

# Kitchen Happy Meal Plan

WEEK 3

# WEEK 3 MENU

## MONDAY

*Sheet Pan Panko Salmon w/ Crispy Sweet Potatoes*

## TUESDAY

*Burger Lettuce Wraps w/ Crispy Sweet Potatoes*

## WEDNESDAY

*Loaded Kale Salad*

## THURSDAY

*Garden Ditalini w/ Coconut Ground Chicken*

## FRIDAY

*Beef & Broccoli Noodle Bowl*

# GROCERY LIST

(FOR 5 DINNERS)

## PROTEIN

- 2 pounds of ground beef
- 1 whole large salmon filet - or 4 pieces
- 1 pound ground chicken
- Bacon - 1 pack- thick cut
- Optional chicken tenders to top salad. (we love just bare brand from sams club)

## PRODUCE

- 1 Slicing Tomato
- 1 pack of cherry tomatoes
- Green Leaf Lettuce to wrap burgers - 1 head or package
- Sweet Potatoes (5)
- 1 Purple Onion ,1 green onion bunch
- 1 pack of fresh Basil
- 2 Lemons
- 1 bag of Kale
- 1 head of fresh broccoli or frozen

## PANTRY ITEMS / OTHER

- Olive Oil
- Salt & Pepper
- Garlic Powder
- Paprika
- Garlic
- Mayo
- Shredded Parmesan Cheese - 1 cup
- Panko Crumbs - 1 cup
- Dried Parsley
- 1 bag Diatlini Pasta - 1 cup used
- Cheese slices (cheddar)
- Sliced Pickles
- Worcestire sauce
- 1- 14 ounce stir fry noodles or asian noodled of choice.
- 1 carton of Vegetable Broth (32 oz)
- 1 can of coconut milk
- Quinoa ( 1 cup of dry)
- 1 can of white beans
- 1 - 6 ounce feta cheese
- 1 bottle of teriyaki sauce
- sesame seeds optional

## (Optional Ingredients)

- Homemade Salad Dressing ( 1 cup Cashews, milk of choice, dijon mustard ,lemon, nutritional yeast
- \*Or buy a creamy honey mustard
- Homemade Burger Sauce (Ketchup, Mustard, Mayo)
- \*or buy your fav sauce to put on burgers

## TIPS TO GET AHEAD

- Prep your produce at the start of the week. It will take you 10 minutes max. (Cube sweet potatoes, slice 1 tomato, half cherry tomatoes 1 cup), Dice purple onion, chop kale.
- If you are making your salad dressing and burger sauce homemade. Make it ahead.
- Cook Quinoa
- Cook and crumble 6-8 slices of bacon. Store in airtight container in fridge. LEAVE 4 or so slices as whole strips for the burgers. You can reheat to get crunch in air-fryer or oven.

# MONDAY

## SHEET PAN PANKO SALMON

with crispy sweet potatoes - 4 servings



### Notes:

Both sheet-pans (salmon&sweet potatoes can cook at the same time) Potatoes on bottom. Remove the salmon pan when finished and continue to cook potatoes at the higher heat.

### INGREDIENTS

- 1 whole-large salmon filet or 4 small salmon filets
- mayonaise
- shredded parmesan cheese
- 1 cup panko crumbs
- salt
- pepper
- garlic powder
- dried parsley

### INGREDIENTS

- 2 sweet potatoes
- olive oil
- salt & pepper
- paprika
- fresh chopped parsley to garnish

### INSTRUCTIONS

1. Preheat your oven to 400 degrees. Line a sheet-pan with parchment paper.
2. Pat dry each piece of salmon, or the one large if you got the entire filet .
3. Place salmon on lined sheet-pan.
4. Sprinkle salmon with salt, pepper, garlic powder.
5. Coat a medium-thin layer of mayonaise over salmon.
6. Top with an even layer of shredded parmesan cheese
7. Followed by a layer of panko crumbs.
8. lightly press to ensure the crumbs stick to the mayo, sprinkle dried parsley on top.
9. Bake for 20-25 minutes or until cooked through.

