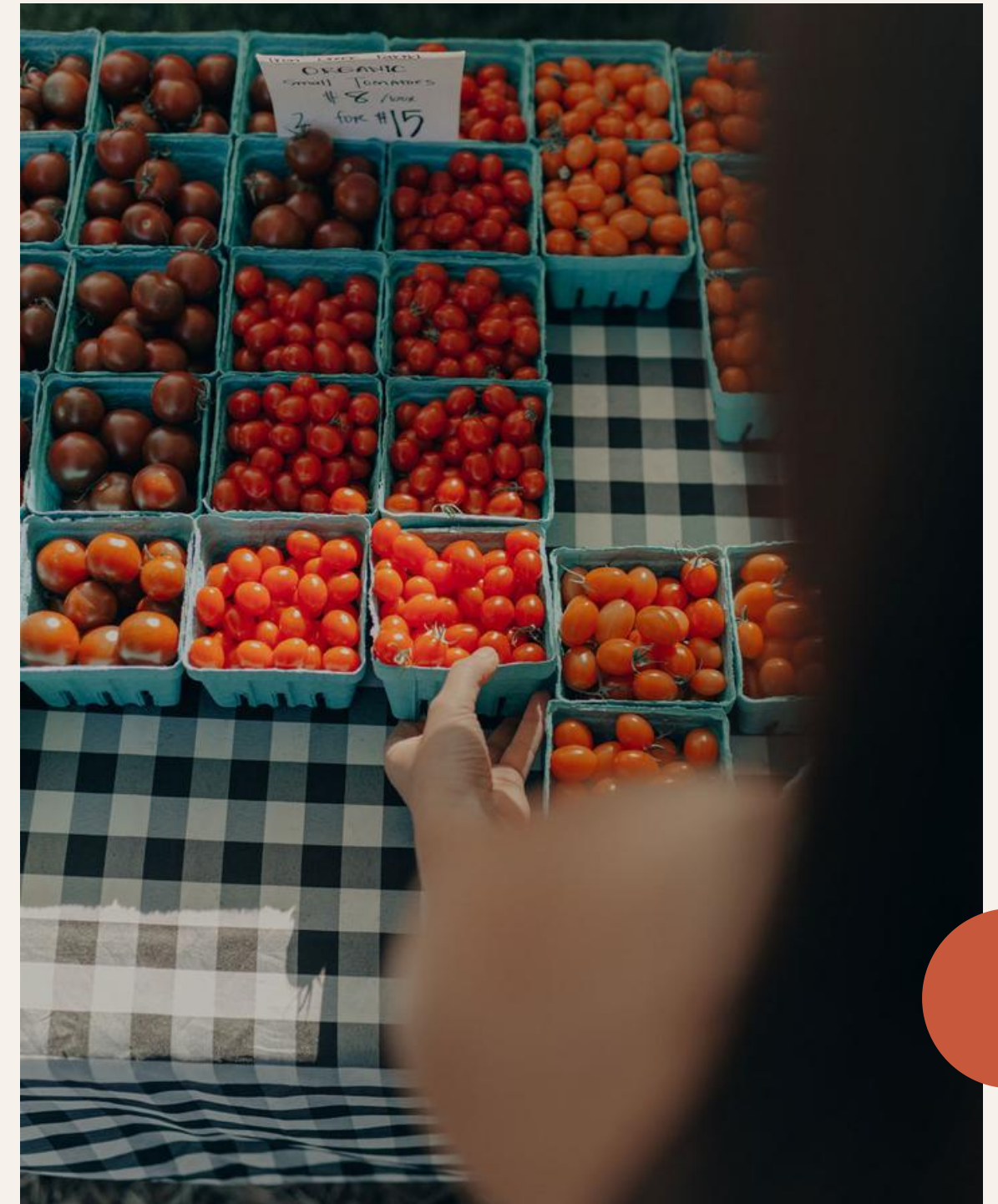


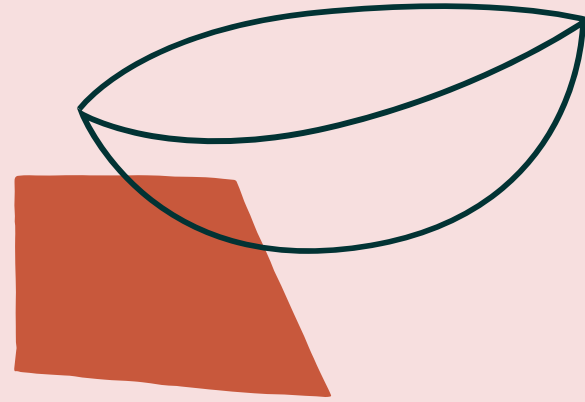
Gathered  
Nutrition.



