

[Whole Chicken](#) w/ Rice and Baked Sweet Potatoes
Chicken Kale Salads
Egg Roll in a Bowl
Italian Sausage Skillet
Salmon, Broccoli, Roasted Sweet Potatoes
Taco Skillet
Tomato Soup, grilled cheese



MEAT (\$27.18)

- 11.71 Whole Organic Chicken (\$2.49 pound)
- 10.58 2 pounds Organic, grass-fed ground beef (\$5.29/lb)
- 4.89 Simply Nature Organic Italian Sausage

PRODUCE (\$14.44)

- 2.59 Sweet Potatoes
- 4.29 Organic peppers
- 1.69 onions
- 0.79 garlic
- 3.19 Simply Nature Organic kale
- 1.89 cabbage

PANTRY (\$19.40)

- 1.59 28-ounce can Simply Nature Organic tomatoes
- 2.59 28-ounces Simply Nature Organic Rice
- 1.79 32-ounce carton Simply Nature Organic Broth
- 1.09 16 ounces Simply Nature Organic Penne
- 1.89 25 ounces Simply Nature Organic marinara
- .89 15-ounce can Simply Nature Organic black beans
- 1.69 Simply Nature Organic salsa
- 3.99 organic bread
- 1.89 Simply Nature Organic tortilla chips
- 1.99 Simply Nature Organic Caesar salad dressing

DAIRY (\$4.70)

- 2.35 6 ounces Simply Nature Organic Mexican blend shredded cheese
- 2.35 sliced Simply Nature Organic white cheddar cheese

FROZEN (\$5.98)

- 3.99 1 pound wild-caught salmon
- 1.99 16 ounces Simply Nature Organic broccoli florets

\$71.70 / \$10.24 MEAL

PANTRY ITEMS NEEDED (check your fridge/pantry first)

- 3-4 T Soy sauce/ coconut aminos
- 4 T Avocado oil (olive oil, etc.) (enough for grilled cheese)
- Butter
- 4 T Olive oil
- Salt
- Pepper
- 2 tsp chili powder
- 2 tsp cumin
- 1 tsp garlic powder
- ½ tsp oregano
- 2 tsp Italian seasoning
- 2 tsp Dijon mustard
- 2 tsp honey



RECIPES

Whole Chicken w/ Rice and Baked Sweet Potatoes

1 4-5 pound whole organic chicken
 Rotisserie seasoning blend
 1 onion, cut into large chunks
 2 cups rice, cooked
 4-6 medium sweet potatoes

1. Preheat oven to 400 degrees. Wash sweet potatoes and wrap in aluminum foil. Bake about 35-40 minutes, depending on size. They should be easily pierced with fork when ready.
2. Prepare rice according to package directions.
3. Remove innards of chicken, stuff with onion.
4. Generously coat with [seasoning](#).
5. 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 absolute BEST chicken you'll ever make.

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

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

Work Smarter, Not Harder TIP: Double up on your rice to prep ahead for Egg Roll in a Bowl later in the week.

Chicken Kale Salads

2 cups shredded chicken (leftover from whole chicken)
 4-5 cups Simply Nature Organic Kale
 Caesar Dressing
 Croutons (optional, see notes)

1. Place 4-5 cups kale in a large bowl. Drizzle with about 1-2 teaspoons of oil (olive, avocado, etc.) and gently massage into kale for about a minute.
2. Add chicken, croutons (optional), and dressing.
3. Serve immediately.

Notes: (You won't use the whole loaf of bread for grilled cheese sandwiches, so if you want to make some croutons for salads here's a tutorial. Sometimes Aldi does have organic croutons available, but not included here on shopping list)

Egg Roll in a Bowl

1-pound Simply Nature Organic ground beef
 ½ head cabbage, shredded (can sub slaw mix for easier prep)
 1 onion, diced
 3 cloves garlic, minced
 Rice (3-4 cups, cooked)
 2-3 T Soy sauce/coconut aminos

1. Brown beef in large skillet. Add onion and sauté another few minutes.
2. Add garlic, mix, and add cabbage. Cover and let cook about 10 minutes, until cabbage has softened. Drizzle in 2-3 tablespoons of soy sauce or coconut aminos.
3. Serve with rice and additional soy sauce, if desired.



