



Eat Well
Spend Smart

sample meal plan

Monday	slow cooker chicken, carrots, mashed potatoes
Tuesday	chicken fried rice, apple slices
Wednesday	lentil soup
Thursday	slow cooker pinto beans, greens, cornbread
Friday	cheese pizza, salad
Saturday	pinto bean burrito bowls
Sunday	salmon patties, oven fries, buttered peas
Breakfast Options	eggs, fruit, toast, egg sandwich, banana muffins
Lunch Options	leftovers always #1, muffins, grilled cheese, carrot and celery sticks, fruit

Prep Notes

Monday: save 2 cups of chicken for Tuesday's meal. Immediately make chicken stock with bones. Use the stock to make lentil soup on Wednesday.

Thursday: reserve pinto bean leftovers for burrito bowls on Saturday

Grocery List

Produce

carrots (5 lb bag)
celery (1 bag)
potatoes (5 lb bag)
greens (1 large bunch)
onion (2)
lettuce
frozen peas
inexpensive seasonal fruit (apples
and bananas are usually cheap)

Dairy

milk (1 gallon)
butter (1 lb)
cheddar cheese block
mozzarella cheese

Meat and Eggs

whole chicken
eggs (2 dozen)
canned salmon (14.5 oz)

Pantry

rice (1 lb)
cornmeal
pinto beans (2 lb.)
lentils (1 lb)
salsa
flour
yeast (only if making homemade
bread)
tomato puree (large can)
bread or homemade (recipe below)
soy sauce
fish sauce (optional but tasty)
spices and herbs (bay leaf,
oregano, thyme, salt, pepper,
garlic)

Note: Shop your home first! Also feel free to substitute any of the side dishes if you have other items on hand that you could use. This will decrease your spending even further.

RECIPES

Slow cooker chicken

1 whole chicken
salt, pepper
thyme and oregano (optional)
2 T arrowroot powder or non-GMO cornstarch or flour
1.5 T water

Place chicken in the crockpot breast side down.

Season with salt and pepper and thyme and oregano if desired.

Cover with lid and cook on high for approximately 4 hours or low for 6 hours.

When chicken is done, transfer to a cutting board and let rest for 20 minutes until you can easily handle the chicken.

Strain and measure the juice that has accumulated in the crockpot.

You will want to use about 1.5 T. of arrowroot or cornstarch and water per 2 cups of chicken broth. If you have more broth than I had, use a little more. If you have less than I had, use a little less.

In a separate small bowl, mix the water and arrowroot to make a slurry.

In a small saucepan, add reserved broth and bring to a bubble.

Whisk in the slurry to the hot bubbling broth until thickened. If your broth is not bubbling, it will not thicken very fast.

Turn off heat and taste to check for seasonings. You may have to add some more salt, pepper, thyme, and oregano.

Debone chicken and serve with hot gravy.

Notes

You could also make your gravy by using a roux method instead of the slurry method.

Melt 2 T. butter in a saucepan. Add 2 T. flour and whisk until smooth. Whisk in broth and bring to a bubble to thicken. Season with salt and pepper if needed.

Mashed potatoes

4 large potatoes
4 T. butter
¼-1/2 cup milk
1 tsp sea salt

Peel and slice the potatoes. Boil or steam them until fork tender. Drain water. Mash the potatoes up a bit and add butter and part of the milk and salt. Mash or use a hand mixer to mix up potatoes. Taste and add more milk and salt and pepper if needed.

Buttered carrots

5-6 carrots
butter

Peel carrots and slice on the diagonal.
Place in a skillet and cover with water.
Bring to a boil and simmer for about ten minutes or until tender.
Drain water and add a couple of pats of butter to melt over carrots.

Chicken fried rice

2 cups uncooked white rice (cooked to yield 4 cups rice) Refrigerate rice until cool.
2 cups vegetables of choice(carrots, onions, frozen peas)
2 cups leftover chicken, cut into bite sized pieces
salt, pepper, garlic powder
3-4 cloves garlic
3 T. soy sauce or coconut aminos
1 T. fish sauce

In a large skillet stir fry vegetables in olive oil or coconut oil until crisp tender. Add garlic the last minute.
Add rice and chicken back to skillet and stir fry for a couple of minutes.
Add in soy sauce and fish sauce and cook for a few minutes. Taste and adjust seasonings as needed.

Notes

Scrambled egg is another good protein source if you are looking for a meatless version.

Lentil Soup

2-3 carrots, diced
2 celery ribs, diced
1 onion, diced
2 T. butter or olive oil
3 cloves garlic or garlic powder
2 cups green french lentils, rinsed and picked through to remove stones
8 cups chicken broth
salt and pepper to taste (feel free to be generous here)
dried thyme and oregano

In a stockpot, saute carrots, celery, and onion in butter over medium heat until soft. Add garlic and cook for another minute or two. Add broth and lentils. Bring to a boil, then reduce to a simmer and simmer with lid partially on for about an hour or until lentils are soft.

Slow cooker pinto beans

1 lb. dry pinto beans
6 cups. water or broth
1-1/2 tsp. sea salt (add more if desired)
pepper to taste
1 T. bacon fat, or 2 pieces of bacon, or a ham hock (omit if vegetarian)
1 bay leaf (only if vegetarian)

Rinse and sort beans.

In a pot or bowl, add warm water covering the beans by two inches. Let soak overnight.

Drain the next day and add beans to a crockpot.

Add 6 cups water or broth as well as fat (use a bay leaf if you are vegetarian).

Cook on low for 7-9 hours or on high for 4-5 hours.