# Weekly Dinner Meal Plan

Take the stress and planning out of dinner time with this simple + nourishing menu





## Monday

Honey Mustard Tray Bake

## Tuesday

Tortilla Pizzas + Simple Salad

## Wednesday

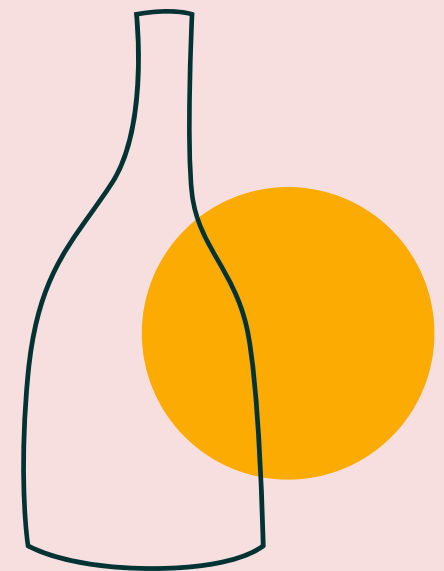
Mediterranean Burgers + Lemon Potatoes + Salad

## Thursday

Creamy Red Pepper Pasta + Steamed Broccoli

## Friday

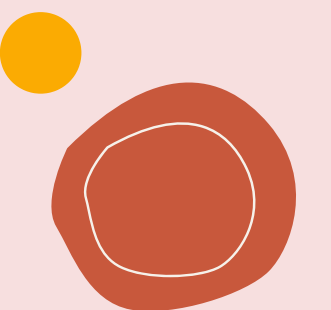
Orange Chicken





# Tips and Tricks

- Go through the grocery list (pg. 10) prior to heading to the store and make note of any items you already have (ex: you may already have Italian seasoning, balsamic vinegar, etc.). This can cut your list down quite a bit.
- Depending on how many you are serving, these meals will likely leave you with leftovers for breakfast or lunch! So while the grocery list may seem like a lot for just dinners, it will provide you with many more meals!
- Use any leftover veggies, sauces, etc. for other meals throughout the week.
- Take note of how many each meal serves, as you may need to double the recipe depending on how many you are serving! If so, make sure to adjust the corresponding groceries.
- Tag me in your meal plan meals so that I can see who all is joining in!! :)
- Let me know any feedback you may have, or how helpful this was for you! This is my first round of doing this, so we will see how it goes!



# Monday

## Honey Mustard Tray Bake

Servings: 3-4

### Ingredients

- 1 lb baby potatoes, quartered
- 1 lb Brussels sprouts, stems removed and halved
- 2 large carrots, diced
- 4-6 chicken sausages (precooked; I like Cajun or Italian ), sliced into coins
- 2 tbsp of avocado oil

### Instructions

1. Preheat oven to 425°F. Toss veggies and chicken sausage in a large bowl with 2 tbsp avocado oil and 1/2 tsp sea salt. Make sure everything is well coated.
2. Bake on a large baking sheet for 25-30 minutes, tossing halfway through. While baking, whisk all sauce ingredients together in a small bowl and set aside.
3. When veggies and chicken sausage are done roasting, toss with the honey mustard sauce in a large bowl.

### For the sauce:

- 3 tbsp olive oil
- 1 garlic clove, crushed or minced
- 1 tbsp apple cider vinegar
- 1-2 tsp honey
- 1-2 tsp mustard (I like the grainy type for this, but dijon works, too)
- 1 tsp Italian seasoning
- 3/4 tsp sea salt
- 1/4 tsp black pepper
- Red pepper flakes (optional)



# Tuesday



## Tortilla Pizzas + Simple Salad

Servings: As many as you'd like! Note, these are breakfast pizzas, but the egg can be substituted with any pre-cooked meat or taken out completely for vegan!

### Ingredients

- Tortillas of choice
- Marinara or pizza sauce
- Shredded mozzarella (vegan or regular)
- Eggs (1 per tortilla- can sub with any precooked meat)
- Optional add ons: any extra veggies; bacon, breakfast sausage, or ground turkey; fresh herbs; avocado slices (add after baking)

### Instructions

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. For each tortilla, spread a layer of pizza sauce.
3. Add any toppings (ex: spinach, olives, bacon, sliced tomatoes, etc.) and sprinkle with cheese (vegan or regular cheese will work).
4. Carefully crack an egg over the top of each pizza.
5. Bake for 8-12 minutes, until edges of tortillas are crispy and egg is cooked to your preference. Serve these with a simple salad! See recipe on page 7.



