

Egg Roll in a Bowl

Honey Mustard Chicken w/ Sweet Potatoes and Broccoli

Taco Bowls

Sheet Pan Salmon, Rice, Green Beans

Black Bean Soup and Cornbread



MEAT (\$16.37)

- \$5.29 1-pound Simply Nature Organic ground beef
- \$5.29 1-pound Simply Nature Organic ground beef
- \$5.79 1-pound Simply Nature Organic chicken breast

PRODUCE (\$6.96)

- \$1.69 2-pound bag white or yellow onions
- \$0.79 garlic
- \$1.89 head of cabbage
- \$2.59 sweet potatoes

PANTRY (\$13.71)

- \$0.89 15-ounce can Simply Nature Organic black beans
- \$0.89 15-ounce can Simply Nature Organic black beans
- \$0.89 15-ounce can Simply Nature Organic black beans
- \$0.89 15-ounce can Simply Nature Organic pinto beans
- \$1.79 Simply Nature Organic chicken broth
- \$2.29 Live G Free Gluten-Free Cornbread mix
- \$1.69 Simply Nature Organic salsa
- \$2.59 28-ounce bag Simply Nature Organic rice
- \$1.79 Simply Nature Organic tortilla chips

DAIRY

- \$2.35 Simply Nature Organic Mexican blend cheese

FROZEN (\$7.77)

- \$3.99 1 pound wild-caught frozen salmon
- \$1.89 16-ounce bag Simply Nature Organic frozen green beans
- \$1.89 16-ounce bag Simply Nature Organic frozen broccoli florets

TOTAL: \$47.16

PANTRY EXTRAS

- 4 T Soy sauce/coconut aminos
- 4 tsp cumin
- 5 tsp chili powder
- 2 tsp garlic powder
- Salt
- Pepper
- 3 T + 2 tsp honey
- 1/3 c + 2 tsp Dijon mustard
- 1 egg
- Avocado oil/ olive oil
- 1/2 c oil (for cornbread)
- 3/4 c milk (any unflavored, unsweetened variety)



Egg Roll in a Bowl

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

NOTE/TIMESAVER TIP: If you plan to serve rice with the salmon sheet pan dinner, you can double up on your rice prep for this meal and save half for the salmon dinner.

Honey Mustard Chicken w Sweet Potatoes and Broccoli

1-pound organic chicken breast

3-4 medium sweet potatoes, peeled and cut into small cubes

1 16-ounce bag Simply Nature Organic frozen broccoli florets

1/3 cup Dijon mustard

3 Tbsp honey

1 tsp garlic powder

½ tsp salt

Pepper

2 Tbsp avocado / olive oil

1. Preheat oven to 350 degrees.
2. Mix mustard, honey, garlic powder, salt, and pepper.
3. Cut chicken breasts in 4-5 equal-sized pieces.
4. Toss the pieces in honey mustard mixture and set aside.
5. In a large bowl, mix oil, garlic, and a sprinkle of salt and pepper.
6. Toss in cubed sweet potatoes and broccoli.
7. Spread out evenly on large sheet pan.
8. Bake about 15 minutes, remove from oven, and make space for the chicken.
9. Place chicken on baking sheet and bake an additional 15-20 minutes, until chicken reaches an internal temperature of 165 degrees.

NOTE: If you're using a smaller sheet pan, you want to do the sweet potatoes on one and the broccoli and chicken on another. You want to make sure the veggies get a some "breathing" room. If you like your broccoli to get a little brown during roasting, you may want to give the frozen florets a quick rinse and pat dry before you toss with the oil.



Taco Skillet Bowls

1 pound organic ground beef
 1 15-ounce can organic pinto beans
 1 15-ounce jar organic salsa
 1 6-ounce bag organic Mexican blend cheese
 1 onion, diced
 2 tsp cumin
 2 tsp chili powder
 1 tsp garlic powder
 ½ tsp salt
 Pinch of pepper
 tortilla chips for serving

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

Salmon, Green beans, Rice

1 pound wild-caught frozen salmon
 1 16-ounce bag Simply Nature Organic frozen green beans
 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.
2. Spray a large sheet pan with cooking spray.
3. 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.
4. From frozen, rinse green beans and pat dry. Coat green beans in about a tablespoon of oil. Sprinkle with sea salt and pepper. Layer on sheet pan and bake for about 15 minutes and remove from oven.
5. Place salmon on sheet pan, pouring any remaining marinade on top. Bake for an additional 15 minutes. (check on green beans about halfway through)
6. Serve immediately with rice.

Black Bean Soup and Cornbread

3 15-ounce cans organic black beans
 ½-1 (32-ounce) carton organic chicken stock
 1 onion
 2-3 tsp oil
 1 Tbsp chili powder
 2 tsp cumin
 ½ tsp salt
 Pinch of red pepper flakes (optional)
 3 cloves garlic



1 box Live GFree Cornbread mix
1 egg
3/4c milk
1/2 c oil

Soup:

1. In a large stockpot, sauté onion in about 2-3 tsp oil until translucent, about 5 minutes.
2. Add garlic, spices, and salt and cook another minute.
3. Pour in 2 cups of stock and add beans. Bring to boil and turn down heat to a simmer.
4. Let simmer about 15-20 minutes.
5. Optional: Use an immersion blender and pulse till you reach desired consistency. You may want to add additional broth if you like a thinner consistency.

Cornbread:

1. Bake according to package instructions.

