



4 WEEK MEAL PLAN  
COOKBOOK



Mab Miller





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# Introduction

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In this book you'll find menus for four weeks of lunches and dinners. Each week has a shopping list, a to do list for your main cooking day, and of course, recipes! These meal plans are pretty adjustable so feel free to use them however you see fit. The plans are based around making a shopping trip at the start of the week then having a cooking day of 2-3 hours where you make the bulk of your food and prep for the rest of the week so that getting food to the table becomes easy.

If this is your first time meal planning I would suggest starting with just 1 or 2 recipes on your prep day and building up to more over time. Just remember, meal planning and large batch cooking are skills and the menu plans in this book are just a possible end goal. No matter how much you cook or how you choose to do it, I want you to enjoy it.

Most of all I hope that this cookbook inspires you to cook a few of my recipes!



# How to Meal Plan

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## Step 1: Set A Goal

Meal planning isn't just picking meals it's shopping, sorting, keeping track of your pantry, keeping track of the meals you like, and even knowing how to properly store and reheat food.

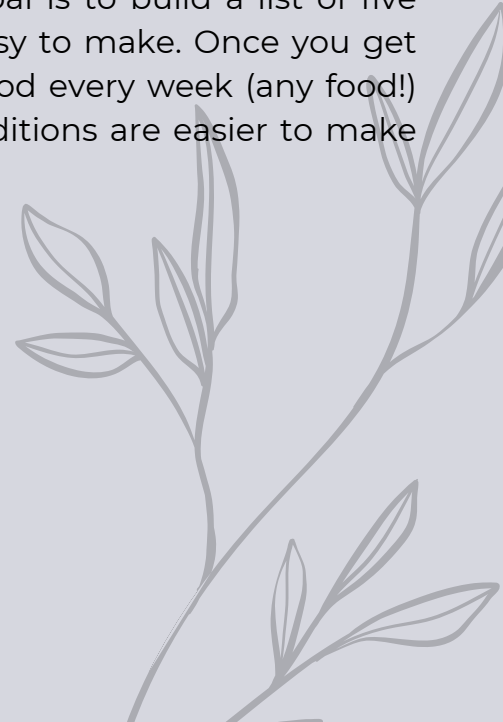
Before you do anything else though it's helpful to figure out *why* you want to meal plan.

Maybe you want to save money? Reduce salt? Help with a special diet? Eat more vegetables?

The next step is practical questions: How many meals and for how many people are you feeding? How many times can you eat the same leftovers? When and how long do you want to spend prepping and cooking food? When and how often will you shop? Do you have to pack the food for leaving the house? If so, can it be reheated? What are your cooking skills? Which areas do you need more skills to accomplish tasks?

These questions don't tend to change for most people week to week so once you figure out how to make your planning work for your lifestyle, you won't have to think about them too much.

I suggest to pick one major goal and then slowly add more goals along the way. Unless your budget is your main goal, my suggestion for a great first goal is to build a list of five meals that taste good and are easy to make. Once you get into the routine of just making food every week (any food!) all the other adjustments and additions are easier to make on top of that solid foundation.



# How to Meal Plan

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## Step 2: Pick Your Recipes

How many recipes you want to make per week depends on your tolerance for leftovers and what type of meal prep you do. I pick 5-6 recipes for a week which usually means eating the same meal only twice which I feel gives me good variety and flexibility. I fully prepare about half the food and do the prep for the other meals so everything stays fresh during the week. If you're just starting, I suggest fully preparing two meals for the week at first then gradually adding more.

I always start by looking at the ingredients I have on hand and then search the internet from there. I also have a recipe stash which is just a list of recipes that I previously enjoyed.

I make my menus varied by using a lot of base recipes (like pasta + cream sauce) and simply switch out the main ingredient or spices for a variation. Another trick is having each day of the week be a genre of food (Monday is a stew, Tuesday is a casserole, etc.) OR picking a culinary locale to build the menu around (this can keep costs down for specialty ingredients too). It's easy to make five soups but you'd probably burn out on soup long before you eat it all. So if a menu already has a dish with pasta, I might look for a rice dish next. If I had two dishes with potatoes, I probably don't want to also make mashed potatoes as a side dish. If you hate eating the same thing over and over, varying the texture, preparation style, and spices in your menu should help.

The whole process of picking recipes and making a shopping list takes about 25-30 minutes for me now and it gives me a pretty good blueprint for the week even if I don't follow it perfectly.

There are blank weekly templates for you to use for your meal planning on page 63 and 64.

*A note about new recipes:* I suggest avoiding making more than one completely new recipe at a time because it adds complexity and unfamiliarity and there's a risk you might not like the new recipes.

# How to Meal Plan

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## Step 3: Go Shopping

Once you have your list of recipes, you're ready for the next step: making a shopping list.

I open up all my recipes and write down every ingredient in them, then I check my pantry and fridge to see if I need any of them. It can also be helpful to list the amount being used in each recipe in a running total.

If you're shopping in person organize the list in the order that the items will appear as you shop or list them in sections (baking, fruits, frozen, etc.).

The next step is figuring out *when* you want to shop and cook. I get my food delivered the morning that I want to cook but if you shop yourself, I find it easier to shop the day before I to the big cook. You can play around and find what works for you.

I like to unpack my groceries, separate my items into what needs to be cooked/prepped, and do any fruit/vegetable washing before I start cooking.

Going to the store instead of getting groceries delivered allows you to be more reactive to sales/whims. Don't be afraid to switch up the recipes on your menu at the last minute if something is on sale, the menu is only a suggestion not a mandate.

*Special tip:* Always be sure to check your pantry for staples before you shop just in case.



# How to Meal Plan

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## Step 4: Prepping and Cooking

Cooking is mostly about a few key skills so it pays to learn a few basic techniques. The internet has great descriptions, video, and images showing you how to prepare nearly every food and upgrade your knife skills. As a home chef you don't need to do anything elaborate but good knife skills go a long way because food that is cut uniformly cooks quicker and more evenly. Knife skills are the best place to save time while cooking, much easier than figuring out to make water boil faster with your mind.

Before you start chopping, make sure your knife is sharpened. You do not need an expensive knife, but a knife that is kept honed and sharp makes prep faster and safer.

When I am ready to cook, I pull up all my recipes on my phone or computer and figure out what order I need to make things in. Generally when I am cooking on prep day it looks like this:

1. Pull up all the recipes and decide what order I will make them
2. Get all the cooking vessels or baking sheets out and prepped
3. Gather all the storage containers for the finished food or prepared items
4. Chop vegetables / non-meat items and divide them between recipes (a low key *mise en place*)
5. Actually cook at the stove / oven

Most of the active cooking time isn't cooking, it's getting things ready for cooking. If you're going to make a vegetable curry in the middle of the week, chopping the vegetables ahead of time means that when you are ready to cook, you can simply open a container and drop in the vegetables without having to spend 10-15 minutes chopping which makes the recipe much easier on a busy night. It also means you off-loaded some of the cleaning to past-you.

# How to Meal Plan

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## **Step 5: Storage and Cleaning**

After all the cooking is done you'll have a pile of food that will need to be stored. For raw vegetables, it helps to place a paper towel inside the storage container with them to keep them fresh and crisp. Most vegetables will last 3-4 days that way in the fridge depending on ripeness, moisture, and temperature.

For cooked foods, it is important that they reach room temperature before you store them in the refrigerator or freezer to prevent moisture and spoilage. Baked goods can be stored in a cake stand, bread box, or wrapped in plastic and frozen for extended usage. It's important to follow food safety for storing items, but it also helps with their taste and texture when you reheat them. Most food changes slightly when reheated and some items do not freeze well or need to be reheated in specific ways so it's worth thinking about if a container can be reheated in certain ways. It will really help future-you.

After you're done storing everything you will likely have some cleaning to do. My other fantastic wisdom is that, as annoying as it sounds, you should be cleaning as much as you can while cooking. Cleaning up while you work will save you so much time and energy in the long run. This is made much easier with a dishwasher but usually you can prepare things in an order where they might not need to be washed in between uses. I make sure I chop all my vegetables before moving on to meat for example and you can usually prepare dough or cakes in the same bowl without cleaning and so on.

In general I try to keep my cooking area relatively clean and wipe up small spills promptly and clean my hands regularly with a towel I keep over my shoulder while cooking. I make sure I have an empty/mostly empty dishwasher before cooking and load the dishwasher while I cook. That increases counter space and ensures that even after making 3-4 recipes you will only have a few large items to clean.



# How to Meal Plan

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## Step 6: Actually Eating the Food

So now you've got a whole week's worth of food prepared and you've done as much ahead of time preparation as possible to make fresh food later in the week. How do you make sure all your hard work gets eaten?

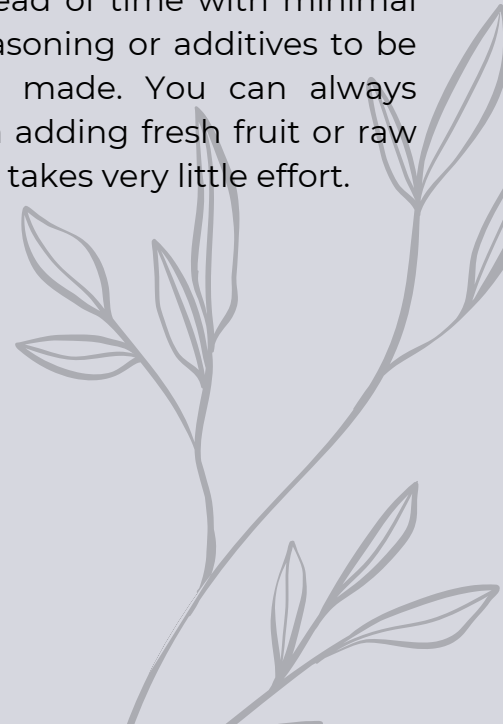
Don't worry about sticking too perfectly to the menu. Most meals and prepared items in the refrigerator last at least 4 days which gives you wiggle room on what order you eat it in. If you have gaps in your menu you can always fill them with eating out, simple dishes like 15 minute pasta, OR leftover foods from the freezer that you have from a previous week.

