried Rice  
[Hearty Black Bean Quesadillas](#)  
Spinach Sausage Sheet Pan  
Lemon Garlic Chicken  
[Sheet Pan Fish and Chips](#)  
Hot Dogs with Beans and Corn

MEAT 47.14

11.59 2 pounds organic chicken breast (\$5.79 x 2)  
 \$11.20 4.5 pound whole organic chicken  
 \$10.58 2 pounds organic grass-fed beef (\$5.29 x 2)  
 \$4.89 Italian Chicken Sausage  
 \$4.89 Spinach Chicken Sausage  
 \$3.99 Organic grass-fed hot dogs

PRODUCE \$40.59

\$1.29 2 pounds yellow/white onions  
 \$1.29 two-pound bag red onions  
 \$3.99 16-ounce container Simply Nature Organic Mixed Greens  
 \$2.49 Organic Baby Spinach  
 \$2.59 Organic Strawberries  
 \$3.49 One-pound bag organic mini cucumbers  
 \$3.29 Bag Organic Mini Sweet Peppers  
 \$2.29 bag lemons  
 \$0.79 garlic  
 \$3.69 One-pound bag organic potato sunburst medley  
 \$0.79 Head cabbage  
 \$1.19 Mushrooms  
 \$1.98 Organic baby carrots (\$0.99 x 2)  
 \$1.99 pineapple  
 \$2.29 3 pounds Sweet Potatoes  
 \$2.49 Brussels sprouts  
 \$1.99 navel oranges  
 \$2.67 Avocados (\$0.89 x 3)

PANTRY \$23.56

\$2.18 16 ounces Simply Nature Organic Spaghetti (\$1.09 x 2)  
 \$4.58 Simply Nature Organic Marinara Sauce (\$2.29 x 2)  
 \$3.98 2 bags Simply Nature Organic Tortilla Chips (\$1.99 x 2)  
 \$3.78 2 16-oz jars Simply Nature Organic Salsa (\$1.89 x 2)  
 \$2.59 28-ounce bag Simply Nature Organic Rice  
 \$1.78 Simply Nature Organic Pinto beans (15-ounce cans) (\$0.89 x 2)  
 \$1.78 Simply Nature Organic Black beans (15-ounce cans) (\$0.89 x 2)  
 \$2.89 Small bag sliced almonds

BREAD/BAKERY \$7.17

\$5.98 Knock Your Sprouts Off Sprouted Whole Grain Tortillas (\$2.99 x 2)  
 \$1.19 Hot Dog Buns

DAIRY \$6.69

\$4.70 Simply Nature Organic Shredded Mexican cheese blend (\$2.35 x 2)  
 \$1.99 1 small log goat cheese

FROZEN \$20.60

\$3.78 Organic Frozen broccoli Florets (\$1.89 x 2)  
 \$1.89 Organic Frozen Corn  
 \$0.99 pkg frozen cauliflower  
 \$3.99 Simply Nature Organic Frozen Pizza  
 \$9.95 cod

145.75

EXTRAS NEEDED (CHECK YOUR PANTRY/FRIDGE

Olive Oil  
 Avocado Oil  
 Butter  
 Red Wine Vinegar  
 Dijon Mustard  
 Yellow Mustard  
 (2) eggs  
 Onion Powder  
 Honey  
 Poppyseeds  
 Oregano  
 Cumin  
 Chili Powder  
 Garlic Powder  
 Panko Bread Crumbs  
 Whole Wheat Flour  
 Chicken broth  
 Old bay seasoning  
 Paprika  
 Cayenne pepper  
 Dried thyme  
 Molasses  
 Brown Sugar  
 Cane Sugar  
 Salt  
 Pepper  
 Milk/Buttermilk

*Grilled Fish and simple slaw*

1 pound cod, thawed  
 2 T butter, melted  
 1/4 cup lemon juice  
 1 Tbsp. chopped fresh parsley (can sub 1 tsp. dried)  
 1 t salt  
 1/4 t black pepper  
 1 onion, cut into thin slices  
 1 bag frozen cauliflower

1. Wrap equal portions of cod in heavy-duty aluminum foil.
2. Mix together melted butter, lemon juice, parsley, salt and pepper, then pour mixture over fish.
3. Top with slices of onion and cauliflower
4. Fold and seal foil tightly around fish.
5. Grill about 5-7 minutes each side. Fish is cooked through when it flakes easily with a fork.

## Slaw:

1/2 head cabbage, shredded  
 1 lemon, juiced (2-3 T)  
 1/4 cup extra virgin olive oil  
 1 T honey  
 1/2 tsp salt  
 1/4 tsp pepper

1. Mix lemon juice, olive oil, honey, salt and pepper and toss to coat cabbage. Let sit for at least 30 minutes before serving.