### INSTRUCTIONS

1. Preheat your oven to 400 degrees.
2. Chop your sweet potato into small cubes. (The smaller the cube the faster they cook) Chop into cubes by cutting the potato ends off, then cut into 1-inch round disk. Cut each disk 4 times each way into a grid.
3. In the skillet or on a lined sheet-pan with parchment, toss 2 whole sweet potato cubed with 2 TBSP. of olive oil, 1 tsp of salt and 1/2 tsp of pepper, 1 tsp paprika
4. Roast at 400 degrees until tender for about 20 minutes. Bump up the heat to 450 and cook until crisp another 10 or so minutes.
5. When the potatoes are crisp, hot and ready finish them off with a sprinkle of salt and fresh chopped parsley to garnish.

# TUESDAY

## BURGER LETTUCE WRAPS

with crispy sweet potatoes - 4 servings

### INGREDIENTS

- lettuce wrap of choice  
( Romaine, Boston, (What ever is green and looks good)
- 1 pound 80lean/20fat Ground Beef
- thick applewood smoked bacon
- 1 slicing tomato
- sharp cheddar cheese
- red onion optional
- dill pickles optional
- worchestire sauce
- salt & pepper

Burger Sauce( You can use store bought or any other sauce of choice)

- 1/2 cup mayonaise
- 2 TBSP dijon mustard
- 1/2 cup ketchup
- 1 tsp garlic powder
- 1 tsp salt
- 1/2 tsp pepper
- 2 TBSP worcestershire sauce
- 1 TBSP pickle juice



### INSTRUCTIONS

1. Preheat oven to 425 degrees. Place applewood smoked bacon on a sheet pan lined with foil. Cook 8-10 minutes per side until crispy. Flipping and pouring out grease as necessary to get the ultimate crisp. Set aside to cool on a paper towel, pat extra grease off.
2. Add your ground beef to a bowl. Pour about 3 TBSP of Worcestershire, 1 tsp salt, 1 tsp pepper, 1 tsp garlic powder. Gently fold with spatula to combine.
3. GENTLY fold with a spatula to combine. Shape into 6 burgers. Use your thumb to press a dimple into the center to prevent the burger from shrinking.
4. Heat your cast iron over medium- high heat for at least 5 minutes before adding meat. You want the pan HOT to get a good sear. ( no oil needed if you follow these directions: Once the pan is hot and you start to see a bit of smoke, pop the patties in the skillet. Cook for 3-4 minutes per side ( based on how you like your burgers cooked) make sure the pan sizzles when burger makes first contact with the pan. Do not touch burger for a few minutes to prevent sticking. When you flip burger it should have a nice crust and sear. This guide from The Kitchn will help you: Medium-Rare (red in the middle): 6 minutes total Medium (pink in the middle): 7 to 8 minutes total Medium-Well (a smidge of pink in the middle): 9 minutes total Well Done (no pink): 10 minutes total
5. When your burger is almost cooked and has about 1 minute left, add your slice of sharp cheddar on top to melt. Remove patty from skillet and set aside on a plate.
6. Make your burger sauce by mixing all ingredients listed in a bowl.
7. Assemble your wrap. Place your lettuce leaf on a plate. Smear sauce of choice across the leaf. Place cheddar burger on the leaf. Top with bacon, tomato, avocado slices, and purple onion slices, or whatever you want!!
8. Wrap up and ENJOY (:

# WEDNESDAY

## LOADED KALE SALAD

4 servings

### INGREDIENTS

- 1 bag kale
- 6-8 pieces cooked & crumbled bacon
- 1 cup quinoa
- 1 -6 ounce crumbled feta cheese
- 1/2 sweet purple onion - diced
- 1 can white beans - drained
- Air fried - chicken strips , chopped bite size  
optional ( I love the bare brand from sams freezer section) cleaner ingredients and taste like CFA

### Creamy Cashew Dressing

- 1/2 cup cashews
- 1/2 cup milk of choice
- 2 tsp dijon mustard
- 1 TBSP nutritional yeast
- 3 TBSP olive oil
- 1/2 lemon juiced
- salt
- pepper
- garlic powder



### INSTRUCTIONS

1. Cook 1 cup of quinoa to package instructions and set aside. Cook bacon on a sheet-pan at 425 degrees until crisp. If you are adding the chicken strips, pop those in the air-fryer now
2. While the quinoa, bacon, and chicken cooks, Chop your kale into bite size pieces. In a large bowl, combine kale, feta cheese, diced purple onion, 1 can of rinsed and drained white beans.
3. Add the quinoa in hot, and the crumbled bacon. Toss to combine. Salt your salad with about 1 tsp of salt. Toss to combine.
4. If you are making your dressing homemade, combine dressing ingredients in a food processor or blender until creamy. Drizzle over salad and ENJOY!