# Wednesday

## Mediterranean Burgers + Lemon Potatoes + Salad

Servings: 4



### Ingredients

#### For the potatoes:

- 4–5 gold potatoes, sliced into wedges
- 2 tbsp olive oil
- 1 tsp Italian seasoning
- Salt and pepper, to taste
- Juice of 1 lemon
- Fresh parsley for topping (optional)

#### For the burgers:

- 1 lb ground chicken (or turkey)
- 1/2 cup chopped baby spinach
- 1/2 bell pepper, diced
- 1/4 cup roughly chopped fresh parsley
- 1/4 heaping cup crumbled feta
- 1/4 cup Kalamata olives, chopped (optional)
- 1–2 tbsp red onion, finely diced
- 1 tsp Italian seasoning
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- Pinch of red pepper flakes

### Instructions

1. Start by making the potatoes. Preheat oven to 425°F and line a large baking sheet with parchment paper.
2. Toss the potatoes in the olive oil, salt, and pepper. Lay flat on the baking sheet and roast for 40 minutes, tossing halfway through.
3. While the potatoes are roasting, start on the burgers. Mix all burger ingredients together in a large bowl until well-combined. Form into 5-6 burger patties.
4. Heat a large skillet or a griddle over medium heat and spray with avocado oil. Cook burgers for 5-7 minutes on each side, until browned and cooked through.
5. When potatoes are done roasting, squeeze lemon juice over the potatoes and sprinkle with fresh parsley. Finally, toss your simple salad (next page) and serve!





## Mediterranean Burgers + Lemon Potatoes + Salad (Cont.)

### Simple salad:

- Spring mix or butter lettuce
- Cucumbers, diced
- Olive oil
- Balsamic Vinegar
- Italian seasoning
- Garlic powder
- S+P

### Instructions

1. Toss all veggies together, then dress with a drizzle of olive and a splash of balsamic. Season with Italian seasoning, garlic powder, salt, and pepper.



**Thursday**



# Creamy Vegan Red Pepper Pasta + Steamed Broccoli

Servings: 2-3

## Ingredients

- 8 oz package of chickpea or lentil pasta
- 2 tbsp extra virgin olive oil
- 1/2 yellow onion, finely diced
- 2 cloves of garlic, minced
- Jarred roasted red peppers (equivalent of about 2 bell peppers)
- 1/4 cup almond milk (or any dairy free milk)
- 3 tbsp jarred marinara sauce
- 2 tbsp ripe avocado
- 2 tbsp nutritional yeast
- Salt and pepper, to taste
- Optional: dash of red pepper flakes

## For Serving:

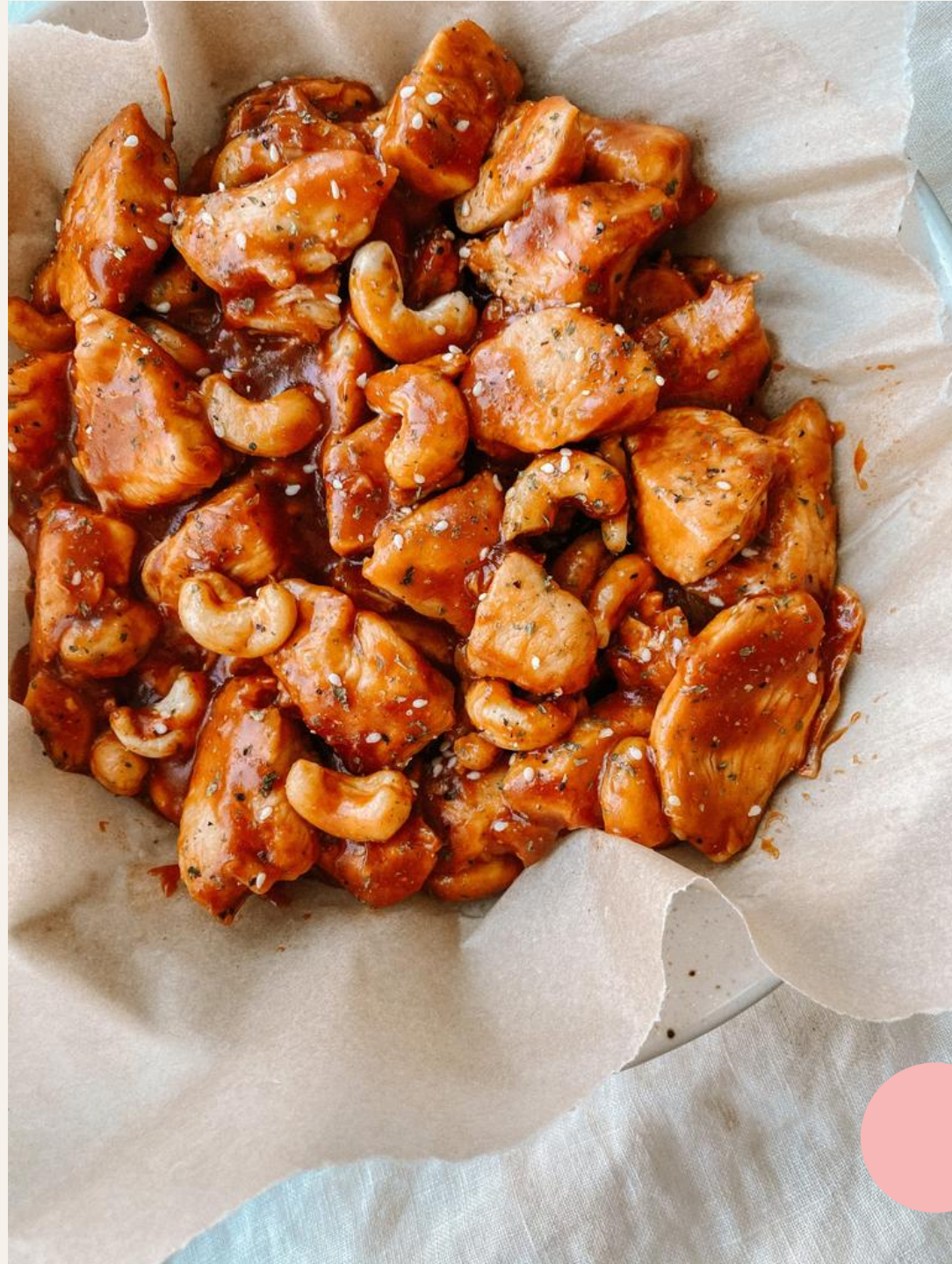
- Steamed broccoli (~1/2 cup per person)

