

Kitchen Happy Meal Plan

WEEK 1

WEEK 1 MENU

MONDAY

Hawaiian Chicken Bowls

TUESDAY

Sheet Pan Teriyaki Salmon

WEDNESDAY

Sheet Pan Sausage & Broccoli with Gnocchi

THURSDAY

BBQ Chicken Flatbreads

FRIDAY

Chicken Sausage & Peppers Bowl

GROCCERY LIST

(FOR 5 DINNER)

PROTEIN

- 6-8 boneless skinless chicken breast
- 4 salmon filets
- 3 packages of chicken sausage (12 links total)

PRODUCE

- 6 bell peppers (4 red, 2 yellow or orange)
- 2 large zucchini
- 1 bag frozen broccoli (16 oz)
- 1 Pineapple
- 1 Lemon

PANTRY ITEMS

- Jasmine rice or basmati (6 cups dry)
- Flat Bread Naan (4 large pieces)
- Gnocchi - Potato - refrigerator (2- 9 ounce packets)
- 1 can - Coconut Milk - 13.5 oz
- 1 bottle BBQ Sauce - I use primal kitchen
- 1 bottle teriyaki sauce - I use primal kitchen
- 1 bag shredded mozzarella cheese
- olive oil
- butter
- salt, pepper, paprika, garlic powder, red pepper
- minced garlic



TIPS TO GET AHEAD

- Cook all 6-8 boneless skinless chicken breast Sunday or Monday. Half will be used in Monday nights dinner and the second half will be used Thursday night. (Refer to my juicy chicken recipe at the end of the meal plan.
- Prep your produce at the start of the week. It will take you 10 minutes max.
(Chop pineapple into bite sized cubes, slice bell peppers into strips, cut zucchini into 1-inch rounds.
- Chop precooked sausage into 1-inch rounds

MONDAY

HAWAIIAN CHICKEN BOWLS

4 servings

INGREDIENTS

- 4 cooked & cubed chicken breast
(Use my perfect juicy chicken recipe)
- 2-3 cups fresh pineapple cubed
- 2 red bell peppers
- 1/2 bottle primal kitchen teriyaki sauce
- 2 cups cooked coconut rice or rice of choice
- optional sesame seeds for topping
- 2 TBSP olive oil



INSTRUCTIONS

1. Heat your skillet on high heat. Let the pan heat up about 3 minutes. Add 2 TBSP of olive oil.
2. Slice 2 red bell peppers into long strips, removing seeds and core.
3. When the oil and pan is hot, add sliced red bell peppers. Sprinkle with a little salt and pepper. Do not stir or move the peppers yet. Let cook on high for about 3-4 minutes. We want everything in this dish to get a nice char and crisp on the edges.
4. While the peppers cook, cube your cooked chicken. (see my perfect juicy chicken recipe)
5. Add the cubed chicken, and 2 cups of chopped pineapple to your skillet.(see video reel for size reference)
6. Give everything a toss to coat in the olive oil, and cook for a few minutes to give everything a little char. Pour half a bottle of Primal Kitchen teriyaki sauce over the chicken mixture in the pan. Toss to coat. Cover with a lid and heat 5-10 minutes over medium-high until everything is heated through.
7. Serve over rice of choice and optional to sprinkle sesame seeds on top. I love serving mine with coconut rice. See the video and recipe below.

TUESDAY

SHEET PAN TERIYAKI SALMON W/ COCONUT RICE

4 servings

INGREDIENTS

- 4 salmon fillets
- 2 large zucchini squash
- 1/2 bottle primal kitchen teriyaki sauce
- olive oil
- salt
- 2 cups dry jasmine or basmati rice
- 1 can coconut milk



INSTRUCTIONS

1. Preheat your oven to 425 degrees
2. Chop zucchini into 1 inch rounds.
3. Pat salmon dry, Remove skin with knife and cube into bite size cubes.
4. Add salmon and zucchini to a parchment paper lined sheet pan.
5. Pour 1/2 bottle of teriyaki sauce over the pan mixture, and a few drizzles of olive oil to coat. Toss to combine. Sprinkle salmon and zucchini with salt. Spread salmon and zucchini into an even layer on the sheet pan.
6. Bake at 425 degrees for about 25 minutes or until the salmon is cooked through and zucchini is tender with crisp edges. End with a 1-2 minute broil to get little crisp edges on everything.
7. While the salmon cooks, lets prepare the rice. In a pot or dutch oven on your stove, add in 2 cups of dried rice that is rinsed. Use a mesh strainer. This will remove the extra starch build up. After you add the rice, add in one can of coconut milk and 1 and 1/2 cups of water. Bring mixture to a boil over high heat. Once the mixture is boiling, cover and reduce to simmer for 15-20 minutes or until cooked and fluffy. Season with salt.
8. Serve salmon over rice and enjoy! Sprinkle of sesame seeds is optional.