*Strawberry Spinach Salad*

5 ounces organic spinach  
 1 pint organic strawberries  
 2 T Red Onion, diced  
 6 oz. sliced almonds  
 1 log goat cheese,  
 Dressing:  
 1/3 cup Avocado Oil  
 1/4 cup Balsamic vinegar  
 3 T Honey  
 1 T Dijon mustard  
 1/4 tsp salt

1. Add oil, vinegar, honey, Dijon, salt, pepper to large jar, cover and shake or use immersion blender to pulse together.
2. Hull and slice strawberries.
3. Assemble spinach, strawberries, onion, pecans and goat cheese in large bowl. Drizzle with dressing and mix.

*Taco bowls*

One pound beef  
 1 15-ounce can black beans  
 1 jar salsa  
 1 package of Mexican-blend cheese  
 1 bag tortilla chips  
 1 avocado

1. Heat pan medium to medium high. Add beef, and spices and cook till thoroughly browned, breaking up large chunks as you're stirring.
2. Add black beans and mix well.
3. Build your bowls with tortilla chips, beef and bean mixture, cheese, salsa, avocado and any other toppings desired.

*Whole Chicken w/ Brown Sugar Glazed Carrots*

1 4-5 pound whole organic chicken  
 Rotisserie seasoning blend  
 1 Lemon, cut into wedges  
 1 onion, cut into large chunks  
 1 lb. Baby Carrots  
 1/2 c water  
 1 1/2 T butter  
 1 1/2 T brown sugar  
 salt and pepper to **taste**  
 Side Salad

1. Remove innards of chicken, stuff with lemon and onion.
2. Generously coat with [seasoning](#).
3. If using instant pot, add cup of water (6-quart) set to manual pressure, and cook chicken 6 minutes per pound.

Here is a full tutorial on how to cook a rotisserie-style chicken in the instant pot. This is the BEST, BEST chicken you'll ever make.

<https://amindfullmom.com/how-to-make-a-whole-chicken-in-the-instant-pot/>

Note: Can cook in oven as well. Instructions here: <https://amindfullmom.com/oven-roasted-rotisserie-chicken/>

Carrots: Instructions for boiled, baked, crock pot or Instant Pot here- <https://lilluna.com/brown-sugar-glazed-carrots/>

*Italian Sausage Pasta*

12 ounces organic Italian Sausage, cut into ½ inch rounds  
 Multi colored peppers, cut into 1-inch chunks  
 1 24-25 ounce jar marinara  
 1 pound spaghetti (or favorite pasta)

1. Cook spaghetti according to directions.
2. While pasta is cooking, sauté peppers on medium heat, until they begin to soften.
3. Add Italian sausage and cook until internal temperature reaches 165 degrees, about 5-6 minutes.
4. Add jar of marinara sauce. Toss to coat sausage mixture.
5. Add pasta to pan and toss to mix.

*Citrus Chicken Salad*

2 c Leftover chicken (from whole chicken)  
 4-6 cups Mixed Greens  
 2 c shredded cabbage  
 2 mini organic cucumbers, diced  
 2 oranges, peeled and cut into segments

*Dressing*

½ avocado oil  
 ¼ cup orange juice  
 2 T orange zest  
 2 T honey  
 1 T dijon mustard  
 1 tsp. onion powder  
 ¼ tsp. pepper  
 ¼ salt

1. Add all ingredients to jar with lid.
2. Either shake jar vigorously until contents are mixed, or use an immersion blender to pulse together.

*Pizza night*

Frozen pizza  
Side salads  
Raw veggies

*Spaghetti (Use Ali's recipe if you want to step up your spaghetti game)*

1 pound organic, grass-fed beef  
1 jar marinara sauce  
1 onion  
4 cloves garlic  
1 pound organic spaghetti

1. In large saucepan, brown ground beef. Add onion and cook until translucent, about 2-3 minutes.
2. Add in marinara sauce. Simmer for about 30 minutes.
3. Cook pasta according to container instructions.
4. Serve immediately

*Pineapple Chicken Fried Rice*

1 pound organic chicken breast, cut into 1-inch chunks  
½ pineapple, cut into chunks  
Onion, cut in about ½ inch chunks  
½ bag frozen broccoli  
½ pound Carrots, diced into ½ inch chunks  
4 oz. Mushrooms, sliced  
3 cups cooked rice  
Avocado oil, or other cooking oil with high smoke point  
Organic Soy sauce or coconut aminos

1. In large sauté pan or wok, heat oil on medium high heat.
2. Sauté chicken until cooked through evenly, about 4-5 minutes. Remove from pan and set aside.
3. Add onion and cook till translucent, about 2-3 minutes.
4. Add remaining vegetables.
5. Add pineapple, cooked chicken and a glug of soy sauce/ aminos.
6. Add in remaining 2 T oil and rice, cooking about 3-4 minutes.
7. Serve with additional soy sauce, if desired.