After beans are tender, add salt and pepper to taste.

Greens

1 bunch of greens, washed and cut into bite sized pieces
2 T. butter
1 onion, sliced
2 cloves garlic
water

In a stockpot, melt butter and cook onion and garlic over medium heat.

Add greens to pot and water to cover about halfway up the greens.

Add a generous pinch of salt.

Bring to a boil and reduce to a simmer. Simmer for about 45 minutes.

Taste and check for seasonings.

Cornbread

1 cup cornmeal
1 cup flour
3 tsp. baking powder
1 tsp. salt
2 T. honey
2 T. butter, melted
1 cup milk
1 egg

Mix all ingredients together in a bowl.

Grease an oven safe skillet like cast iron or a 9x9 baking dish.

Bake at 425 for 25 minutes or until golden brown and toothpick/knife comes out clean when inserted into cornbread.

Cheese pizza

Crust

3 cups flour (I like a blend of 2 c. sprouted, 1 c. unbleached white)
2 1/2 tsp. active dry yeast
1 1/2 tsp. sea salt
1 1/2 c. warm water

Sauce

1 large can of tomato puree (I like organic Muir Glen brand)
1 tsp oregano
1/8 tsp. garlic powder
1/2 tsp. sea salt
16 oz. block mozzarella cheese (low moisture)
desired toppings

In a medium sized bowl, combine flour, salt and yeast and stir well.

Add warm water. Stir until it becomes a shaggy dough.

Then with floured hands, knead the dough until it comes together to a slightly sticky yet manageable dough. Add a bit more flour if needed.

Cover and let rise for 30 minutes in a warm area.

While dough is rising, make sauce and shred cheese.

Sauce

Stir together tomato puree, salt, oregano and garlic powder in a small bowl. Set aside.

Shred cheese by hand or with a food processor.

After dough has risen, preheat oven to 500 degrees.

Put your baking stone in the oven to preheat as well.

On a floured piece of parchment paper, carefully take half of the dough and gently stretch it to form about a 12 inch circle. Do not roll out or push down too hard. Be careful to also not allow dough to get too thin.

Brush the edges of the crust with olive oil.

Add sauce, cheese and toppings.

Transfer pizza and parchment paper onto hot stone.

Bake on top rack at 500 degrees for 6 minutes.

Rotate pizza and drop the position to the **BOTTOM** rack for an additional 4-5 minutes or until crust is browned and cheese is bubbly and beginning to brown.

Transfer pizza off of stone and parchment paper onto an elevated cooling rack, so crust does not get soggy.

Repeat with second pizza.

After pizza has cooled, transfer onto a cutting board and cut into eight equal slices with a pizza slicer.

Pinto bean burrito bowls

leftover pinto beans
cumin
chili powder
2 cups uncooked rice
salsa
shredded cheddar

Spice leftover pinto beans with a couple of shakes of cumin and chili powder. Taste and adjust seasonings if desired.

Cook rice according to package directions.

Top rice with spiced pinto beans, salsa, and cheese.

Salmon patties

14.5 oz. canned salmon
2/3 c blanched almond flour, flour, or cracker crumbs
1/2 c milk
2 eggs
1/4 cup onion, minced or a few shakes of onion powder
salt and pepper to taste (use only a small amount of salt)
2 T. fat for cooking (butter, expeller pressed coconut oil, olive oil, animal fat, avocado oil, etc)

Drain salmon and place in bowl,

Crush the bones with your fingers. You can remove them if you are too freaked out by them.

Add remainder of ingredients and mix well with fork. Let stand for a few minutes to combine.

In cast iron pan, melt 2 T. butter over medium heat.

Scoop out small amount of salmon mixture, flatten in hands and place in pan. I like mine thin, so I sometimes flatten it a bit more when it gets in the pan.

Cook for a few minutes until golden brown and flip, continuing to cook for another few minutes.

Notes

If you are unsure of salt preference, cook a bite sized patty in the pan first and taste. Then adjust seasonings as desired.

Oven fries

3-4 potatoes, cut into small wedges
olive oil
salt and pepper

SOAK FRIES IN A LARGE BOWL OF ICE WATER FOR 20 MINUTES. THOROUGHLY DRY.
TOSS WITH OLIVE OIL AND ARRANGE IN A SINGLE LAYER ON A PARCHMENT LINED BAKING SHEET. BAKE AT 400 DEGREES FOR 45 MINUTES OR UNTIL POTATOES ARE TENDER AND CRISP. SPRINKLE WITH SALT.

Buttered peas

frozen peas
butter

In a small sauce pan, place frozen peas and cover with water. Bring to a boil and then turn down to a simmer. Simmer for about five minutes or until peas are tender. Drain water and melt a couple of tablespoons of butter onto the peas. Salt and pepper to taste.

Banana muffins

1 1/2 cups flour
2 tsp baking powder
1 tsp sea salt
1/4 tsp baking soda
1/3 cup butter, softened
2 eggs
2/3 cup sugar
3 over ripe bananas, mashed

Mix all ingredients together with a mixer until smooth. Pour into greased muffin tins and bake at 350 for 18-20 minutes or until a toothpick comes out clean when inserted into muffin. Makes 12.

Chicken stock

1 chicken carcass, meat picked off bones
1 carrot, cut into large chunks
1 onion, quartered
1 celery stalk, cut into large chunks
water

Put chicken carcass and vegetables into either a slow cooker or stockpot. Cover with water. Either cook in a slow cooker on low overnight or simmer in stockpot for 24 hours.