WEDNESDAY

SHEET PAN SAUSAGE & BROCCOLI WITH GNOCCHI

4 servings

INGREDIENTS

- 1 -16 oz bag frozen broccoli
- 2 packages (or 8 links)
[fully cooked jalapeno & cheddar chicken sausage \(](#)
[or chicken sausage of choice\)](#)
I love the whole foods brand and varieties
- 2 -9 oz packs store-bought potato gnocchi
(in the refrigerator section) (refrigerated cheese
tortellini would work too)
- 1 lemon
- olive oil
- sea salt
- pepper
- crushed red pepper
- 1/2 stick salted butter
- 2 tsp jarred minced garlic (or garlic powder)



INSTRUCTIONS

1. Preheat your oven to 425 degrees.
2. Slice your fully cooked sausages into 1 inch rounds.
3. On a sheet pan toss the frozen broccoli, gnocchi, and sliced fully cooked sausages together. Generously coat with olive oil. (at least 1/4 cup) Ensuring each piece is coated.
4. Squeeze the juice of half a lemon, 1 tsp of salt, 1 tsp of pepper, and crushed red pepper to taste over the mixture. Toss to combine ensuring the oil and seasonings are even.
5. Cook for 25 minutes. Take out of oven halfway through and toss to move around. When everything is roasted, take out of the oven and pour the butter sauce on top. Toss to combine and serve.

THURSDAY

BBQ CHICKEN FLATBREADS

4 servings

INGREDIENTS

- 4 pieces naan bread
- 3-4 cooked chicken breast diced (see my recipe for perfect juicy chicken)
- primal kitchen BBQ sauce
- 1-2 cups shredded mozzarella cheese
- 1-2 cups fresh pineapple cubed
- 1 red bell pepper diced
- Italian Seasoning - optional



INSTRUCTIONS

1. Preheat your oven to 450 degrees.
2. Place your naan bread on a sheet pan. Coat each piece with BBQ sauce, layering with cubed chicken breast, mozzarella cheese, diced pineapple and bell peppers. (I like adding my bell peppers raw, but if you don't like the crunch, feel free to saute them before you add to the pizza. Season with Italian seasoning and optional red pepper.
3. Bake until cheese is bubbly and everything has a nice golden color (about 10 minutes or less).
4. Drizzle with with more BBQ sauce and olive oil before serving. Enjoy!

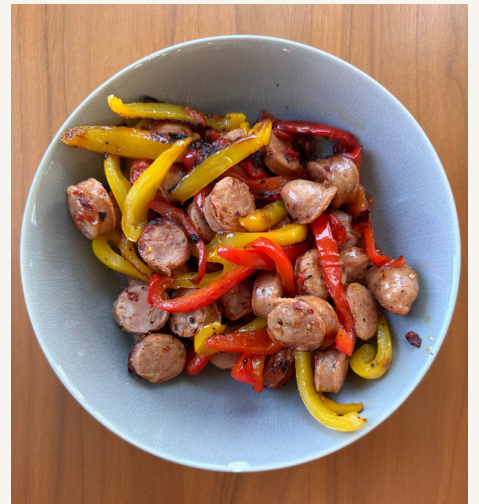
FRIDAY

CHICKEN SAUSAGE & PEPPERS

4 servings

INGREDIENTS

- 2 packages (or 8 links)
chicken sausage or fully cooked sausage of choice
- 2 bell peppers
- 2 dry cups jasmine or basmati rice
prepare with bag instructions
- olive oil
- salt & pepper



