

Kitchen Happy Meal Plan

WEEK 2

WEEK 2 MENU

MONDAY

*Sun-Dried Tomato Chicken
with simple spinach salad*

TUESDAY

Sheet Pan Totcho Bar

WEDNESDAY

One pot penne with garlic basil shrimp

THURSDAY

Greek Beef Bowls

FRIDAY

Pulled Chicken Tacos

GROCERY LIST

(FOR 5 DINNERS)

PROTEIN

- 6-8 boneless skinless chicken breast
- 1lb bag frozen raw shrimp (peeled, deveined, tail off)
- 3 lb ground beef

PRODUCE

- 1 large cucumber
- 2 tomatoes
- 1 large tub of pico (or buy stuff to make it homemade)
- 1 pack of fresh basil
- 1 small bag of frozen corn or can.(You can use fresh as well)
- 1 tub of guacamole
- small bag of spinach (optional for side salad)
- small container of strawberries (optional for side salad)
- 2 bell peppers

PANTRY ITEMS / OTHER

- jasmine rice or basmati (2 cups dry)
- olive oil
- butter
- salt and pepper
- 2- 32 oz containers chicken broth
- plain greek yogurt (about 1 cup)
- 1 bottle of greek dressing (I use primal kitchen)
- 1 lb of penne pasta (regular or GF works great)
- 1 - 24 oz jar of marinara
- 1 tub of grated parmesan
- 2 cups of heavy cream
- minced garlic in the jar
- 1-2 bags of frozen tater tots (I love the sweet potato ones from alexia for this recipe. I like to do one bag of tots one bag of onion rings.
- 2 taco seasoning pack (I use Siete brand)
- shredded cheese of choice (1 large or 2 small)
- 1 - 8 ounce jar of sun-dried tomatoes
- 1 pack of mini tortillas (corn or flour)

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 Friday 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 5 minutes max. (Dice your cucumber and tomatoes. If you are making your pico homemade) but I suggest just buying it!

MONDAY

SUN-DRIED TOMATO CHICKEN

with simple spinach salad - 4 servings

INGREDIENTS

- 4 large boneless, skinless chicken breast
- 2 tablespoons olive oil
- salt and pepper
- dried oregano
- 2 tablespoons jarred minced garlic
- 1 tablespoon butter
- 1 8 oz jar chopped Sun-Dried Tomato
- 1 cup heavy cream
- 1 cup Parmesan cheese
- 3/4 cup chicken broth
- fresh basil or spinach



INSTRUCTIONS

1. Preheat oven to 350 degrees. Pat four chicken breast dry with a paper towel. Sprinkle both sides with salt and pepper
2. Heat 2 tablespoons of olive oil over medium-high heat in an oven safe skillet. Sear all of the chicken breast for 3 minutes on each side and finish in a 350 oven until the internal temp reaches 165 degrees. Set chicken aside on a plate covered. Do not wash skillet.
3. In the same skillet you cooked the chicken, heat 1 tablespoon of butter over medium heat. Add the 2 tablespoons of jarred minced garlic. Cook until fragrant.
4. Pour the entire jar of *drained* sun dried tomatos into the skillet. Mix well with garlic. Pour in the heavy cream and broth. Mix well. Reduce heat to medium-low.
5. Add a large pinch of salt and pepper. Mix well. Let simmer 1 minute.
6. Add the parmesan cheese. Mix until creamy and smooth. Add the 2 tsp of cornstarch if needed here to thicken sauce. But if you let it simmer for a little bit it will thicken without it.
7. Place the chicken breast back into the sauce. Add chopped fresh basil or spianch leaves (as much as you would like) wilt 30 seconds- 1 minute in the sauce and enjoy!

NOTES:

- If you prepped your chicken breast ahead of time skip the cooking chicken step)
 - Serve with a simple spinach salad
 - (Just spinach and chopped strawberries and use the greek dressing you bought for the greek bowls)
- Always give your salads a little sprinkle of salt

TUESDAY

SHEET PAN TOTCHO BAR

4-6 servings

INGREDIENTS

- 1-2 pounds ground beef
- 1 packet siete taco seasoning
- 1-2 bags frozen tots of choice (We loved using a mix of sweet potato tots and onion rings from Alexia brand)
- shredded cheese
- frozen or canned corn
- 1 container guacamole
- 1 container pre-made pico de gallo (feel free to make this homemade)
- plain greek yogurt



INSTRUCTIONS

1. Brown your ground beef, season with the taco seasoning. Set aside. Cook your tots (or frozen item of choice) using package instructions. The last 1 minute of cooking time broil your tots to get extra crunch and add shredded cheese to melt until bubbly. Top the tots with all of the toppings either directly on the sheet pan, or serve like a bar so everyone can add toppings of choice. You can get creative with this one and add any toppings to your grocery list, but I like to keep the ingredients minimal.