Italian Sausage Skillet

1 pkg Simply Nature Organic Italian Sausage links, cut into ½ inch circles
 1 T oil (avocado, etc.)
 1 jar simply Nature Organic marinara
 1 pound of organic peppers sliced (long strips.... Save ½ cup peppers for taco skillet)
 1 onion, cut into strips
 1-pound Simply Nature Organic pasta (penne, spaghetti, etc.)

1. Heat about a tablespoon of oil on medium heat in a large skillet.
2. Add sausage, moving around the pan frequently to cook both sides evenly. (about 5 minutes)
3. Add peppers and onion and cook another 5-6 minutes, until soft.
4. Gently pour in marinara sauce and let simmer about 5-10 minutes.
5. Cook pasta according to package instructions. Drain and mix with sausage and peppers.

Salmon, Broccoli, Sweet potatoes

1 pound frozen, wild-caught salmon
 1 bag Simply Nature Organic frozen broccoli florets (can use fresh)
 1.5 pounds sweet potatoes, cut into ½ inch cubes
 1 Tbsp soy sauce
 2 tsp Dijon mustard
 2 tsp honey
 Small clove of garlic, minced (about ½ tsp)
 2 Tbsp olive oil
 Salt and pepper to taste

1. Preheat oven to 400 degrees. Spray a large sheet pan with cooking spray.
2. Combine soy sauce, 1 tablespoon of the oil, honey, Dijon, garlic, and soy sauce in a large bowl. Place salmon in bowl. Toss to coat. Set aside.
3. In another bowl, mix remaining oil and garlic and sprinkle of salt and pepper. Toss in cubed sweet potatoes and broccoli. Bake about 15 minutes, remove from oven, and make space for the salmon.
4. Place salmon on sheet pan, pouring any remaining marinade on top. Bake for an additional 15 minutes.
5. Serve immediately.

Taco Skillet

1 pound Simply Nature Organic ground beef
 1 15-ounce can Simply Nature Organic black beans
 ½ cup Simply Nature Organic salsa
 2 tsp chili powder
 2 tsp cumin
 1 tsp garlic powder
 ½ tsp salt
 Pinch pepper
 ½ tsp oregano
 (can sub 1 Tbsp taco seasoning for spices)
 1.5 cups Simply Nature Organic shredded cheese
 1 Onion, diced
 ½ c peppers, diced
 tortilla chips for serving



1. Brown beef in a large skillet. Add onion and peppers. Cook about 5-6 additional minutes. Add spices.
2. Add black beans and salsa and heat through. Sprinkle on cheese.
3. Serve with tortilla chips and additional salsa, if desired.

Tomato Soup & Grilled Cheese

Soup:

1 28-ounce Simply Nature Organic can organic diced tomatoes

1 32-ounce box Simply Nature Organic chicken broth

1 onion, diced

3 cloves garlic, minced

2 tsp Italian seasoning

Dash cayenne pepper

Salt to taste

Soup instructions:

1. Heat a large stockpot on medium heat. Add in about a tablespoon of oil (olive, avocado, etc.)
2. Add onions and sauté until translucent (about 5-6 minutes)
3. Add garlic and cook until fragrant, about 1 minute.
4. Pour in tomatoes (don't drain!) and stock or broth and Italian seasoning.
5. Bring to a boil and then turn heat back down, simmering on low-medium heat for about 20 minutes. Add a pinch of cayenne pepper for a pop of flavor and season with salt to taste.

Note: If you like a smoother soup, you can use an immersion blender to blend to your desired consistency.

Sandwiches:

1 loaf organic bread

1 pkg Simply Nature Organic white Cheddar cheese slices

Butter

- 1.) Heat a small skillet to slightly below medium heat.
- 2.) Slather two pieces of bread with butter.
- 3.) Place one piece of bread, buttered side down, in the skillet. Add a slice of cheese and place second piece, buttered side up, on top. Heat until slightly browned on one side, flip and repeat.
- 4.) Serve immediately.

