

*Sunday-Chili (Instant Pot)*

*Monday-Whole Chicken, roasted carrots, Brussels sprouts, rice side*

*Tuesday-Broccoli soup (with cheese)*

*Wednesday-Chicken sausage, sweet potato wedges, green beans*

*Thursday-Salmon, sweet potatoes, broccoli*

*Friday-Leftover chili nachos*

*Saturday-One-pot Cheesy Chicken Pasta*

### **SHOPPING LIST**

#### MEAT \$20.18

10.00 4-5 pound Simply Nature Organic whole chicken  
5.29 Simply Nature Organic (SNO) grass-fed beef  
4.89 SNO chicken sausage (seasonal varieties)

#### FROZEN \$11.65

3.99 16-ounce bag frozen wild-caught salmon  
3.98 2 16-ounce bags SNO frozen broccoli (1.99 x 2)  
1.99 16-ounce bag SNO frozen green beans  
1.69 Season's choice frozen riced cauliflower

#### PANTRY \$17.59

1.79 SNO beef broth  
1.79 SNO chicken broth  
0.89 SNO black beans  
0.89 SNO kidney beans  
1.59 28-ounce can SNO tomatoes  
1.69 SNO salsa  
1.99 SNO tortilla chips  
1.99 SNO tortilla chips  
1.99 SNO 90-second rice/quinoa side  
1.89 SNO marinara sauce  
1.09 SNO penne pasta

#### DAIRY/ REFRIGERATED \$9.40

2.25 SNO mozzarella cheese  
6.75 SNO Mexican blend shredded cheese (2.25 x 3)

#### PRODUCE \$16.62

2.49 Brussels sprouts  
1.39 1-pound organic baby carrots  
1.69 onions  
1.99 organic celery  
1.99 3-pound bag sweet potatoes  
2.49 5-ounce container organic baby spinach  
3.49 2-pack organic bell peppers  
1.09 avocado

\$75.44

#### CHECK YOUR FRIDGE/ PANTRY FOR THESE EXTRA ITEMS

Avocado/olive oil  
2 T butter  
2 T All-purpose flour  
1 T chili powder  
2 tsp cumin  
½ cup Parmesan cheese (see recipe notes for Chicken Parm Pasta)  
2 ½ tsp paprika  
Salt  
pepper  
½ tsp oregano  
3 ½ tsp garlic powder  
1 T soy sauce  
2 tsp Dijon mustard  
2 tsp honey  
½ c milk (whole milk will give richest flavor, but any unsweetened, unflavored will do)



## RECIPES

**Chili (Instant Pot)**

1- pound organic ground beef  
 15- ounce can organic black beans, drained & rinsed  
 15-ounce can organic kidney beans, drained & rinsed  
 32- ounce carton organic beef broth  
 28- ounce can diced tomatoes  
 1 onion diced  
 1 bell pepper (any color) diced  
 1 Tbsp chili powder  
 2 tsp cumin  
 1 tsp paprika  
 1 tsp salt  
 ½ tsp oregano  
 Pepper to taste

1. Brown beef in Instant Pot, breaking up chunks until cooked through.
2. Add onion and pepper sauté another 3-4 minutes.
3. Add spices and cook about one minute.
4. Add tomatoes, broth and beans and stir.
5. Cook on manual pressure 20 minutes. (Carefully quick release or let pressure come down naturally)
6. Serve with favorite chili toppings. (shredded cheese & tortilla chips on shopping list)

NOTE: You can definitely cook this according to directions on the stovetop in a large stockpot, but the flavor won't be as rich as cooking under pressure.

**Whole chicken, roasted carrots & Brussels, 90-second rice side**

1 4-5 pound SNO whole chicken  
 1 onion  
 ½ tsp salt  
 ¼ tsp pepper  
 1 tsp paprika  
 1 tsp garlic powder  
 1-pound Brussels sprouts, trimmed and halved)  
 ½ bag organic baby carrots  
 2 T Avocado oil  
 Salt and pepper to taste  
 1 pkg SNO 90-second rice side (any variety)

1. Preheat oven to 400 degrees.
  2. Mix spices and rub on outside of chicken. Roughly chop onion into large chunks and stuff in cavity of chicken.
  3. Place in Instant Pot on trivet and add a cup of water. Cook 6 minutes per pound of chicken on manual pressure and let it release naturally.
  4. While chicken is cooking, arrange Brussels sprouts and carrots on large sheet pan, toss with avocado or olive oil, and sprinkle with salt.
  5. Bake about 20 minutes, remove pan and toss veggies, then return to oven for additional 15-20 minutes (checking periodically for desired doneness)
  6. When veggies are just about done, heat rice in microwave per package instructions.
- NOTES (Don't forget to reserve at least two cups of chicken for the Chicken Parm pasta later in the week. Save your bones for some yummy bone broth!)