If you have the opposite problem and you didn't quite make enough of a meal that you planned you can always bulk out meals by adding in side dishes.

Here are a few great add ons I tend to reach for:

- boiled eggs
- fresh fruit and vegetables
- bagged salad
- bread / rolls
- pasta / rice / couscous
- roasted vegetables

You'll notice this list is basically things don't need to be cooked at all or can be made ahead of time with minimal effort and usually doctored by seasoning or additives to be complimentary to whatever you made. You can always make something fancier but even adding fresh fruit or raw vegetables to any meal is easy and takes very little effort.



# Last Notes

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So that's how I plan and make my menus. If you don't want to menu plan, cook ahead, or do meal preparation that's fine but if you want to, I hope this gave you some ideas and the courage to give it a try.

Just remember that you are not beholden to a menu even if you make one there is no prize for following it to the letter to your own detriment.

Also if you have a spouse or children or roommates who are able to help in the planning and cooking, they should! You can assign dinners to different people on different nights or ask for food suggestions or have kids make up pantry meals with what is already in the house or anything in-between. If you're already in the position where you're thinking about changing the way you plan and make meals, you might as well go a little further in mixing it up ;)

All that said...on with the recipes and menus!





# WEEK ONE





# Week One



## Lunch

## Dinner



### Monday



Onigirazu (pg. 14)

Cheeseburger Macaroni & Cheese (pg. 15)



### Tuesday



Fried Cauliflower (pg. 16)

Zucchini Galette (pg. 17)



### Wednesday



Cheeseburger Macaroni & Cheese (pg. 15)

Naan with Marinated Vegetable (pg. 18)



### Thursday



Zucchini Galette (pg. 17)

Vegetable Stir Fried Rice (pg. 19)



### Friday



Tofu-Bean Balls (pg. 20)

Pasta with Red Pepper Sauce (pg. 21)



### Saturday



Vegetable Pancakes (pg. 22)

Pizza (pg. 23)



### Sunday



Vegetable Stir Fried Rice (pg. 19)

Tofu-Bean Balls (pg. 20)



# WEEK ONE

## What to Make on Prep Day

- Cheeseburger Mac & Cheese
- Zucchini Galette
- Tofu Bean Balls
- Marinated Vegetables
- Chop Cauliflower
- Vegetables for Onigirazu

## YOUR NOTES

## SHOPPING LIST

- cheddar
- elbow or shell pasta
- ground turkey
- onions
- zucchini
- ricotta cheese
- sour cream
- tofu
- black beans
- carrots
- red peppers
- cauliflower
- cucumber
- avocado
- sushi rice
- rice vinegar
- nori
- cornstarch
- plain yogurt
- frozen mixed vegetables
- rice
- soy sauce
- breadcrumbs
- roasted red peppers
- salmon
- tomato sauce
- coconut milk
- couscous



**SERVINGS: 4 BALLS**

**PREP TIME: 20 MIN**

**COOKING TIME: 20 MIN**

## Ingredients

- 300 g uncooked sushi rice
- 4 tbsp rice vinegar
- 2 tbsp sugar
- 1 tsp salt
- 4 sheets of nori
- 2 carrots, julienned
- 1 small red onion, thinly sliced
- 1 avocado, cut into thin slices
- 1 cucumber, julienned
- mayo, sriracha, soy sauce, rice vinegar

## Packed Lunch Suggestion

*sides: grilled sweet potato, blueberries*



## Directions

1. Make sushi rice by cooking rice covered on low heat for 18 minutes in 600ml of water.
2. While the rice is still hot, add the vinegar, sugar, and salt and combine well and let cool 10 minutes.
3. Make the rice balls: place a piece of plastic wrap on a clean surface, on top place a sheet of nori with the shiny side down.
4. To assemble, wet hands and using 100g of rice form rice into a square in the middle of the seaweed, then top with mayo and sriracha. On top of that, in a row, place the carrots, avocado, onion and cucumber slices.
5. Create a second square of rice pressed between wet hands to place on top of the vegetables and down press gently to close. Fold the corners of the seaweed towards the center and over the filling to create a small closed packet (as if you were wrapping a present).
6. Wrap the cling film around the packet and let sit for about 15-20 minutes before cutting diagonally to the way you arranged the ingredients.



# CHEESEBURGER MAC & CHEESE

**SERVINGS: 6**

**PREP TIME: 10 MIN**

**COOKING TIME: 30 MIN**

## Ingredients

- 500 g pasta, cooked
- 50 g butter
- 350 g ground chicken
- 1 onion, diced finely
- 2 tsp garlic powder
- ½ tsp each: salt, pepper, oregano, chili flake
- 50 g flour
- 350 ml milk
- 200 g tomato sauce
- 50 g sour cream
- 150 g cheese of choice, shredded (I use gouda and cheddar)

## Packed Lunch Suggestion

*sides: salad, apple*



## Directions

1. Heat a large dutch oven over medium-high heat. Melt the butter and add in the ground chicken. Brown for about 5-6 minutes, breaking chicken into small pieces while it cooks (I use a potato masher to break the chicken into small pieces but a wooden spoon also works).
2. Stir in the onions and cook until onions start to soften, about 5-6 minutes, then add in all the seasonings and allow to saute for a minute, just until fragrant.
3. Add the flour to the mixture, stirring to evenly coat. Cook just until flour dissolves then immediately add the milk and mix until it begins to thicken slightly.
4. Add the tomato sauce and simmer for 4-5 minutes then remove the pan from the heat.
5. Add the sour cream and cheese to the mixture and stir until it has fully melted.
6. Add the noodles to the cheese mixture and toss to coat them.



# FRIED CAULIFLOWER

**SERVINGS: 4**

**PREP TIME: 10 MIN**

**COOKING TIME: 20 MIN**

## Ingredients

- 120 g flour
- 100 ml water
- 80 g cornstarch
- 1 1/2 tsp baking powder
- to taste: cumin, turmeric, chili powder, ginger, pepper, and salt
- 2 eggs
- 1 head cauliflower, cut into small florets
- oil, for frying

## Packed Lunch Suggestion

*sides: apple and peanut butter*



## Directions

1. Make a batter by combining all the ingredients except for the cauliflower and oil. If the batter is too thick, add a small amount of water OR if too thin, add a small amount of flour until batter is a consistency that coats a spoon.
2. Fill a dutch oven or skillet with oil, about 2" deep or enough to a cauliflower piece most of the way, then heat the oil until a drop of batter bubbles to the top when tested.
3. Once the oil is hot, dip the cauliflower pieces in the batter to coat, then place the dipped pieces in the oil and fry for 3-4 minute, rotating if needed, until golden brown all over.
4. Once fried, set on a cooling rack or plate lined with paper towel until dried slightly then top with salt, sesame seeds, sauce, or other toppings.





# ZUCCHINI GALETTE

SERVINGS: 4

PREP TIME: 25 MIN

COOKING TIME: 45 MIN

## Ingredients

### Dough

- 185 g flour
- 70 g butter
- ¼ tsp salt
- 55 g cream cheese
- 75 ml ice water
- 1 zucchini, sliced
- 200 g ricotta cheese
- 1 egg
- 1 clove garlic, minced
- 1 tbsp honey
- 100 g mozzarella, diced
- 25 g parmesan, grated
- to taste: oregano, dill, and thyme

## Packed Lunch Suggestion

*sides: salad, mixed fruit*



## Directions

1. In a medium bowl place flour and salt then cut in the cold butter and cream cheese until evenly distributed in small chunks.
2. Mix in the water until the dough comes together, add water a few drops at a time if needed.
3. Shape the dough into a disc then place in refrigerator while you prepare the filling.
4. Cut zucchini in to thin disks and sprinkle with salt, and let drain for 30 minutes. Gently blot and set aside.
5. In a medium bowl, mix together ricotta, egg, garlic, honey, mozzarella, and herbs and preheat the oven to 200°C.
6. On a silicone mat or parchment paper, roll the dough into a 12-14" circle. Spread the cheese mixture evenly over the circle, leaving a 2" border around the edge. Then arrange the zucchini on top of the ricotta mixture as desired. Fold over the edges of the crust, pleating as needed to make an even circle. Top with parmesan cheese. Optionally: egg wash the crust if desired.
7. Bake 40-50 minutes until golden.



# NAANWICH

**SERVINGS: 2**

**PREP TIME: 30 MIN**

**COOKING TIME: 30 MIN**

## Ingredients

## Packed Lunch Suggestion

*sides: plums*

### Marinated Vegetables

- 1 cucumber, diced
- 100g tomatoes, diced
- 1 onion, diced
- 1 large carrot, diced
- 1/2 red pepper, diced
- salt, spices, vinegar

### Naan

- 200g flour
- 10g olive oil
- 2g baking powder
- 2g salt
- 80g plain yogurt
- 15g sugar
- 120-150g water
- hummus, for serving



## Directions

1. Chop the vegetables to your desired size (I usually try for fairly fine vegetables). Put all the diced vegetables in a bowl and add salt, pepper, spices, a small amount of vinegar and seasoning and set aside for at least 30 minutes but up to 2 days.
2. Place all naan ingredients in a bowl then mix by hand until a ball of dough forms.
3. Turn the dough out on to a floured counter and knead until very smooth, about 5 minutes, then let rest for 10-15 minutes.
4. While the dough rests, wring the marinated vegetables dry through a tea towel or cheese cloth.
5. Divide the dough into 4-6 equal pieces, roll each piece into a ball, flouring as needed, then flatten to a 15cm disc.
6. Heat a skillet with a small amount of butter and then one at a time, cook each naan for about 90 seconds on each side until it begins to color. Repeat until all dough is used.
7. When read to eat, spread hummus on the naan and top with drained marinated vegetables.