WEDNESDAY

ONE-POT PENNE WITH GARLIC BASIL SHRIMP

4 servings

INGREDIENTS

- 1 lb penne pasta (I used gluten free and it worked great as well)
- 1 jar (24 oz) marinara sauce
- 1 carton (32 oz) chicken broth
(If you only have half of a carton left you can fill the rest with water)
- 1 cup heavy cream
- salt and pepper
- fresh basil
- 1 cup grated parmesan cheese
- 1 lb frozen raw shrimp (buy with No shell , tail or veins)
- 3 TBSP butter
- 1 tsp jarred minced garlic
- 1 tsp garlic powder



INSTRUCTIONS

1. You will need a deep pot and a skillet. In your deep pot over medium-high heat melt 1 TBSP of butter. Add in 1 tsp of minced garlic. Saute until fragrant. Pour in entire jar of marinara, broth, 1 cup of heavy cream, and entire box of pasta. Sprinkle with salt, pepper, garlic powder (about 1/2 tsp of each). Cover with a lid and bring to a boil. Check on it in about 4-5 minutes. Stir and cook on medium-low until the sauce thickens up and clings to the noodle and the noodles are tender. Stir in one cup of grated parmesan until melted.
2. Thaw your shrimp using package directions (usually it says run cold water over the frozen shrimp for 5 minutes, strain and pat dry. Season with a generous coat of salt, pepper, garlic powder. In your skillet over medium-high heat, melt 2 TBSP of butter. Saute 2 tsp of minced garlic. Pour in thawed raw seasoned shrimp. Cook for just a couple of minutes ensuring not to overcook and cooking until the shrimp turn pink. Tossing and turning the shrimp frequently. (2-3) minutes per side. Sprinkle a handful of chopped fresh basil and stir to combine. Serve over one pot pasta and enjoy!

THURSDAY

GREEK BEEF BOWLS

4 servings

INGREDIENTS

- 2 lb ground beef
- 2 dry cups basmati or jasmine rice
- 1 cup plain greek yogurt
- 1 bottle
primal kitchen greek dressing or greek dressing of choice
- 1 cucumber (diced)
- 1 tomato (diced)
- salt
- pepper
- olive oil



INSTRUCTIONS

1. Heat your skillet 2 minutes over high heat. Add about 1/2 tablespoon of olive oil. Swirl around. Add the ground beef (do not start to break up meat yet) and let it sit for 1 minute before you slice in half. Season with salt and pepper generously on both sides as you cook. Slowly cut the half into 1/4th and then 1/8th until you get small square of beef. Waiting 1 minute or so between each cut. This searing process will ensure you get juicy meat with little crunchy edges. (See my recipe reel for how I prepare this)
2. As you cook the beef prepare rice to package instructions. (always sub water for veggie or chicken broth when preparing rice) this ensures a more flavorful nutrient-dense rice.
3. Top rice with browned beef, diced cucumbers, diced tomatoes, a few dollops of plain greek yogurt, and drizzle entire bowl with greek dressing.



FRIDAY

PULLED CHICKEN TACOS

4 servings

INGREDIENTS

- 2 cooked large chicken breast
- 1 cup chicken broth
- 1/2 pack siete taco seasoning (about 1 ounce)
- 2 bell peppers
- 1 pack small street style flour tortillas
- 1 small bag Mexican blend shredded cheese
- olive oil



INSTRUCTIONS

1. In a skillet over medium-high heat, add your cooked leftover chicken breast with 1 cup of chicken broth and 2 bell peppers cut into slices. Cover with lid and cook for 5 minutes. Keep checking and as the chicken softens use a meat smasher or forks to shred the chicken.
2. Sprinkle in 1/2 pack of siete taco seasoning. Toss to coat the chicken and peppers. Cook until peppers are soft and chicken is tender and shredded.
3. Pour chicken mixture into a bowl. Wipe out pan. Drizzle a little olive oil in pan over medium-high heat. Dip each tortilla on both sides in the juice that is with the chicken mixture that you set aside. Place in hot skillet with the oil to get the tortilla crisp and golden. Spoon in about a TBSP of chicken mix and a sprinkle of cheese. Melt, Fold in half, and use the back of a spatula to smash the tacos. Repeat using all of your chicken mixture and tortillas. Enjoy!!!

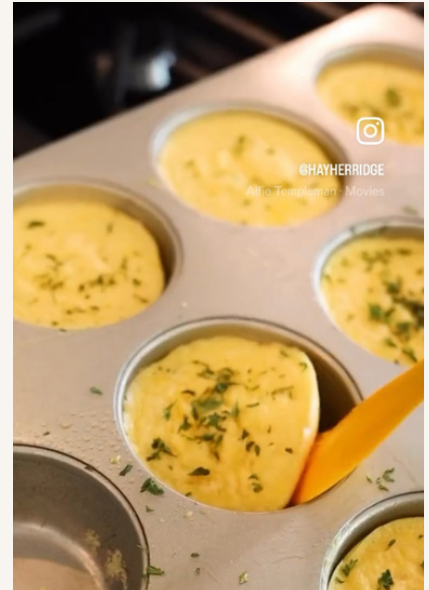


MAKE-AHEAD BREAKFAST

BACON EGG BITES

INGREDIENTS

- 8 eggs
- 1 cup cottage cheese I love good culture brand
- 1 cup shredded cheese
(anything works, I used white cheddar)
- dash of hot sauce I use tabasco
- 2 TBSP corn starch or arrowroot powder
- 1/2 tsp salt
- pinch of pepper
- 6-8 pieces of bacon or crumbled sausage



INSTRUCTIONS

1. Preheat oven to 300 degrees
2. Boil water and pour in a 9x13 dish on bottom rack of oven. This is going to create a steamy environment in the oven for the perfect custardy texture.
3. Grease a 12-count muffin tin.
4. In a blender blend, 8 eggs, 1 cup cottage cheese, 1 cup shredded cheese, dash of hot sauce, 1/2 tsp salt, pinch of pepper, 2 TBSP corn starch or arrowroot powder . Blend until smooth.
5. Pour egg bite mix into muffin tin 3/4 full. Sprinkle crumbled cooked bacon, cooked crumbled sausage or keep plain.
6. Bake on middle rack for 25-30 minutes or until middle of eggs are set.



PERFECT JUICY CHICKEN

RECIPE USED FOR SUN-DRIED TOMATO
CHICKEN & PULLED CHICKEN TACOS

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.