**Broccoli Soup w/ Cheese**

1 onion, diced  
 1 cup carrots, diced  
 ½ cup celery, diced  
 2 tablespoons unsalted butter  
 2 tablespoons flour  
 1 16-ounce bag SNO frozen broccoli florets  
 1 10-ounce bag of Season's Choice frozen riced cauliflower  
 1 32-ounce container SNO chicken/vegetable broth  
 ½ milk (whole milk will give richest flavor, but any unsweetened, unflavored will do)  
 1 teaspoon garlic powder  
 ½ teaspoon paprika  
 Salt and pepper to taste  
 2 cups shredded cheese

1. Heat about a tablespoon of avocado oil over medium heat in large stockpot. Add onion, carrots, and celery and cook until soft, about 6-7 minutes, stirring frequently.
2. Add butter, and once it's melted, sprinkle in flour, stirring vigorously about one minute. Slowly stir in chicken broth, mixing thoroughly to get out any lumps.
3. Mix in spices, frozen broccoli, and cauliflower and bring to a light boil. Turn heat back to medium and let it simmer about 10 minutes.
4. Using an immersion blender, carefully pulse soup about ten times, until broccoli is broken into small pieces. (If you don't have an immersion blender, you can use food processor or regular blender, but be extra careful with the hot soup.)
5. Remove blender and pour in milk and cheese, stirring until cheese is fully incorporated.
6. Serve immediately and top with additional cheese, if desired.

NOTES: Sharp cheddar cheese will provide the best flavor for this soup. At Aldi, they have non-organic, but hormone-free cheese available in sharp cheddar. You can get organic cheddar cheese elsewhere, or use the organic Mexican cheese blend if you prefer to buy organic at Aldi.

Also, if you like a chunkier broccoli soup, use the immersion blender BEFORE you add the broccoli, then once the broccoli is added, just give 2-3 more pulses to break up the bigger pieces.

**Sheet pan sausage, sweet potatoes, green beans**

12-ounce package SNO chicken sausage, cut into ½ rounds  
 3-4 medium sweet potatoes, cut into 1-inch wedges  
 1 16-ounce bag SNO frozen green beans  
 2 T avocado oil  
 Salt  
 Pepper  
 ½ teaspoon garlic powder

1. Preheat oven to 450 degrees.
2. Coat sweet potatoes in about a tablespoon of avocado oil and sprinkle with sea salt.
3. Bake about 25 minutes and lower temperature to 400 degrees. Remove sweet potatoes and carefully add sausage to sheet pan.
4. Return to oven and bake about 12-15 minutes extra, checking sweet potatoes for doneness and making sure chicken sausage reaches internal temperature of 165 degrees.



*Green beans*

1. When you add sausage to oven, grab a large skillet, and heat about a tablespoon of avocado oil on medium high heat. Add green beans to pan. Sprinkle with salt and pepper and a pinch of garlic powder. Sauté about 5 minutes, until green beans are cooked through.

NOTE: If you can't find a seasonal organic chicken sausage, they typically have a couple flavors of Never Any! Chicken sausage available year-round as well.

**Baked Salmon, Broccoli and Sweet Potatoes**

1-pound frozen salmon filets (thawed)  
 1 16-ounce bag frozen Simply Nature Organic broccoli florets  
 4-6 medium sweet potatoes (cleaned and wrapped in aluminum foil)  
 3 T avocado/ olive oil  
 1 Tbsp soy sauce  
 2 tsp Dijon mustard  
 2 tsp honey  
 ½ tsp garlic powder  
 Salt and pepper to taste

1. Preheat oven to 400 degrees.
2. Place wrapped sweet potatoes on middle rack.
3. Spray a large sheet pan with cooking spray.
4. 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.
5. From frozen, rinse broccoli and pat dry. Coat 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.
6. Place salmon on sheet pan, pouring any remaining marinade on top. Bake for an additional 15 minutes. (check on broccoli about halfway through.)

**Sheet Pan Nachos**

Leftover chili (About 2-3 cups)  
 1 bell pepper, diced  
 1 bag tortilla chips  
 1 6-ounce bag Mexican blend shredded cheese (about 1 ½ cups)  
 Salsa, avocado for serving

1. Preheat oven to 400 degrees.
2. Spread out bag of tortilla chips around sheet pan.
3. Scoop chili evenly over tortilla chips.
4. Sprinkle green pepper and cheese over chili.
5. Bake for about 10-12 minutes, until cheese is melted and bubbly and chili is heated through.
6. Serve with salsa, avocado (on shopping list) or sour cream, guac, etc. (not on shopping list)



***One-Pot Chicken Parm Pasta (or Cheesy Chicken Pasta 😊)***

2 cups shredded/ diced chicken (use leftover from whole chicken)

1 25-ounce jar Simply Nature organic marinara sauce

1 onion, diced

½ cup Parmesan cheese (if you don't have Parm, just use whole bag of Mozzarella. It will still be delicious)

1 cup mozzarella cheese

1 pound Simply Nature organic penne pasta (or similarly sized pasta)

1. (If you're using leftover chicken, skip to step 2! 😊) Heat a large stockpot on medium to medium high heat. Add in a drizzle of olive oil. Add chicken and cook about 5-6 minutes, until they are starting to get some brown on them. Remove from pot and set aside.
2. Add onion and cook until translucent, about 2-3 minutes.
3. Pour in jar of pasta sauce. Fill up jar with water and pour water into pot.
4. Add pasta (if pasta is sticking out above the sauce, add a bit more water to cover. Turn heat to medium-high. Cook about 15- 20 minutes, testing pasta occasionally for doneness. The pasta tends to want to stick to the bottom, **so stir frequently and keep watch on this.**
5. Turn down heat and add chicken to pan.
6. Slowly stir in parmesan and mozzarella.
7. Serve immediately.