

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 1</p> <p>Sausage, Mushroom, and Apple Dressing</p> <p><i>Sautéed Broccoli</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>30m</td> <td>25m</td> <td>55m</td> </tr> </table>		Prep	Cook	Total		30m	25m	55m	<p>½ lb spicy or mild Italian sausage, casings removed</p> <p>1 Tbsp coconut oil</p> <p>1 (8-oz) pkg baby portobello mushrooms, chopped</p> <p>1 leek, cleaned and thinly sliced (light parts only)</p> <p>2 celery stalks, chopped</p> <p>1 large carrot, chopped</p> <p>2 large cloves garlic, minced</p> <p>½ tsp rubbed sage</p> <p>1 sweet red apple, chopped</p> <p>1 cup walnuts, toasted</p> <p>½ cup chopped flat leaf parsley</p> <hr/> <p><i>1 lb broccoli</i></p> <p><i>1 Tbsp coconut oil (or use avocado oil)</i></p> <p><i>1 clove garlic, minced</i></p> <p><i>¼ tsp crushed red pepper (optional)</i></p> <p><i>¼ tsp each salt and pepper</i></p> <p><i>¼ cup organic chicken broth</i></p>	<p>Cook sausage in a large skillet over medium heat until browned; drain on paper towels. Heat oil in same skillet; sauté mushrooms, leek, celery, carrots, garlic and sage over medium-high heat 10 to 15 minutes or until tender. Season to taste with salt and pepper. Transfer to a serving bowl. Stir in sausage, apple, walnuts and parsley. Serve warm.</p> <hr/> <p><i>Cut broccoli into florets and stems into bite-size pieces. Heat oil in a large saucepan over medium heat. Add garlic and crushed red pepper; cook 1 minute or until garlic is tender. Add broccoli, salt, and pepper, stirring to coat well. Add broth; cover and steam 6 minutes, or until broccoli is tender.</i></p>
	Prep	Cook	Total							
	30m	25m	55m							
<p>Meal 2</p> <p>Slow Cooker</p> <p>Chicken Chili Verde</p> <p><i>Carrot-Jicama-Avocado Salad</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>20m</td> <td>6h 15m</td> <td>6h 35m</td> </tr> </table>		Prep	Cook	Total		20m	6h 15m	6h 35m	<p>2 Tbsp coconut oil (or avocado oil)</p> <p>2 bonesless skinless chicken breasts, cut into 1-inch cubes</p> <p>1 medium onion, diced</p> <p>2 cloves garlic, minced</p> <p>2 tsp ground cumin</p> <p>¼ tsp smoked paprika</p> <p>1 cup organic chicken broth</p> <p>1 lb tomatillos, peeled</p> <p>½ small jalapeño pepper, seeded</p> <p>1 Tbsp fresh lime juice</p> <p>½ cup chopped fresh cilantro</p> <p>½ tsp salt, ½ tsp pepper</p> <hr/> <p><i>2 Tbsp lime juice</i></p> <p><i>1 Tbsp extra virgin olive oil</i></p> <p><i>½ tsp crushed red pepper</i></p> <p><i>½ tsp salt</i></p> <p><i>2 carrots, peeled and grated</i></p> <p><i>1 small jicama, peeled and grated</i></p> <p><i>1 ripe avocado, pitted and diced</i></p>	<p>Heat oil over medium-high heat in a large Dutch oven . Add chicken; cook 5 minutes, stirring to brown all sides. Remove chicken; reduce heat to medium. Add onion and garlic to pan; cook 5 minutes. Add cumin and paprika; cook 3 minutes. Add broth and chicken; bring to a boil. Remove from heat and set aside. Place tomatillos and jalapeño in a large saucepan. Heat over medium heat 10 minutes until charred. Remove from heat, and cool. Blend tomatillos, jalapeño, lime juice, and cilantro in blender to make salsa. Add chicken mixture to 6-quart slow cooker. Pour tomatillo salsa over pork and cook on LOW 6 hours. Season with salt and pepper.