## VEGETABLE STIR FRY

SERVINGS: 4

PREP TIME: 5 MIN

COOKING TIME: 15 MIN

### Ingredients

- 600 g leftover rice
- 1 onion, finely chopped
- 400 g mixed vegetables (fresh or frozen)
- 2 eggs
- 1 tbsp soy sauce
- 1 tsp fish sauce
- 1 tsp ginger
- 1 tsp garlic powder
- salt and pepper
- sesame oil
- neutral oil, for frying
- optional: 5 spice powder, sichuan pepper, rice vinegar

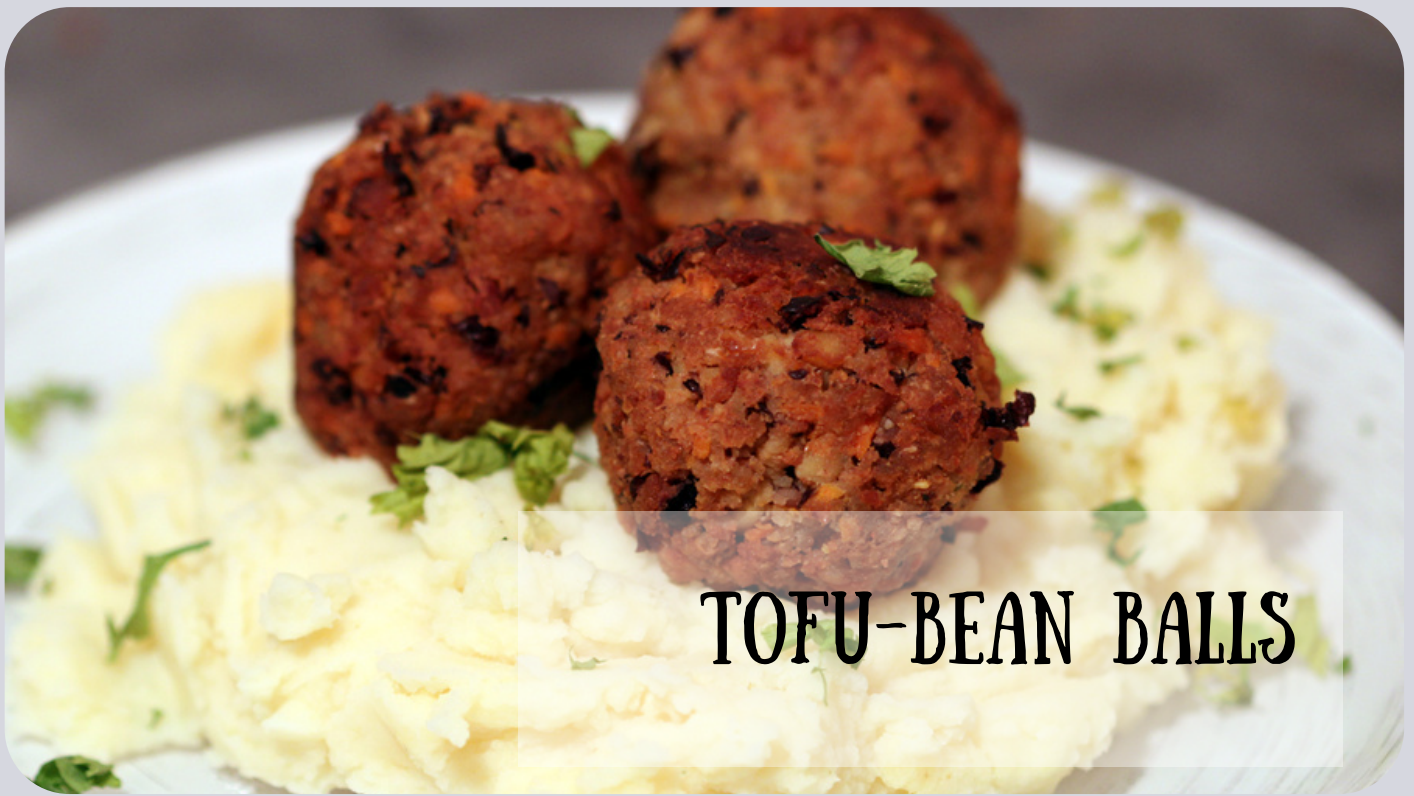
### Packed Lunch Suggestion

*sides: apple and plum tart*



### Directions

1. Chop all your vegetable to small pieces, if needed.
2. Heat a large, high sided pan hot with a good amount of neutral oil in it and break the eggs like you were making scrambled eggs.
3. After the eggs are completely cooked, remove them from the pan, re-oil the pan and add the vegetables.
4. Cook the vegetables until they're just about heated through 2-3 minutes for fresh vegetables or 5-6 for frozen and then add the rice to the pan and re-add the egg.
5. Make a space in the middle of the rice, add the sauce/spices and mix until combined and adjust to taste.



**SERVINGS: 6**

**PREP TIME: 15 MIN**

**COOKING TIME: 40 MIN**

## Ingredients

- 250 g tofu
- 380 g black beans
- 1 small red onion, chopped roughly
- 1 carrot, chopped
- 1 egg
- 120 g panko breadcrumbs
- 1 tbsp strong mustard
- 2 tbsp ketchup
- $\frac{1}{4}$  tsp red chili flakes
- 2 cloves garlic, minced
- $\frac{1}{2}$  tsp each: oregano, basil, black pepper, paprika, salt

## Packed Lunch Suggestion

*sides: cucumber, carrots, and hummus*



## Directions

1. In a food processor, pulse together the tofu, black beans, onion and carrots until they are all finely chopped and start to form a ball.
2. Add the egg, breadcrumbs, mustard, ketchup, and all the spices and mix by hand until it is blended and sticks together easily. It should not be too wet or too dry.
3. Allow the bean-tofu mixture to sit for 30-60 minutes in the refrigerator.
4. Heat about 3 in/8cm of oil in a deep skillet and while it heats to temperature, roll your meatballs using a small scoop or two teaspoons to make sure they are all about the same size.
5. Once the oil is hot, add the a few meatballs at a time, and cook for about 6-9 minutes, rolling a few times to make sure all the sides brown evenly.



# PASTA WITH RED PEPPER SAUCE

SERVINGS: 4

PREP TIME: 40 MIN

COOKING TIME: 10 MIN

## Ingredients

## Packed Lunch Suggestion

*sides: salad and apple*

### Pasta

- 350 g flour
- 4 eggs
- ½ tsp salt

### Sauce

- 1 jar of roasted red pepper, with garlic



## Directions

1. Place the flour in a large bowl and in a well in the middle add the eggs and salt. Mix with your hands until you have a dough.
2. Turn the dough out on the counter and knead until the dough is smooth then shape into a ball and cover in plastic film. Leave to rest in the fridge or on a table for 30 minutes.
3. Make the sauce by draining the liquid from the jar and then blending the peppers in the jar with a hand blender or placing them a blender and pulsing until smooth.
4. When the dough is ready, flour a work surface and using a rolling pin or pasta machine, roll the dough until it is thin enough to see your hand through (this is the 6 or 7 setting on my pasta machine).
5. Flour the thin sheet of dough lightly, fold into thirds, and cut to form long strips of pasta.
6. To cook: Boil salted water, once boiling add the pasta and cook for 60-90 seconds then drain and toss directly with the sauce.



# VEGETABLE PANCAKES

SERVINGS: 2

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

## Ingredients

- 190 g flour
- 15 g baking powder
- 5 g salt
- 15 g sugar
- 300 ml milk
- 1 egg
- 45 g butter, melted
- 1 medium zucchini, grated finely
- 1 large carrot, grated finely

## Packed Lunch Suggestion

*sides: banana and yogurt*



## Directions

1. In a large bowl, mix together the flour, baking powder, salt and sugar then make a well in the center and pour in the milk, egg and butter. Add the grated vegetables then stir with a large spoon until mixed. If too runny, add a small amount of additional flour.
2. Over medium heat, melt butter in a frying pan and once hot, pour about 50-60g batter into the pan.
3. Flip the pancake when the sides have stiffened and bubbles begin to form in the batter.
4. Brown the other side for about 2-4 minutes and remove to a plate. Repeat until all batter is used.
5. Serve hot with a pat of butter or some honey, jam, or maple syrup drizzled on top.



**SERVINGS: 2**

**PREP TIME: 15 MIN**

**COOKING TIME: 30 MIN**

## Ingredients

- 220g flour
- 4 g yeast
- 10 g honey
- 12 g olive oil
- 3 g salt
- 125 g warm water
- 125 g mozzarella cheese
- 50 g shredded cheese
- 30 g tomato sauce
- your choice of toppings

## Packed Lunch Suggestion

*sides: apple and green beans*



## Directions

1. Mix together the flour, yeast, honey, olive oil and salt in a large bowl, food processor, or a stand mixer
2. Add the warm water and process or knead until the ingredients are all combined into the dough, add more water or flour if needed until a dough forms.
3. If using a stand mixer or food processor, pulse or beat until the dough is smooth. If kneading by hand, turn the dough out onto a lightly floured surface, and knead for at least 5 minutes until it's smooth.
4. Let the dough rest for at least 30 minutes at room temperature or in the refrigerator overnight in a sealed bag.
5. To cook: Heat oven to 225°C, divide the dough in to 2 parts and roll each of the balls out to 10-12" circles on a lightly floured surface. (You can make one large pizza if you wish).
6. Top your pizzas with tomato sauce, mozzarella and whatever else you like.
7. Place the pizza on a lined baking tray. Bake for 10-15 minutes, or until browned.