INSTRUCTIONS

1. Preheat your skillet over high heat.
2. If you want to serve this dish over rice, go ahead and get that started following the package instructions.
3. Slice your bell peppers into strips, removing the seeds and core.
4. Add 2 TBSP olive oil into the hot skillet. Add sliced peppers. Do not stir or touch peppers for about 3 minutes. Let them get a char.
5. Chop precooked sausage into 1 - 2 inch rounds, while the peppers cook.
6. Add the sausage, a sprinkle of salt and pepper. Tossing to ensure everything is coated. Cook for 5-10 minutes over medium/high heat, until peppers are tender and sausage has browned bits on the edges. You want everything to get crispy edges, this is what makes it so tasty! Serve with rice, or eat it on its own and enjoy!!

MAKE-AHEAD BREAKFAST

EGG & CHEESE ENGLISH MUFFINS

INGREDIENTS

- 10 eggs
- 1/2 cup full fat cottage cheese
- 1 cup shredded mozzarella cheese (or cheese of choice)
- 6 english muffins
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp paprika
- sliced monterey jack (or cheese of choice)
- butter



INSTRUCTIONS

1. Preheat your oven to 350 degrees. Place a glass oven-proof dish on the bottom shelf of the oven, filled with 2 inches of water. As the water heats it will create a steam environment in the oven for the eggs to cook.
2. As the oven preheats, prepare the egg mixture. In a blender add, eggs, cottage cheese, shredded cheese, salt, pepper, and paprika. Blend until smooth and cottage cheese lumps are removed.
3. In a 9x13, line with parchment paper and spray with nonstick oil or coat with a little bit of butter to prevent the eggs from sticking.
4. Pour the egg mixture in the dish, use a spoon to push the eggs to the edges. Bake for 60 minutes or until eggs are set.
5. Slice the eggs into 6 squares. Top an english muffin with egg, a slice of cheese and a brush of butter. Pop in fridge and reheat the next morning. (Air-fryer is the best or the oven to melt cheese and reheat the egg sandwich) Oven or air-fryer also gets the muffin slightly crispy, cheese melty, and egg heated through.
6. This recipe is also great with sausage, bacon, or spinach.



EASY LUNCH/SNACK IDEA

HAM & CHEESE POCKETS



INGREDIENTS

- 1 can crescent rolls
The immaculate brand taste amazing!!!
- 1 package ham of choice
- 1 package
sliced monterey jack (or cheese of choice)

INSTRUCTIONS

1. Preheat your oven to the directions on your crescent roll can.
2. On a lined sheet tray, unroll your crescent dough and separate the triangles. Fold one piece of ham up into a square and place it on the triangle. Fold 1 piece of cheese into a small square to place on top of ham.
3. Wrap the ham pocket up like a present. Start by folding in the wings and start from the bottom of the triangle to fold up and wrap the tail of the dough. Optional to sprinkle poppy seeds on the dough.
4. Bake until golden brown about 8-10 minutes.

PERFECT JUICY CHICKEN

RECIPE USED FOR HAWAIIAN CHICKEN
BOWLS AND BBQ CHICKEN FLATBREAD

INGREDIENTS

- 6-8 boneless, skinless chicken breast
- salt
- pepper
- paprika
- garlic powder
- olive oil
- unsalted butter

INSTRUCTIONS

1. Preheat your oven to 425 degrees.
2. Pat dry your chicken breast. Generously season both sides with salt, pepper, paprika, and garlic powder. (don't be shy on the seasoning)
3. Heat your skillet on the stove over medium-high heat. Make sure to let the pan get hot before adding oil. (I use cast iron) We want to create a crust on the chicken. (refer to video reel if you have questions)
4. After the pan has heated about 2-3minutes, add 1 TBSP butter and a drizzle of olive oil. (about 1/2 TBSP). When butter is melted and sizzling hot , add in seasoned chicken breast. Do not touch for at least 2 minutes. Flip and sear other side about 1-2 minutes. You want a golden brown crust on each side. You will have to batch sear your chicken about 4 at a time and transfer over to a cookie sheet to finish cooking in the oven if you are cooking several breast. If you are just cooking a few in the cast iron. You can transfer that directly to the oven.
5. After searing each chicken breast, transfer them all to your cookie sheet. Bake in the oven at 425 degrees for about 15 minutes, or until internal temperature reaches 165 degrees.