# THURSDAY

## GARDEN DITALINI W/ COCONUT GROUND CHICKEN

4 servings

### INGREDIENTS

- 1/2 sweet purple onion - diced
- olive oil
- 1 tsp jarred minced garlic
- 1 sweet potato - cubed
- 1 lb ground chicken
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 2 cups vegetable broth
- 1 can coconut milk
- 1 cup ditalini pasta
- 1 cup cherry tomatoes - halved
- handful fresh basil chopped
- 1 lemon



### INSTRUCTIONS

1. In a large pot or deep skillet, saute 1/2 tsp of minced garlic in a drizzle of olive oil on medium-high heat. Add in chopped onion. Saute until softened.
2. Add ground chicken. Season with 1/2 tsp of salt, pepper, paprika, and garlic powder. Cook breaking meat a part until cooked through.
3. Peel, and cube your sweet potato. Add sweet potato into the skillet with 1 can of coconut milk, 2 cups of veggie broth, and ditalini pasta. Ensure pasta is submerged in liquid. Cover with lid. Stir occasionally. This stage is to cook the sweet potato and pasta. The liquid will soak in.
4. Remove lid and lower heat to medium-low. Continue to cook without the lid to help liquid soak up. If it needs another 1/2 cup of broth add now.
5. Stir in halved cherry tomatoes, chopped basil and juice and 1 lemon. Salt to taste and enjoy.



# FRIDAY

## BEEF & BROCCOLI NOODLES

4 servings

### INGREDIENTS

- 1 14-oz package stir-fry rice noodles ( or asian noodles of choice) rice works too
- 1 lb ground beef
- jarred minced garlic
- salt
- 1 bottle teriyaki sauce
- green onion
- sesame seeds
- 1 head fresh broccoli ( frozen works too)



### INSTRUCTIONS

1. Cook noodles to package instructions. Set Aside. I only used 1/2 the box.
2. In a skillet over medium-high heat. Saute your garlic in a drizzle of olive oil. Add beef to pan. Sprinkle with salt. Once cooked through, add in broccoli florets. Pour in entire bottle of sauce. Coat and cover pan to steam the broccoli. Stir every few minutes. Once the broccoli is tender, toss in half of the noodles. Coating with sauce. Top with fresh green onion, and sesame seeds. Enjoy!!



# MAKE-AHEAD BREAKFAST

## BACON & SPINACH QUICHE

### INGREDIENTS

- 1 pound thick applewood smoked bacon
- 1 tablespoon minced garlic  
(In the jar or fresh is fine)
- 8 eggs
- 1 teaspoon salt
- 1 teaspoons pepper
- 1 teaspoons paprika
- 1 premade pie crust
- 1 stick butter
- 1 1/2 cups heavy cream
- 2 cups swiss cheese (or cheese of choice)
- 1 onion chopped into small pieces
- 1/2 package ( a few handfuls) fresh spinach



### INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Fry bacon and chop into small pieces.
3. Dice onion and set aside.
4. Melt stick of butter in skillet over medium heat.
5. Saute onion in skillet with butter until onions are translucent.
6. Add a couple of hand fulls of spinach to the skillet with the onions. Saute until they are wilted.
7. Add your garlic and a pinch of salt and pepper to the skillet, combine and remove from heat.
8. Spray your quiche pan with non-stick spray. Form your dough to the quiche pan.
9. In a large separate bowl combine eggs, heavy cream, spices, cheese, onion and spinach mixture and chopped bacon.
10. Pour mixture into the crust, cover with foil.
11. Bake at 400 degrees F for 1 hour, or until middle is no longer jiggly.
12. Let set for at least 20 minutes before serving.