# WEEK TWO







# Week Two



## Lunch

## Dinner



### Monday



Tom Yum Soup (pg. 27)

Black Bean Enchiladas (pg. 28)



### Tuesday



Breakfast Puffs (pg. 29)

Chana Pulao (pg. 30)



### Wednesday



Black Bean Enchiladas (pg. 28)

Mushroom Stroganoff (pg. 31)



### Thursday



Arancini (pg. 32)

Tom Yum Soup (pg. 27)



### Friday



Chana Pulao (pg. 30)

Mushroom Stroganoff (pg. 31)



### Saturday



Apple Cinnamon Crepes (pg. 33)

Falafel (pg. 34)



### Sunday



Goat Cheese, Pear, and Black Pepper Scones (pg. 35)

Salmon Cakes (pg. 36)



# WEEK TWO

## What to Make on Prep Day

- Tom Yum Soup
- Black Bean Enchiladas
- Breakfast Puffs
- Chana Pulao
- Arancini
- Chop Mushrooms (Stroganoff)

## YOUR NOTES

## SHOPPING LIST

- tom yum paste
- coconut milk
- soy sauce
- mirin
- mushrooms
- carrots
- rice noodles
- black beans
- onions
- salsa
- cheddar
- tortillas
- puff pastry
- eggs
- cream cheese
- mixed frozen vegetables
- tomatoes
- chickpeas
- basmati rice
- sour cream
- pasta
- arborio rice
- parmesan
- mozzarella
- breadcrumbs
- apples
- mascarpone cheese
- lentils
- pear
- goat cheese
- tinned salmon



## TOM YUM SOUP

SERVINGS: 4

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

### Ingredients

- 150 g mushrooms, sliced
- 2 carrots, julienned
- 2 tbsp soy sauce
- 2 tbsp vegetable oil
- 1 tsp mirin
- 4-5 tsp tom yum paste
- 2 tsp brown sugar
- 800 ml vegetable broth
- 250 g rice noodles
- 150 ml coconut milk
- salt, cilantro, lime, chopped chilies, etc. for garnish

### Packed Lunch Suggestion

*sides: cucumber salad*



### Directions

1. In a dutch oven or other high sided pot, heat the oil and then add the mushrooms, carrots, other vegetables, soy sauce, and mirin and fry for 7-8 minutes until the vegetables have softened slightly.
2. Add the tom yum paste and brown sugar and allow to heat through for 1-2 minutes.
3. Add vegetable broth and bring the entire pot to a low boil.
4. Add the rice noodles and simmer the soup over medium heat for about 3 minutes until the noodles soften but do not cook all the way through.
5. Turn the heat off, add the coconut milk and lime juice to taste.
6. Serve piping hot with fresh handfuls of cilantro or chopped chilies.



## BLACK BEAN ENCHILADAS

SERVINGS: 4

PREP TIME: 20 MIN

COOKING TIME: 20 MIN

### Ingredients

- 400 g canned black beans
- 1 onion, diced
- ½ tsp ground cumin
- ½ tsp dried oregano
- ½ tsp chili powder
- 2 cloves garlic, minced
- 120 g salsa
- 60 g cheddar, shredded
- 4 tbsp cream cheese
- 8 tortillas
- 250 ml enchilada sauce

### Packed Lunch Suggestion

*sides: apple and salad*



### Directions

1. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion, and saute for 4-6 minutes until tender. Stir in cumin, oregano, chili powder, garlic, and beans then cook for 5 minutes, stirring mixture frequently.
2. Stir in salsa, and cook 10-15 minutes, mashing beans if desired.
3. Remove the pot from the heat, and add cream cheese and cheddar cheese, stirring until cheese melts.
4. Spread half of the enchilada sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Spoon about 1/8 of the black bean mixture down center of each tortilla, and roll into tube. Arrange the enchiladas, seam sides down, crosswise in dish. Repeat until all filling is used.
5. Pour the remaining enchilada sauce evenly over the tops of the enchiladas, and sprinkle with extra cheddar.
6. Bake at 175°C for 20 minutes or until the sauce begins to color on top.



## BREAKFAST PUFFS

**SERVINGS: 6**

**PREP TIME: 15 MIN**

**COOKING TIME: 20 MIN**

### Ingredients

- 300 g puff pastry
- 5 eggs
- 2 tbsp cream cheese
- 50 g cheese, shredded
- 1 small onion, chopped
- butter, salt, pepper, herbs

### Packed Lunch Suggestion

*sides: yogurt with fruit*



### Directions

1. In a heated pan over low heat melt butter fry onions until they start to turn to turn brown. (Add any finely chopped additions and cook through for a few minutes at this point as well).
2. To a small bowl add the eggs and cream cheese and gently mix together.
3. Pour the eggs into the heated pan with the onions and cook only until the eggs are still wet but no longer runny.
4. Turn the heat off and add the shredded cheese and then stir just until the cheese melts.
5. Roll the puff pastry out into sheets and cut into approximately six 12 cm squares.
6. To the center of each puffy pastry square place 2-3 tbsp of the egg mixture and then simply pinch the four corners together at the top of the pastry to "seal".
7. Bake puff pastry at 215°C until golden and flaky, about 12-15 minutes.



## CHANA PULAO

**SERVINGS: 4**

**PREP TIME: 10 MIN**

**COOKING TIME: 45 MIN**

### Ingredients

- 1 small onion, diced
- 2 cloves garlic, minced
- 2 bay leaves
- 1 1/2 tsp coriander
- 1/2 tsp each: black pepper, salt, turmeric, cardamom, chili powder (or paprika)
- 2 tsp garam masala
- 150 g mixed vegetables
- 150 g frozen spinach,
- 75 g chopped fresh tomato
- 1 can chickpeas
- 185 g uncooked basmati rice
- 400 ml water

### Packed Lunch Suggestion

*sides: cucumber, tomatoes, mandarins*



### Directions

1. Coat the bottom of a 33 x 23cm baking pan or small casserole dish with a thin layer of oil.
2. Add the onion, garlic, spices, vegetables to the baking dish but not the spinach and tomato, and mix well to coat.
3. Bake the casserole dish at 200°C for 15 minutes. While you do this, wash your rice at least three times then set the rice in a bowl of water to soak.
4. Remove the baking dish from the oven. Drain the rice, then add the drain rice as well as the spinach, tomato, chickpeas and water to the baking dish. Mix with a spoon and flatten the mixture then cover the dish with tin foil and bake for 35-45 minutes.
5. Check every 5 minutes after 35 minutes to make sure it does not overcook. All the water should be absorbed and the top should not have browned yet.
6. Fluff the rice and add yogurt on top to serve.



# MUSHROOM STROGANOFF

**SERVINGS: 4**

**PREP TIME: 15 MIN**

**COOKING TIME: 35 MIN**

## Ingredients

- 500 g mushrooms
- 1 onion, thinly sliced
- 3 tbsp butter
- 2 tbsp flour
- 350 ml vegetable stock
- 2 tbsp dijon mustard
- salt, pepper, dill, turmeric, paprika, garlic (to taste)
- 100 g sour cream
- 500 g cooked pasta, any shape

## Packed Lunch Suggestion

*sides: salad and kiwi*



## Directions

1. Melt butter in a large skillet over medium high heat and once completely melted add mushrooms and onion to the pot and cook, stirring occasionally, until mushrooms are tender, about 5-7 minutes.
2. Add the flour the pan and mix until dissolved.
3. Pour the stock to the pot, cook on medium high heat for 7-10 minutes until slightly thickened.
4. Add to the sauce the mustard, seasonings, and cook through for 3-5 minutes. Add flour or stock if needed to adjust the thickness of the sauce.
5. Turn the heat off, add the sour cream and cooked pasta then stir thoroughly and adjust seasoning.



**SERVINGS: 8**

**PREP TIME: 40 MIN**

**COOKING TIME: 20 MIN**

## Ingredients

- 800 ml chicken stock
- 250 g arborio rice
- $\frac{1}{4}$  tsp salt
- 50 g parmesan, grated
- 150 g mozzarella, grated
- 1 egg
- 170 g flour
- 500 g breadcrumbs
- vegetable oil, for frying

## Packed Lunch Suggestion

*sides: vegetables, hummus, strawberries*



## Directions

1. Make the risotto by bringing the stock to the boil in a large saucepan.
2. Add the rice and salt to the saucepan then turn down the heat and simmer rice on a medium heat until the stock has been absorbed then let risotto cool completely.
3. Stir the parmesan and mozzarella into the cooled rice then roll a tablespoonful of rice between wet palms to form a ball. Repeat until all the rice is used up.
4. In a separate bowl, beat together the egg, flour, seasoning, and enough water (about 175ml) to make a thick batter. Put the breadcrumbs on a separate plate.
5. Heat the oil in a deep pan, no more than a third full, to 170°C, or until a breadcrumb sizzles on contact.
6. While you wait for the oil to heat, dip each rice ball into the batter to coat, then roll in the breadcrumbs until well covered.
7. Cook the balls in batches in the hot oil for 5-8 minutes, rotating at least once until golden brown and drain on kitchen towel.





# APPLE CINNAMON CREPES

**SERVINGS: 4**

**PREP TIME: 15 MIN**

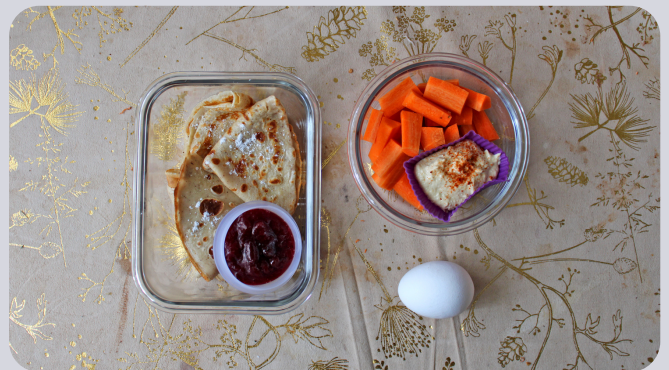
**COOKING TIME: 20 MIN**

## Ingredients

- 2 eggs
- 150 g flour
- 300 ml milk
- 1 tbsp cinnamon
- 2 small apples, diced
- 1 tbsp sugar
- mascarpone

## Packed Lunch Suggestion

*sides: carrots and hummus, boiled egg*



## Directions

1. Make the crepe batter: Mix the eggs, flour, and milk together with cinnamon and a small pinch of salt then stir with a whisk until smooth and set aside for 15 minutes.
2. Make the apple topping: Cut the apples into bite size pieces or slices if you prefer. Heat butter in a frying pan and add the apples and sugar cook down just until they begin to caramelize.
3. Make the crepes: Lightly coat a heated frying pan with butter and then add about 50-60ml of batter to the pan rolling the batter to coat the entire surface of the pan quickly.
4. Cook until batter starts to firm, about 60-75 seconds, then flip and cook another 60 seconds turning out of the pan once done. Repeat until batter has all been used.
5. Serve crepes filled or topped with apple mixture and mascarpone (you can thin the mascarpone with a little milk if desired).