*Hearty Black Bean Quesadillas*

1 15 oz. can black beans  
1 cup frozen corn kernels  
1/2 small red onion  
1 clove garlic  
1/4 bunch fresh cilantro  
2 cups shredded cheese  
1 [batch taco seasoning](#)  
10 taco sized tortillas  
Chips/ salsa for serving

Full recipe:

<https://www.budgetbytes.com/hearty-black-bean-quesadillas/>

*Spinach Sausage Sheet Pan*

12 ounce organic spinach sausage, cut into ½ inch rounds  
 1.5 pounds sweet potatoes, diced into small cubes  
 1 onion, cut into 1-inch chunks  
 1 pkg frozen broccoli  
 2 T avocado oil  
 1/2 teaspoon sea salt  
 Dash of pepper

1. Preheat oven to 350 degrees.
2. Arrange sweet potatoes, onions, and broccoli onto large sheet pan. Coat with avocado oil, salt and pepper.
3. Bake about 15 minutes. Take out pan and move veggies around a bit. Add sausage and return to oven.
4. Bake about 15 more minutes, checking closely in last few minutes to ensure the veggies don't burn. Sausage should reach internal temperature of 165 degrees.

*Lemon Garlic Chicken*

1 pound organic chicken breasts, cut in 4 ounce portions  
 1 tablespoon fresh lemon juice  
 1/2 tablespoon Dijon mustard  
 1 garlic clove, grated  
 1/4 tsp. black pepper  
 1/8 tsp. salt  
 1 1/2 tablespoons olive oil  
 2 c cooked rice  
 1 Onion sliced  
 4 oz. Mushrooms, sliced

1. Preheat oven to 400 degrees.
2. Mix lemon juice, mustard, garlic, olive oil, salt and pepper.
3. Arrange chicken on extra-large sheet pan and pour mixture on top.
4. Add mushrooms and onions to pan and coat lightly with olive oil.
5. Cook about 20-25 minutes, until internal temperature of chicken reaches 165 degrees.
6. Serve with rice.

Recipe adapted from this original: <https://www.cookinglight.com/recipes/lemon-garlic-roasted-chicken>

*Sheet Pan Fish and Chips*

1 pound cod  
 1/4 cup low-fat buttermilk\*  
 5 teaspoons OLD BAY® Seasoning — divided  
 1 pound cod — Pollock, halibut, or other firm, white fish fillets, cut into 4x2-inch pieces\*\* (about 4 pieces total)  
 1 tablespoon extra-virgin olive oil  
 1 teaspoon minced fresh garlic — about 1 large clove  
 1/4 cup white whole wheat flour  
 2 large egg whites  
 1 cup whole wheat Panko breadcrumbs  
 1 pound organic potato medley  
[Brussels sprouts](#) for serving

\*No buttermilk? Mix 1/4 cup regular milk with 2 teaspoons lemon juice or white vinegar. Let sit 5 minutes (the milk will curdle) then use as directed.

Full recipe:

[Sheet Pan Fish and Chips \(Well Plated\)](#)

*Hot Dogs with "Faked Beans"*

Hot Dogs

1 pkg Simply Nature Organic grass-fed hot dogs

1 pkg buns

Beans:

2 15-ounce cans of pinto beans

1/4 cup ketchup

1/4 cup molasses

2 tablespoons apple cider vinegar

1 1/2 teaspoons mustard

1/4 teaspoon Tabasco sauce, or to taste

1/4 teaspoon freshly ground black pepper

1. Heat both cans of beans in saucepan.
2. In small bowl, mix together ketchup, molasses, apple cider vinegar, mustard, hot sauce and pepper. Add to beans.
3. Let simmer about 30-40 minutes, until sauce is nice and thick.

Corn:

Remaining frozen corn left from quesadilla recipe

2 T Butter

2 t organic cane sugar

Salt to taste

1. Heat medium sauté pan on medium high heat. Add corn.
2. Mix in butter and sugar.
3. Cook about 5 minutes and remove from heat. Sprinkle on a dash of salt.
4. Serve immediately.

Note: If you just want to go super simple, grab a bag of chips and some fruit and take it easy for the night 😊

**Work smarter, not harder tips:**

-When you make Pineapple Chicken Stir Fry, double your batch of rice and save half for the Lemon Garlic Chicken Kebabs. (About 1.5 cups dry brown rice should give you about 6 cups of cooked rice)

-Shred the whole head of cabbage when you're making the Grilled Fish and Veggie Packets, to save time when prepping the Citrus Chicken Salads.