</p> <p>Note: Save prep time by adding chicken, onion, garlic, seasonings and broth directly to the slow cooker. Proceed with salas as directed. Substitute 1 (8-oz) jar salsa verde for homemade tomatillo salsa, if desired.</p> <hr/> <p><i>Whisk together lime juice, oil, red pepper and salt in a serving bowl. Add carrots and jicama, tossing well to combine. Stir in avocado just before serving.</i></p>
	Prep	Cook	Total							
	20m	6h 15m	6h 35m							

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:							
<p>Meal 3</p> <p>Smoked Salmon Frittata</p> <p><i>Sautéed Lemon Asparagus</i></p> <table border="1" data-bbox="105 447 472 506"> <tr> <td rowspan="2"></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>20m</td> <td>35m</td> </tr> </table>		Prep	Cook	Total	15m	20m	35m	<p>6 large eggs, lightly beaten 1 (3-oz) pkg smoked salmon, chopped ¾ tsp dried dill 1 clove garlic, minced ¼ salt, ¼ tsp pepper Coconut oil cooking spray</p> <hr/> <p><i>1 lb fresh asparagus, trimmed</i> <i>1 Tbsp extra virgin olive oil</i> <i>2 tsp fresh lemon juice</i> <i>1 tsp grated lemon rind</i> <i>¼ tsp salt, ¼ tsp pepper</i></p>	<p>Preheat oven to 400° F. Whisk together eggs, salmon, dill, garlic, salt, and pepper in a large bowl. Pour into a lightly greased 9x9-inch baking dish. Bake 18 to 20 minutes or until center is set.</p> <hr/> <p><i>Toss together asparagus, oil, lemon juice and lemon rind. Sauté in a large skillet over medium-high heat 5 minutes or until crisp-tender. Sprinkle with salt and pepper.</i></p>
		Prep	Cook	Total					
	15m	20m	35m						
<p>Meal 4</p> <p>Slow Cooker</p> <p>Coffee-Braised Beef Brisket</p> <p><i>Butternut Squash Mash</i></p> <table border="1" data-bbox="105 869 472 928"> <tr> <td rowspan="2"></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>20m</td> <td>8h</td> <td>8h 20m</td> </tr> </table>		Prep	Cook	Total	20m	8h	8h 20m	<p>1½ Tbsp ground ancho chile pepper 1 tsp unsweetened cocoa powder ½ tsp dried oregano ½ tsp ground cumin ¼ tsp salt 1½ lb beef brisket, trimmed and cut into 3 pieces 1 red onion, thinly sliced 2 cloves garlic, minced ½ small jalapeño pepper, seeded ½ cup strong brewed coffee 2 tsp balsamic vinegar</p> <hr/> <p><i>1 Tbsp coconut oil (or use avocado oil)</i> <i>1¼ lb butternut squash, peeled and cut into chunks</i> <i>½ tsp garlic salt</i> <i>½ tsp pepper</i></p>	<p>Stir together first 5 ingredients in a small bowl; rub over brisket. Place onion and garlic in a 4- or 5-quart slow cooker; top with brisket. Pour coffee and vinegar over brisket. Cover and cook on LOW 8 hours or until brisket is tender. (Chop 1 1/2 cups brisket, and reserve for Brisket-Sweet Potato Hash recipe.) Slice remaining brisket, and serve.</p> <p>Note: You can substitute 2 Tbsp Southwest seasoning for the first 5 ingredients.</p> <hr/> <p><i>Heat oil in a saucepan over medium heat; add squash. Cook 8 minutes, stirring constantly, until almost tender. Add ½ cup water, garlic salt and pepper. Cook 12 minutes longer or until liquid is almost evaporated and squash is tender. Mash with with a potato masher to desired consistency.</i></p>