## LENTIL FALAFEL

SERVINGS: 4

PREP TIME: 15 MIN

COOKING TIME: 30 MIN

### Ingredients

- 250 g dried lentils
- 1 clove garlic, minced
- 1 tsp cumin
- 1 tsp coriander
- ½ tsp cayenne pepper
- ¼ cup parsley, minced
- ¼ cup cilantro, minced
- 1 egg
- 1 tsp lemon juice
- ½ tsp baking powder
- ⅓ cup flour
- oil, for frying

### Packed Lunch Suggestion

*sides: spiced vegetable couscous, apple*



### Directions

1. Fill a small saucepan with 750ml of water and on low heat, cook lentils for 20-25 minutes or until they are falling apart when mashed with a fork.
2. In a large bowl mash together lentils with spices, parsley, and cilantro. Mix in the egg, lemon juice, baking powder, flour, and a big pinch of salt and pepper.
3. Let sit in the refrigerator for at least 60 minutes.
4. To cook, heat 5-8cm of oil in a skillet until it shimmers.
5. With your hands or using a large cookie scoop, roll a ball of lentil mixture to the size of a gold ball then flatten slightly. Place in the oil and cook for about 3-4 minutes on each side until golden brown.



## GOAT CHEESE, PEAR, AND PEPPER SCONES

SERVINGS: 8

PREP TIME: 15 MIN

COOKING TIME: 35 MIN

### Ingredients

- 250 g flour
- 10 g baking powder
- 15 g sugar
- 8 g salt
- 8 g black pepper
- 110 g butter, cold, cut into cubes
- 1 pear, chopped finely
- 100 g goat cheese, crumbled
- 80 g milk
- olive oil, for brushing

### Packed Lunch Suggestion

*sides: salad and apple*



### Directions

1. Heat the oven to 190°C and line a baking sheet with parchment paper or a silicone mat.
2. In a medium bowl, combine the flour, baking powder, sugar, salt, and pepper then add the butter by breaking it into small pieces with your fingertips (or a pastry cutter) until the dough is sand textured.
3. Add the pear and goat cheese and stir gently with a wooden spoon to break up the cheese but not entirely blend it.
4. Add the milk and give it a final mix, the dough should stick together but be fairly dry.
5. Place the dough on the baking sheet and press into a 20cm circle and then with a butter knife divide the circle into 8 pieces. Gently separate the pieces enough to not bake back together then bake for 35-40 minutes until light brown.



# SALMON CAKES

**SERVINGS: 3**

**PREP TIME: 15 MIN**

**COOKING TIME: 20 MIN**

## Ingredients

- 300 g tinned salmon, drained
  - 70 g mayo
  - 65 g breadcrumbs
  - 1 egg
  - 2 tbsp mustard
  - 1/2 tsp hot sauce
  - 1 tbsp Worcestershire sauce
  - 1 tsp chives or dill
- Breading**
- 1 egg, beaten
  - 50 g breadcrumbs
  - 2 tbsp butter

## Packed Lunch Suggestion

*sides: green beans, boiled potatoes*



## Directions

1. In a medium bowl roughly mix the salmon cake ingredients roughly making sure not to break up the salmon too much.
2. Take about 1/6 of the mixture and form into a tight puck shape with your hands. Repeat until all the mixture is used.
3. Set up a breading station: put the egg in one bowl and the breadcrumbs in another then dip the cakes into the egg and then the breadcrumbs. (You can freeze the cakes for 15 minutes easier handling if needed).
4. Fry the cakes: In a medium hot pan on the stove top add the butter, then place the coated cakes in the pan to cook for 4-5 minutes, then flip and cook on the other side for another 3-4 minutes until both sides have browned completely but the cake isn't fully cooked through.
5. Line a baking sheet with a piece of parchment and place the cakes on it and finish them in the oven at 220°C for about 6-8 minutes.



# WEEK THREE



# Week Three

## Lunch

## Dinner

### Monday



Pupusa (pg. 40)

Cauliflower Tart (pg. 41)



### Tuesday



Pierogi (pg. 42)

Minestrone (pg. 43)



### Wednesday



Cauliflower Tart (pg. 41)

Coconut Lentils (pg. 44)



### Thursday



Minestrone (pg. 43)

Pierogi (pg. 42)



### Friday



Coconut Lentils (pg. 44)

Thai Basil Chicken (pg. 45)



### Saturday



Grilled Halloumi Bowl (pg. 46)

Carrot-Chickpea Schnitzel (pg. 47)



### Sunday



Cream of Barley Soup (pg. 48)

Stir Fried Noodles (pg. 49)



# WEEK THREE

## What to Make on Prep Day

- Pupusa
- Cauliflower Tart
- Pierogi
- Minestrone
- Chop Vegetable (Coconut Lentils)
- Carrot-Chickpea Schnitzel (freeze)

## YOUR NOTES

## SHOPPING LIST

- masa harina
- black beans
- cheddar
- cauliflower
- onions
- eggs
- mascarpone
- heavy cream
- Gruyere
- potatoes
- celery
- carrots
- zucchini
- white beans
- pasta (small shape)
- canned tomatoes
- red lentils
- coconut milk
- red pepper
- ground chicken
- chili
- Thai basil
- salad mix
- halloumi
- tomatoes
- cucumber
- chickpeas
- panko
- barley
- egg noodles
- frozen mixed vegetables



**SERVINGS: 3**

**PREP TIME: 25 MIN**

**COOKING TIME: 20 MIN**

## Ingredients

### Dough

- 240 g masa harina
- 3 g salt
- 340 g warm water
- 25 g oil

### Filling

- 180 g cooked spiced black beans, mashed or blended
- 65 g cheese
- to taste: paprika, cumin, salt, pepper, oregano

## Packed Lunch Suggestion

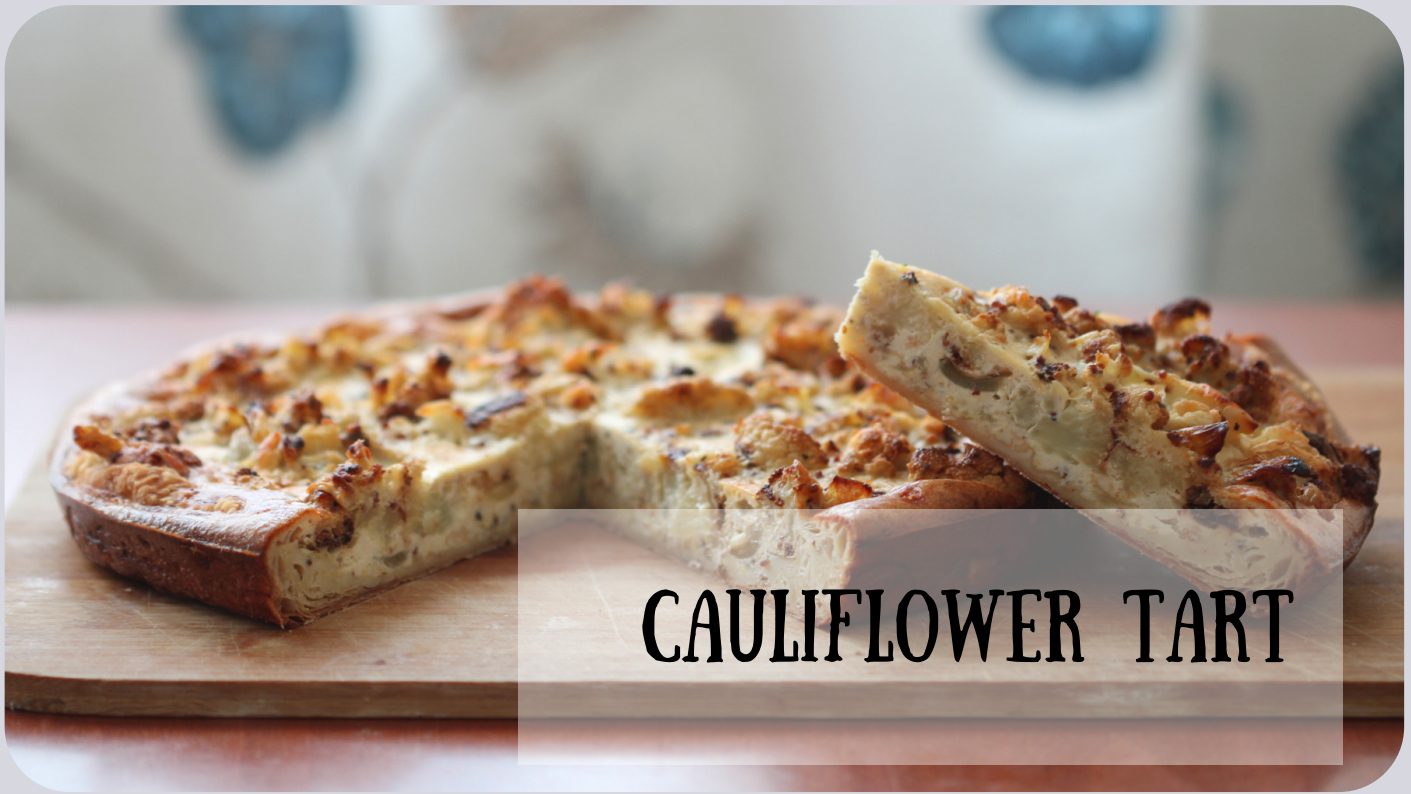
*sides: corn salad, nectarine*



## Directions

1. In a large bowl mix together the masa harina, salt, warm water, and oil by hand to make a smooth ball of dough. It should be soft but not sticky. Cover and let rest for at least 15 minutes.
2. Divide the dough into 6 portions. Working one portion at a time, roll into a ball, flatten into a large circle and add 1 tablespoon of black beans and some cheese into the center. Fold the edges of the dough over the filling, flatten into a pancake shape once again and set aside.
3. To cook: Heat an extremely small amount of oil on a griddle or frying pan and allow to fry at medium heat for about 2-3 minutes on each side until browning occurs.