## Instructions

1. Heat a skillet over medium. Once hot, add olive oil; sauté garlic and onions until onions are translucent, about 6 minutes, stirring frequently.
2. Remove from heat and add onions/garlic and olive oil from the pan to a blender along with the peppers and all other ingredients.
3. Blend until a smooth sauce forms.
4. Cook pasta according to directions on box. Add drained pasta and sauce to a skillet to gently reheat. Serve with steamed broccoli and enjoy!



**Friday**



# Orange Chicken + Cauliflower Rice + Jasmine Rice

Servings: 2-3

## Ingredients

### For the sauce:

- 1/3 cup coconut aminos
- 2 tbsp rice vinegar
- 2 tablespoons tomato paste
- Juice of 1 orange
- 1 tsp of sesame oil
- 3 cloves garlic, minced
- 1/2 tsp ground ginger (or 1 inch piece of fresh ginger, minced)
- Few good cracks of black pepper
- Red pepper flakes, to taste

### For the chicken:

- 2 tbsp avocado oil
- 1.5 lbs chicken breasts, sliced into bite sized pieces
- 2 tbsp tapioca starch
- 1/2 tsp sea salt
- 1/3 cup raw cashews

### For Serving:

- Cauliflower rice (1 frozen bag)
- Jasmine rice

## Instructions

1. Prepare your cauliflower rice and jasmine rice according to directions on bag.
2. While rice is cooking, whisk all ingredients for the sauce together in a bowl. Set aside.
3. Toss the chicken pieces in the tapioca starch until evenly coated.
4. Heat a large skillet over medium heat. Add the avocado oil, then stir in the chicken and season with 1/2 tsp sea salt. Allow to cook, stirring occasionally, until cooked through (about 9-12 minutes).
5. Add the sauce and cashews. Reduce heat to a simmer. Allow to simmer until sauce slightly thickens, about 5-7 minutes. Serve with rice and cauliflower rice.

# Groceries.

## Produce

- 1 lb baby potatoes
- 5 gold potatoes
- 1 lb brussels sprouts
- Carrots
- Garlic
- Baby spring mix or butter lettuce
- Baby spinach
- Cucumbers (2-3)
- Lemon (1-2)
- Bell pepper (1)
- Fresh parsley
- Red onion
- Yellow onion
- Avocado
- Broccoli
- Orange (1)

## Proteins

- 1 package chicken sausages (any flavor you like)
- Eggs
- 1 lb ground chicken or turkey
- 1.5 lb chicken breast

## Breads/Grains

- Tortillas (paleo, regular flour, or brown rice)
- 1 box chickpea or lentil pasta
- Tapioca starch
- Jasmine Rice

## Dairy

- Shredded mozzarella (regular or dairy free)
- Feta
- Milk of choice

## Misc.

- Italian Seasoning
- Garlic Powder
- Honey
- Red pepper flakes
- Kalamata olives (optional)
- Nutritional yeast
- Jar of roasted red peppers
- Ground ginger (or fresh)
- Cashews

## Condiments/Sauces

- Olive oil
- Avocado oil
- Apple cider vinegar
- Rice vinegar
- Balsamic Vinegar
- Mustard (grainy or dijon)
- Marinara
- Coconut aminos
- Tomato paste
- Sesame oil

## Frozen

- Cauliflower rice