		Prep	Cook	Total					
	20m	8h	8h 20m						
<p>Meal 5</p> <p>Kid-Friendly</p> <p>Hunter-Style Pork Chops</p> <p><i>Sautéed Napa Cabbage</i></p> <table border="1" data-bbox="105 1404 472 1463"> <tr> <td rowspan="2"></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>20m</td> <td>25m</td> <td>45m</td> </tr> </table>		Prep	Cook	Total	20m	25m	45m	<p>2 slices bacon 2 bone-in pork chops (or use 4 bone-in chicken legs) 1 Tbsp coconut oil (or avocado oil) 1 (8-oz) pkg baby portobello mushrooms, chopped 2 cloves garlic, minced ¼ cup organic chicken broth ¼ tsp dried rosemary 1 (14.5-oz) can crushed tomatoes</p> <hr/> <p><i>1 Tbsp coconut oil (or use avocado oil)</i> <i>1 medium head Napa cabbage, shredded</i> <i>1 carrot, cut into thin strips</i> <i>1 clove garlic, minced</i> <i>½ tsp salt, ½ tsp pepper</i></p>	<p>Cook bacon in a Dutch oven over medium heat until crisp; remove from Dutch oven to paper towels, reserving drippings. Crumble bacon, and set aside. Sprinkle pork with salt and pepper; add pork to pan, and brown 3 minutes per side. Remove and keep warm. Add oil to drippings in pan; cook mushrooms and garlic 8 minutes or until tender; add wine, rosemary and tomatoes, scraping bottom with a wooden spoon to loosen browned bits. Add bacon and pork. Cover and simmer 15 minutes or until pork is done.</p> <hr/> <p><i>Heat oil in a large skillet over medium-high heat. Add cabbage, carrots and garlic. Sauté 3 to 4 minutes. Stir in salt and pepper; cook 1 minute longer.</i></p>
		Prep	Cook	Total					
	20m	25m	45m						

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<p>Meal 6 Super Fast</p> <p>Spinach-Artichoke-Flank Steak Salad</p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	20m	10m	30m	<p>1 lb flank steak, trimmed 2 tsp lemon pepper seasoning 1 tsp garlic salt Coconut oil cooking spray 1 (6-oz) bag baby spinach 2 tomatoes, seeded and chopped 1 carrot, shredded 1 (6-oz) jar quartered marinated artichoke hearts, drained 1 Tbsp extra virgin olive oil 1 Tbsp red wine vinegar 1 clove garlic, minced 1 tsp dried thyme ¼ tsp raw honey ¼ tsp Dijon mustard ¼ tsp salt</p>	<p>Preheat oven to broil. Season flank steak with lemon pepper and garlic salt; place on a lightly greased broiler pan. Broil 5 minutes per side or to desired doneness. Let stand 10 minutes before slicing thinly across the grain. In the meantime, toss together spinach, tomatoes, carrots and artichokes in a large bowl. Whisk together oil, vinegar, garlic, thyme, honey, mustard and salt. Drizzle dressing over spinach mixture, and toss together. Top with steak slices.</p>
Prep	Cook	Total						
20m	10m	30m						
<p>Meal 7 One Dish Dinner</p> <p>Brisket-Sweet Potato Hash</p> <p><i>Microwave Spaghetti Squash "Noodles"</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">35m</td> <td style="padding: 2px 5px;">55m</td> </tr> </table> </div>	Prep	Cook	Total	20m	35m	55m	<p>2 large sweet potatoes, peeled and cubed 3 Tbsp coconut oil, divided 1 small green bell pepper, chopped 1 medium onion, chopped 1 clove garlic, minced 1½ cups chopped cooked brisket (from Coffee-Braised Beef Brisket