**SERVINGS: 4**

**PREP TIME: 40 MIN**

**COOKING TIME: 40 MIN**

## Ingredients

- 500 g cauliflower, chopped into bite-sized pieces
- 2 tbsp olive oil
- salt, pepper
- 1 pie crust
- 1 onion, diced
- 5 eggs
- 1 tbsp Dijon mustard
- 35 g heavy cream
- pinch of nutmeg
- 1/4 tsp: garlic powder, dried herbs
- 100 g Gruyère cheese, shredded
- 30 g parmesan cheese, shredded

## Packed Lunch Suggestion

*sides: kiwi and grapes*



## Directions

1. Preheat the oven to 215°C. On a baking sheet toss the cauliflower with olive oil, salt, and pepper and roast for 25-30 minutes until lightly charred, flipping halfway. Allow to cool completely.
2. Reduce the oven temperature to 190°C. Roll out the pie dough and transfer to a pie tin. Poke several holes in the dough bottom then blind bake the crust for 8-10 minutes until it just faintly changes color. Set aside to cool completely.
3. In a small frying pan, heat a small amount of olive oil and then turn the heat down the low and add the onions, cooking them slowly for 20-30 minutes until they caramelize.
4. Place the caramelized onions and cauliflower in the pre-baked crust, spreading them out evenly.
5. In a large bowl combined the eggs, mustard, cream, and seasoning and whisk very well until completely combined. Add the Gruyère cheese then pour the entire mixture over the vegetables in the crust, coating them.
6. Top the tart with parmesan cheese and then bake at 190°C for 35-40 minutes.



# PIEROGI

SERVINGS: 6

PREP TIME: 45 MIN

COOKING TIME: 15 MIN

## Ingredients

### Filling

- 250 g any filling (I used mashed potatoes and caramelized onions)

### Dough

- 315 g flour
- ½ tsp salt
- 1 egg
- 1 tbsp olive oil
- 125 ml milk

## Packed Lunch Suggestion

*sides: brussel sprouts and strawberries*



## Directions

1. Mix all the dough ingredients together. Knead for 5-10 minutes until you get a smooth dough then cover and let rest in refrigerator for at least 45 minutes.
2. Roll out your dough into a large sheet that is about 6mm thick and then using a glass or cookie cutter, cut 15 cm circles until all of the dough is used (dough may need to be re-rolled once or twice).
3. Put 1 heaped tbsp of filling in the center of each circle then fold the circle in half and seal the edges with your fingers or the edge of a fork.
4. To cook: Place pierogi in a pot of boiling water, boiling until they float to the surface, about 5 minutes.
5. You can eat them plainly boiled with a drizzle of butter OR pan fry with butter for crisper texture.



# MINISTRONE

**SERVINGS: 6**

**PREP TIME: 15 MIN**

**COOKING TIME: 35 MIN**

## Ingredients

- 1 onion, diced
- 3 cloves garlic, minced
- 3 carrots, diced
- 2 celery stalks, diced
- 1 zucchini, diced
- 400 g canned tomatoes
- 800 ml vegetable broth
- 500 ml water
- 350 g cooked white beans
- 150 g small pasta
- ½ tsp oregano
- 1 tsp dried basil
- olive oil
- salt and pepper, to taste

## Packed Lunch Suggestion

*sides: crackers and grapes*



## Directions

1. Heat olive oil in a large stockpot. Add the onion, garlic, carrot, and celery and cook for about 5 minutes, or until the vegetables start to soften slightly.
2. Add in zucchini and diced tomatoes along with vegetable broth and water. Simmer for 15-20 minutes.
3. Add beans and pasta and simmer for another 5-10 minutes or until pasta is fully cooked.
4. Season soup with salt and pepper and serve warm.



# COCONUT LENTILS

**SERVINGS: 4**

**PREP TIME: 10 MIN**

**COOKING TIME: 40 MIN**

## Ingredients

- 250 g mixed vegetables, diced
- 1 onion, diced
- 2 cloves garlic, sliced thinly
- 250 g red lentils
- 400 g canned tomatoes
- 600 ml water or stock
- 1 tbsp coriander
- 2 tsp cumin
- 1 tsp each: fennel, ginger, pepper, and salt
- 100 g coconut milk
- cinnamon, cardamon, and cayenne pepper, to taste

## Packed Lunch Suggestion

*sides: naan, apple, and grapes*



## Directions

1. Heat a saucepan and add a small amount of oil to coat.
2. Saute diced vegetables, onions, and garlic until they begin to soften, about 5-7 minutes.
3. Add lentils, tomatoes, water, and spices. Bring the lentil mixture to a boil.
4. Reduce the heat until the mixture is at a low simmer and cook for about 20 minutes or until the lentils are no longer distinct in the pot.
5. Add the coconut milk and cook through until warm and slightly reduced, about 5 more minutes.
6. Spice to taste.



# THAI BASIL CHICKEN

**SERVINGS: 4**

**PREP TIME: 15 MIN**

**COOKING TIME: 30 MIN**

## Ingredients

- 1 red bell pepper, diced
- 1 onion, diced
- 3 cloves of garlic, minced
- 300 g ground chicken
- 1 bird's eye chili, minced
- 150 g green beans
- 3 tbsp oyster sauce
- 1 tbsp fish sauce
- 2 tsp brown sugar
- 25 g Thai basil
- 250 g white rice
- 200 ml coconut milk
- 300 ml water
- lime juice, pepper, salt

## Packed Lunch Suggestion

*sides: kiwi and peanuts*



## Directions

1. In a large skillet over medium-high heat, heat oil then add the bell pepper, onions, and garlic and cook for 2-3 minutes stirring the entire time.
2. Add the chicken and chilies then cook for about 5 minutes, breaking up the meat into very fine pieces with a wooden spoon.
3. Add green beans, oyster sauce, fish sauce, and brown sugar and cook just for 1 minute, then remove from heat, stir in the basil and place the meat mixture in a large bowl to the side while you make the rice.
4. Return skillet to heat and add the dry rice, cooking for until lightly toasted, about 60 seconds.
5. Pour in the coconut milk, water, lime juice, and some salt then turn the flame down extremely low, cover and simmer gently for 15-18 minutes until rice is cooked through.
6. Turn the heat off, fluff the rice then pour the chicken mixture over the rice and mix until both are combined.



## GRILLED HALLOUMI BOWL

SERVINGS: 4

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

### Ingredients

- 200 g halloumi cheese, sliced lengthwise
- olive oil, for frying
- 150 g mixed salad greens
- 100 g cherry tomatoes, halved
- 1/2 cucumber, sliced in quarter moons
- 1 red pepper, cut into thin strips
- 1 lemon, juiced
- pinches: oregano, salt, pepper
- a drizzle of olive oil and balsamic reduction (or honey)

### Packed Lunch Suggestion

*sides: flatbread, grapes*



### Directions

1. Heat a nonstick skillet over medium-high heat. Pat the halloumi dry with a paper towel.
2. Add a drizzle of olive oil to the skillet then add the halloumi and cook until golden brown on each side, about 2 to 3 minutes per side.
3. Remove the halloumi and place it on a plate and let it cool completely.
4. While the halloumi cools, assemble the salad by mixing together all the vegetables and seasoning and tossing to coat with olive oil and balsamic.
5. Note: you can add cooked pearl couscous, quinoa, or pieces of bread to the salad if desired.



# CARROT-CHICKPEA SCHNITZEL

SERVINGS: 6

PREP TIME: 20 MIN

COOKING TIME: 15 MIN

## Ingredients

### Patty

- 380 g chickpeas, cooked
- 2 carrots, finely shredded
- 100 g breadcrumbs
- 2 tbsp soy sauce
- 2 cloves garlic, minced
- 1 tsp smoked paprika

- ½ tsp each: dill, oregano, bouillon, salt, pepper, and cumin

### Breading

- 1 egg
- 100 g flour
- 150 g panko

## Packed Lunch Suggestion

*sides: french fries and apple*



## Directions

1. Put the chickpeas in a medium sized bowl and mash them until they turn into a semi-fine paste.
2. Add the rest of the patty ingredients and mix well with your hands until it starts to form a thick ball, add more flour if the mixture is too wet or does not adhere to itself.
3. Divide the dough into 4-6 patties of your desired size and shape into oblong rectangles on to a sheet of parchment paper, making sure they are evenly thick. Chill in the freezer for 15 minutes or until ready to cook.
4. Before frying crumb coat the patties by making a flour-egg mixture in a bowl by mixing together flour, egg, and water until a thick paste form. Coat each patty with the mixture then dip into a bowl of panko crumbs to coat completely.
5. Fry the patties: In a medium sized frying pan heat a few cms of oil in the pan until the oil begins to shimmer then fry the patties for about 3-5 on each side until golden brown.



# CREAM OF BARLEY

SERVINGS: 4

PREP TIME: 10 MIN

COOKING TIME: 40 MIN

## Ingredients

- 1 small onion, diced
- 1 tbsp butter
- 300 g cooked barley
- 1 L chicken stock (or mushroom stock), divided
- 1 carrot, grated
- salt, pepper, herbs, paprika

### White Sauce / Roux

- 35 g butter
- 45 g flour
- 300 ml milk
- 1 tbsp lemon juice

## Packed Lunch Suggestion

*sides: biscuits, apple*



## Directions

1. Heat the butter in a large soup pot then add onion and saute until translucent, about 5-7 minutes.
2. Add the cooked barley and half the stock, turn the heat to high and bring the liquid to a boil, then cover and simmer on low for 30 minutes.
3. While the pot simmers, make the white sauce by heating together the flour and butter in a small saucepan over low heat until a ball of flour forms and begins to turn golden in color. Add half the milk and whisk vigorously until smooth again, then add the rest of the milk and cook just until it thickens over low heat and set aside.
4. To the barley pot, add the grated carrot, the additional stock, and seasoning and then reduce heat and simmer for another 10 minutes; keep it hot over medium low heat.
5. Add the white sauce to the main pot, reducing the heat to low and stirring often. When thickened to your liking remove from heat, adjust seasoning, and serve.





**SERVINGS: 4**

**PREP TIME: 5 MIN**

**COOKING TIME: 10 MIN**

## Ingredients

- 250 g egg noodles
- 500 g frozen vegetables
- 2 tbsp vegetable oil
- 2 tbsp soy sauce
- 3 tbsp rice wine vinegar
- 3 tbsp sesame oil
- ginger, garlic, and pepper, hot chili oil, to taste

## Packed Lunch Suggestion

*sides: grilled zucchini, apple*



## Directions

1. Cook the noodles in a medium pot according to the package and drain. Set aside.
2. In a high walled pan or skillet heat oil over high heat, once hot add the frozen vegetables. Cook them until soft and warmed through, about 5-8 minutes.
3. Add the noodles, soy sauce, vinegar, and sesame oil and seasoning.
4. Cook for 2-3 minutes, tossing occasionally to coat noodles. Add more soy sauce or seasoning if needed.



# WEEK FOUR





# Week Four



## Lunch

## Dinner



### Monday



Manicotti (pg. 53)

Sweet & Sour Tofu (pg. 54)



### Tuesday



Crab Croquettes (pg. 55)

Tomato Dal (pg. 56)



### Wednesday



Sweet & Sour Tofu (pg. 54)

Creamy Orzo (pg. 57)



### Thursday



Spicy Bean Chili (pg. 58)

Manicotti (pg. 53)



### Friday



Piroshky (pg. 59)

Potato Dumplings (pg. 60)



### Saturday



Okonomiyaki (pg. 61)

Creamy Orzo (pg. 57)



### Sunday



Spicy Bean Chili (pg. 58)

Shakshuka (pg. 62)



# WEEK FOUR

## What to Make on Prep Day

- Manicotti
- Sweet and Sour Tofu
- Crab Croquettes
- Tomato Dal
- Spicy Bean Chili (freeze)
- Piroshky (freeze)

## YOUR NOTES

## SHOPPING LIST

- carrots
- zucchini
- onions
- spinach
- ricotta
- eggs
- mozzarella
- pasta sauce
- parmesan
- firm tofu
- frozen mixed vegetables
- cornstarch
- crab stick / surimi
- panko
- canned tomatoes
- lentils
- orzo
- cheddar
- red pepper
- black beans
- chipotle chilies
- tomato paste
- sour cream
- mushrooms
- potatoes OR instant  
mashed potatoes
- cabbage
- katsuobushi
- jalapenos



**SERVINGS: 4**

**PREP TIME: 45 MIN**

**COOKING TIME: 45 MIN**

## Ingredients

### Crepes

- 3 eggs
- 80 g flour
- 2 g salt

### Filling

- 400 g shredded vegetables (carrots, zucchini, onion)
- 150 g spinach, chopped finely

- 1 egg
- 200 g ricotta
- 125 g mozzarella, grated
- salt, pepper, Italian herbs

### Assembly

- 50 g parmesan, grated
- 400 g pasta sauce

## Packed Lunch Suggestion

*sides: grilled eggplant and mandarins*



## Directions

1. Make crepes batter by mixing the crepe ingredients into a bowl and slowly add about 150-170ml of water until a thin, smooth batter forms then let the batter sit for 20-30 minutes while you make the filling.
2. In a medium pan cook down all the vegetables with a small amount of hot oil and seasoning until all the water is drawn out and the vegetables begin to crisp, about 10-12 minutes. Allow vegetables to cool completely and then mix with the other filling ingredients.
3. Heat a small nonstick pan over low heat and spray with nonstick spray. Pour 3 tbsps batter and swirl batter to the edges of the pan. Cook until set about 45-90 seconds then flip and cook another 40-60 seconds until the underside starts to color. Tap out the crepe onto a clean towel and repeat with remaining batter; if possible, fill right away and place in baking dish. Do not to stack crepes directly or they will stick together.
4. Assembly: Preheat oven to 175°C. Spread about 1/2 of the sauce in a 13x9" baking pan. Working one at a time, spoon 1 tbsp of filling in center of crepe, spread to the ends then roll the crepe up and place seam side down into the baking dish. Fill the remaining crepes then top with the rest of the sauce and cheese and cover with foil.
5. Bake manicotti until cheese is melted and sauce is bubbling, about 35-45 minutes.



## SWEET AND SOUR TOFU

**SERVINGS: 4**

**PREP TIME: 5 MIN**

**COOKING TIME: 20 MIN**

### Ingredients

- 400 g firm tofu
- 15 g cornstarch
- 400 g chopped mixed vegetables, frozen or fresh
- oil, for frying

#### Sauce

- 20 g brown sugar
- 1/2 tsp salt
- 80 g ketchup
- 15 g sriracha
- 30 g soy sauce
- 80 g rice vinegar
- 60 ml water

### Packed Lunch Suggestion

*sides: rice, fruit salad*



### Directions

1. Drain and dry tofu if needed, then slice into small cubes and toss in a medium sized bowl with the cornstarch until the cubes have been completely coated.
2. In a large pan heat oil then once hot, add tofu and allow to brown on all sides, allowing to cook for 4-6 minutes per side until they are golden brown on all sides.
3. While the tofu cooks, in the bowl that you tossed the tofu, mix together all of the sauce ingredients and whisk together. Adjust for taste and set aside.
4. Remove tofu from the pan and set aside. Add a small amount of oil to the pan and add in the vegetables and cook just until the vegetables start to soften but not cook through, about 5 minutes (if using frozen vegetables, cooking time will be 3-5 minutes longer).
5. Add the tofu back to the pan and then pour the mixed sauce over the tofu and vegetables and mix while cooking over low heat for a few minutes until the sauce thickens.



**SERVINGS: 4**

**PREP TIME: 40 MIN**

**COOKING TIME: 15 MIN**

## Ingredients

- 1 onion, minced
- 60 g butter
- 75 g flour
- 500 ml milk
- 200 g crabstick / surimi
- salt, pepper, garlic powder, to taste
- flour
- 1 egg
- panko breadcrumbs

## Packed Lunch Suggestion

*sides: salad, mixed fruit*



## Directions

1. In a saucepan, melt the butter and cook the onion until translucent.
2. Turn the heat to low and add the flour, mixing well and cook 2-3 minutes until a thick paste has formed then gradually add the milk, stirring constantly, until the mixture thickens.
3. Add the crab sticks and season with salt and pepper. Cook until the mixture is the consistency of wallpaper paste, then remove from the heat and let cool completely.
4. When cooled, wet hands lightly and divide the mixture into 12 portions and make into croquette shapes. (You can put the croquettes in the freezer for 20 minutes if they feel too sticky to work with.)
5. Follow standard breading procedure with three separate bowls of flour, egg and panko crumbs, dipping the croquettes in each bowl in order until well coated.
6. Heat at least 6 cm of cooking oil in a medium pot and fry the croquettes until they are golden brown and crispy, about 3-5 minutes each side.



**SERVINGS: 4**

**PREP TIME: 10 MIN**

**COOKING TIME: 40 MIN**

## Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 4 small chilies, diced finely
- 2 tsp cumin
- 1 tsp ground ginger
- 1 tsp turmeric
- 1 tsp garam masala
- 1 tsp coriander
- 2 cloves garlic, peeled and crushed
- 300 g lentils
- 400 g canned crushed tomatoes (or 3 fresh tomatoes, chopped)
- salt, pepper, fresh cilantro

## Packed Lunch Suggestion

*sides: crackers and grapes*



## Directions

1. In a medium sized pot heat the olive oil over medium heat then add to that the onion and saute until it starts to become translucent, about 5-7 minutes.
2. Add the garlic and seasoning to the onion and let cook until heated through but not burning about 60 seconds.
3. Add the lentils, allow to heat through for 1-2 minutes then add the canned tomatoes as well as about 500ml of water and allow to cook on very low heat until the lentils are completely cooked through and begin to flake apart on touch, about 30 minutes.
4. You can add more water during the cooking time if needed. Adjust seasoning before serving.





## CREAMY ORZO

SERVINGS: 4

PREP TIME: 15 MIN

COOKING TIME: 20 MIN

### Ingredients

- 400 ml vegetable broth
- 250 g orzo
- 50 g strong cheese, grated
- 150 g roasted vegetables, any type
- salt and pepper and Parmesan cheese, to taste

### Packed Lunch Suggestion

*sides: salad and apple*



### Directions

1. Add broth to a medium size pot and bring to a boil then add orzo.
2. Cook the pasta for 7-10 minutes until all the liquid is absorbed and pasta is tender.
3. When pasta is done remove the lid and stir in the cheese and vegetables. Adjust seasoning.



# SPICY BEAN CHILI

**SERVINGS: 4**

**PREP TIME: 15 MIN**

**COOKING TIME: 30 MIN**

## Ingredients

- 2 tsp olive oil
- 1 onion, finely diced
- 1 red pepper, finely diced
- 2 cloves garlic, minced
- 2 tbsp chili powder
- 2 tsp cumin
- 2 tsp smoked paprika
- 1 tsp oregano
- 400 g cooked black beans
- 400 g crushed tomatoes
- 350 ml vegetable broth
- 2 tbsp tomato paste
- 185 g chipotle peppers in adobo
- salt, pepper, chili flake, cilantro

## Packed Lunch Suggestion

*sides: cornbread, blueberries*



## Directions

1. Heat oil in a heavy bottom pot stockpot over medium heat.
2. Cook the onions and peppers for 5-7 minutes or until soft.
3. Reduce the heat to low and add the spices, stirring constantly until heated through, just about 1 minute.
4. Add the beans, tomatoes, vegetable broth, and tomato paste to the pot.
5. Place the chipotle chilies in a blender and blend into a smooth paste, then add that to the pot as well and simmer until cooked and thickened, about 25-30 minutes.