recipe) ¼ tsp salt, ¼ tsp pepper 2 large eggs</p> <hr style="border: 0.5px dashed #000;"/> <p><i>1 spaghetti squash</i> <i>1 Tbsp extra virgin olive oil</i> <i>½ tsp salt, ½ tsp pepper</i></p>	<p>Preheat oven to 400°F; line a rimmed baking sheet with foil. Toss potatoes with 1 Tbsp oil, and spread in a single layer on prepared pan. Bake 15 to 18 minutes or until browned and tender. Meanwhile, heat 1 Tbsp oil in a large nonstick skillet over medium-high heat; add bell pepper, onion, and garlic, and cook 5 minutes. Stir in potatoes, beef, salt, and pepper; cook until thoroughly heated. Transfer to 2 serving plates. Heat 1 Tbsp oil in skillet over medium heat; crack eggs into hot oil, and cook to desired doneness. Top hash with eggs.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Cut squash in half, and remove seeds. Place squash, cut sides down (in batches if needed), in a microwavable dish. Cover with plastic wrap; cut a small slit in plastic wrap. Cook on HIGH 8 minutes or until tender; let stand 10 minutes. Remove spaghetti-like strands with a fork. Toss squash strands with oil, salt and pepper.</i></p>
Prep	Cook	Total						
20m	35m	55m						

Meal	✓	Grocery Items to Purchase
		Produce
1		1 bunch fresh parsley, need ½ cup chopped
1		1 lb broccoli
1		1 sweet red apple
1		1 leek
1		2 celery stalks
1,2,3,4,5,6,7		1 head garlic, need 13 cloves
1,2,5,6		5 carrots
1,5		2 (8-oz) pkg baby portobello mushrooms
2		1 ripe avocado
2		1 small jicama
2		1 lb tomatillos
2		2 limes, need 3 Tbsp juice
2		1 (2-oz) pkg cilantro, need ½ cup chopped
2,4		1 small jalapeño pepper
2,7		2 medium onions
3		1 lb fresh asparagus
3		1 lemon, need 2 tsp juice plus 1 tsp grated rind
4		1 red onion
4		1¼ lb butternut squash
5		1 medium head Napa cabbage
6		2 tomatoes
6		1 (6-oz) bag baby spinach
7		1 small green bell pepper
7		2 large sweet potatoes
7		1 spaghetti squash
		Meat & Seafood
1		½ lb spicy or mild Italian sausage
2		2 boneless skinless chicken breasts
3		1 (3-oz) pkg smoked salmon
4,7		1½ lb beef brisket
5		2 bone-in pork chops (or 4 bone-in chicken legs)
6		1 lb flank steak
		Refrigerated
3,7		1 dozen large eggs, need 8 eggs
5		1 (12-oz) pkg bacon, need 2 slices
		Canned & Packaged
1		1 (4-oz) pkg walnuts, need 1 cup
1,2,4,5,7		1 (14-oz) jar coconut oil, need about ⅔ cup
1,2,5		1 (32-oz) carton organic chicken broth, need 1½ cups
5		1 (14.5-oz) can crushed tomatoes
6		1 (6-oz) jar quartered marinated artichoke hearts, drained
		Misc
4		½ cup strong brewed coffee

Necessary Staples
Meal 1
½ tsp rubbed sage ¼ tsp crushed red pepper (may omit)
Meal 2
2 tsp ground cumin ¼ tsp smoked paprika ½ tsp crushed red pepper 1 Tbsp extra virgin olive oil
Meal 3
1 Tbsp extra virgin olive oil ¾ tsp dried dill Coconut oil cooking spray
Meal 4
½ tsp ground cumin 1 tsp unsweetened cocoa powder ½ tsp dried oregano 1½ Tbsp ground ancho chile pepper 2 tsp balsamic vinegar ½ tsp garlic salt
Meal 5
¼ tsp dried rosemary
Meal 6
¼ tsp Dijon mustard ¼ tsp raw honey 1 Tbsp extra virgin olive oil Coconut oil cooking spray 2 tsp lemon pepper seasoning 1 tsp garlic salt 1 Tbsp red wine vinegar 1 tsp dried thyme
Meal 7
1 Tbsp extra virgin olive oil