**SERVINGS: 6**

**PREP TIME: 45 MIN**

**COOKING TIME: 25 MIN**

## Ingredients

### Dough

- 440 g flour
- 5 g baking powder
- 5 g salt
- 15 g sugar
- 115 g butter, cold, cut into chunks
- 2 eggs
- 165 g sour cream

### Filling

- 1 onion, finely diced
- 1 large carrot, grated
- 200 g chopped mushrooms
- 100 g spinach
- 2 tbsp flour
- 70 g cheese, shredded
- ½ tsp garlic powder, salt, pepper, parsley

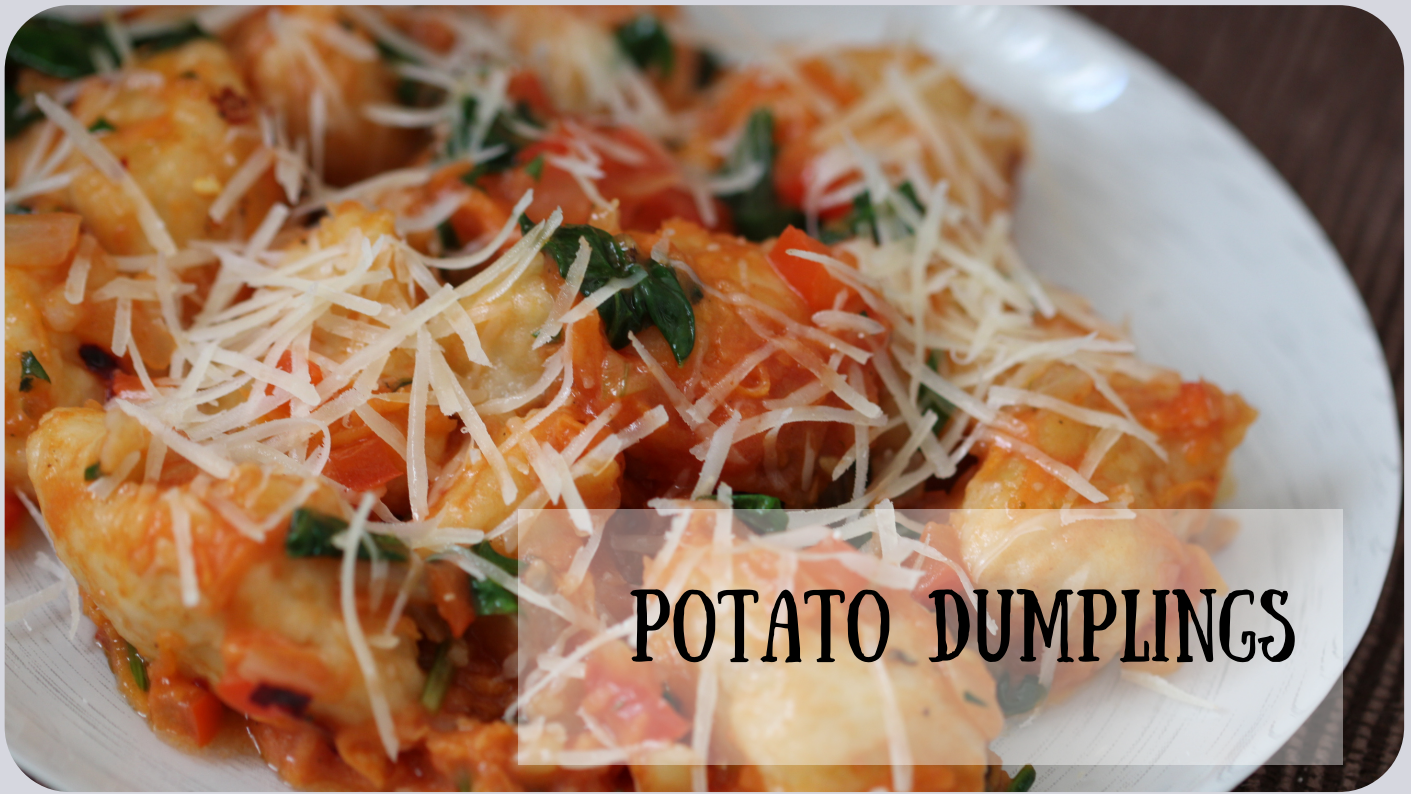
## Packed Lunch Suggestion

*sides: carrots and hummus, apple*



## Directions

1. Sift the flour, baking powder, salt, and sugar into a bowl. Cut the butter into the flour until it is the consistency of sand.
2. Add the egg and sour cream and form into a ball. Knead on a floured surface to make a smooth dough and then let the dough chill in the refrigerator for an hour.
3. While the dough is chilling, make the filling. Add the onion, mushroom, and spinach and sauté for ten minutes or until the onion is translucent. Sprinkle flour over the mixture and continue cooking for one more minute then turn the heat off and add the cheese and seasoning.
4. Once the dough is chilled, roll the dough out on a floured counter to a thickness of 1/2 cm. Cut the dough into twelve 15 cm rounds. Place three tablespoons of the filling on the round then firmly to seal the edges of the pastry with a fork or your hands. Continue with the rest of the rounds and filling.
5. Place the completed piroshki on a lined baking sheet. Cut slits in the piroshki with a knife to vent the piroshki. Brush with a beaten egg.
6. Bake at 190°C for 20-25 minutes in the oven until they are golden brown.



**SERVINGS: 4**

**PREP TIME: 15 MIN**

**COOKING TIME: 15 MIN**

## Ingredients

- 600 g mashed potatoes, leftover or fresh and completely cooled
- 1 egg
- 125 g flour

## Packed Lunch Suggestion

*sides: grapes*



## Directions

1. Place mashed potatoes, egg and flour together in a large mixing bowl and mix together until a dough forms.
2. Turn out dough onto a floured surface and roll into a long log about 3-4 cm in diameter then slice into 5-6 cm dumplings using a sharp knife or bench scrapper.
3. In a large saucepan or pot, boil water and add 6-10 dumplings at a time to the boiling water and cook until they start to float at the top. Remove and place on a plate. Repeat with remaining dumplings.
4. You can serve as is or by making a pan sauce (or even just butter) in a skillet and tossing cooked dumplings in sauce until they become golden brown.



**SERVINGS: 4**

**PREP TIME: 15 MIN**

**COOKING TIME: 15 MIN**

## Ingredients

- 300 g cabbage, shredded
- 2 green onions, roughly chopped
- ¼ cup katsuobushi (dried skipjack tuna flake)
- 400 g flour
- 2 eggs
- 120 ml dashi (or other stock)
- For topping: green onion, katsuobushi, okonomiyaki sauce, japanese style mayonnaise, nori

## Packed Lunch Suggestion

*sides: boiled egg and apple*



## Directions

1. In a large bowl, combine the shredded cabbage, scallions, katsuobushi, and flour, mix with two forks or your hands until combined.
2. Add the eggs and dashi, and whisk together until the everything is uniformly incorporated and there are no large lumps of flour.
3. Heat oil in a medium sized pan.
4. Pour about 1/4 of the batter in the pan spreading it carefully (the pancake it makes should be about 2-3 cm thick).
5. Cook until the bottom is browned, 5-7 minutes then flip the okonomiyaki over and cook the other side for another 5-7 minutes.
6. Slide the okonomiyaki out of the pan onto a plate and top with your desired toppings.



**SERVINGS: 4**

**PREP TIME: 10 MIN**

**COOKING TIME: 20 MIN**

## Ingredients

- 60 ml olive oil
- 3 jalapeños, finely chopped
- 1 onion, diced
- 5 cloves garlic, crushed then sliced
- 1 tsp cumin
- 1 tbsp paprika
- salt, pepper, to taste
- 800 g canned tomatoes
- 4 eggs
- 150 g feta
- 1 tbsp parsley, chopped roughly
- pitas or naan, for serving

## Packed Lunch Suggestion

*sides: naan, grapes*



## Directions

1. Heat oil in a medium sized skillet over medium heat. Add chilies and onions and cook about 6 minutes until browned.
2. Add garlic, cumin, paprika, salt and pepper, cook, stirring frequently, until garlic is soft, about 2 minutes.
3. Add tomatoes to the skillet along with 100 ml water. Reduce the heat slightly and simmer for 10-15 minutes, stirring occasionally, until thickened.
4. With the back of a spoon make four indentations evenly across the surface of the tomato mixture and crack an egg into each well.
5. Cover the pan and cook until yolks are just set, about 5 minutes. Using a spoon, baste the whites of the eggs with tomato mixture if more cooking is needed.
6. Sprinkle shakshuka with feta (or other cheese) and parsley.

# MY WEEKLY PLANNER

Mon
Tue
Wed
Thu
Fri
Sat
Sun

## RECIPES

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## NOTES

# WEEKLY PLAN

What to Make on Prep Day

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YOUR NOTES

SHOPPING LIST



# Tips & Tricks

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Menu planning and meal planning are tools that can help you in your day to day so however you end up using them is really up to you.

Before you close the book, I want to leave you with a few extra tips and tricks I've picked up over the years:

- A little bit of garnish (herbs, cheese, seeds, nuts, etc.) makes any dish look extra special
- Keep a list on the outside of the fridge of what is for lunch/dinner if you have multiple people in the house so things don't get accidentally eaten
- Most things can be frozen in some form that saves time later: soup bases, curries, breads, chopped vegetables and fruits, etc. It's easier to prepare a double batch of something than cooking it twice and cleaning up twice
- Read and re-read recipes several times before and during cooking
- Menus are not set in stone, you can make alterations to them all you want
- You don't have to make everything from scratch. Frozen add ins, pre-cut fruit, canned beans, spice mixes, condiments, or store bought bread are great time savers
- Look up how to properly cut, clean, and prepare ingredients in advance if you're not sure
- When a vegetable isn't in season, the frozen version of it is usually the best quality
- Having all the ingredients and equipment (including a sharpened knife) on the counter *before* you start cooking goes a long way
- Don't worry about your meals turning out picture worthy or restaurant complexity, as much I love it, food isn't always going to be the top priority in life.
- Have fun! It really helps if cooking is a nice experience. I've found podcasts and music helpful but video chatting, inviting a friend over, cooking with a spouse or child, or pampering yourself when you're done can all help!

**Happy Cooking Everyone!**





I hope you enjoyed the cookbook.  
For more recipes visit [mabmadefood.com](http://mabmadefood.com)!

