Week 1

Cook Once
Eat All Week

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Week 1

Chicken, Cauliflower, and Red Bell Peppers

P GF DF EF NF LC

While this may be one of our quickest weeks to prep, it's absolutely not short on flavor! This week, we are taking chicken, cauliflower, and red bell peppers and turning them into a curried chicken sheet pan dinner with a sauce I want to eat on everything, a BBQ chicken casserole that features BBQ chicken and bacon over the creamiest cauliflower mash, and then we're finishing it all off with citrus chicken fajitas. You can save even more time this week by purchasing bagged cauliflower florets instead of whole florets, and by buying rotisserie chicken instead of roasting your own.

Weekly Ingredients

Produce

- [ ] Avocado, 1
- [ ] Bell peppers, red, 3
- [ ] Cilantro, 1/3 bunch
- [ ] Cauliflower, 3 medium heads (1½ to 2 pounds each), or 3 pounds bagged cauliflower
- [ ] Green onions, 3
- [ ] Limes, 3
- [ ] Orange, 1
- [ ] Onion, red, 1

Meat/Dairy

- [ ] Bacon, 6 slices
- [ ] Butter, salted, 2 tablespoons
- [ ] Cheddar cheese, shredded, ¾ cup
- [ ] Sour cream, 2/3 cup
- [ ] Whole chickens, 2 (4-5 pounds each) *May also substitute rotisserie chicken

Pantry

- [ ] BBQ sauce, 1 cup, 8 fl ounces (store-bought or homemade)
- [ ] Coconut aminos, 1 tablespoon
- [ ] Coconut milk, 1 13.5 fl ounce can
- [ ] Extra virgin olive oil, 7 tablespoons
- [ ] Tortillas, corn or grain-free, 8

Spices

- [ ] Paprika, 1 teaspoon
- [ ] Cumin, 1 teaspoon
- [ ] Curry powder, 2 tablespoons
- [ ] Turmeric, 2 teaspoons

Ingredient Substitutions

To make this week dairy-free:

- Omit the shredded cheddar cheese on the BBQ chicken casserole.
- Substitute 2/3 cup full-fat coconut milk for the sour cream in the cauliflower mash.
- Omit the sour cream as a garnish for the fajitas.

To make this week low carb:

- Substitute lettuce wraps for the tortillas

Day 1
Prep

Day 1: Prep Day

I like to start this prep day by getting the biggest tasks out of the way first! You'll put the chickens in the oven to roast and then get to prepping the cauliflower. One time I really like to save time during this week is by buying pre-cut cauliflower florets and rotisserie chickens from the store! Once you finish with that you'll move on to mashing the cauliflower, making the bacon, prepping the rest of the veggies, and making two sauces we will use later in the week!

Roast and break down the chickens

Yield: 3 cups shredded breast meat, 3 cups cubed breast meat, 4 leg quarters, 4 wings

Prep Time: 10 minutes	Cook Time: 1 hour 15 minutes

Ingredients

- 2 (4- to 5-pound) whole chickens
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons coarse sea salt
- ½ teaspoon ground black pepper

Instructions

1. Preheat the oven to 375°F.
2. Place the chickens on a rimmed baking sheet and pat dry with paper towels. Rub the chickens with the oil, then season with the salt and pepper.
3. Bake for 1 hour 15 minutes, or until a thermometer inserted into the thickest part of the chicken breast registers 165°F.
4. Let cool for at least 30 minutes, then break down the chickens: First, cut off the wings and leg quarters, leaving the legs and thighs connected, then place them in an airtight container. Next, separate the breasts from the bone and shred the breast meat from one of the chickens, then place in a container labeled "BBQ chx." For the remaining chicken, cut the breast meat into 1-inch cubes and label "tacos," if desired. Store in the refrigerator for use later in the week.

Prep the cauliflower

If you've purchased bagged cauliflower florets, skip ahead to the next paragraph. Otherwise, cut 3 heads of cauliflower into florets, discarding the stems.

Put 4 cups of the florets in a container and refrigerate for use later in the week. Set the rest of the florets aside to use for making the mashed cauliflower (up next!).

Make the mashed cauliflower

Prep Time: 2 minutes	Cook Time: 20 minutes

Ingredients

Cauliflower florets set aside for the mash (from earlier in Prep Day)

1/3 cup sour cream or coconut cream from the top of a can of full-fat coconut milk

2 tablespoons salted butter, ghee, or oil of choice

1 teaspoon coarse sea salt

¼ teaspoon ground black pepper

Instructions

1. Steam the cauliflower using one of these two methods:
   - **Microwave option:** Place the cauliflower in a microwave-safe bowl with ¼ cup of water. Cover and microwave on high for 10 minutes, until cooked through. Let cool slightly, then drain.
   - **Stovetop option:** Pour ¼ cup of water into a large skillet or sauté pan over medium heat. Once hot, add the cauliflower and cover the pan. Reduce the heat to medium-low and let the cauliflower steam for 12 to 15 minutes, until cooked through. Let cool slightly, then drain.
2. Place the cooked cauliflower in a food processor or large mixing bowl, along with the sour cream, butter, salt, and pepper. Pulse or blend using an immersion blender until smooth.
3. Store in the refrigerator for use later in the week.

Cook the bacon

In a large skillet over medium heat, cook 6 strips of bacon until crisp, about 6 minutes, flipping halfway through. Transfer the bacon to a paper towel–lined plate and let cool, then chop or crumble the bacon strips. Store in the refrigerator for use later in the week.

Slice the Green Onions

Thinly slice 3 green onions, to make ¼ cup, then store in the refrigerator for later use.

Slice a red onion

Thinly slice a red onion, then set aside in a container large enough to fit a sliced bell pepper.

Prepare the Bell Peppers

Remove the stems and seeds from 2 bell peppers, then cut into 1-inch squares. Store in the refrigerator for later use.

For the remaining bell pepper, remove the seeds and stems and slice into 1-inch strips and store in the same container as the sliced onion, then refrigerate for later use.

Make the Citrus Marinade

Prep Time: 3 minutes

Ingredients

1 teaspoon paprika

1 teaspoon ground cumin

½ teaspoon coarse sea salt

2 tablespoons lime juice

2 tablespoons orange juice

¼ cup extra-virgin olive oil

Instructions

1. Whisk together all ingredients, then store in the refrigerator for later use.

Make the Curry Marinade

Prep Time: 3 minutes

Ingredients

½ cup coconut cream

¼ cup lime juice, divided

1 tablespoon coconut aminos

2 tablespoons curry powder

2 teaspoons turmeric

½ teaspoon sea salt

Instructions

1. Add all ingredients to a blender and blend until fully combined, then store in the refrigerator for later use.

Day 2

Day 2: Curried Chicken Sheet Pan Dinner

YIELDS 4 servings

Prep Time: 10 minutes || Cook Time: 1 hour 15 minutes

Ingredients

4 chicken leg quarters (from Prep Day)

4 chicken wings (from Prep Day)

3 cups cauliflower florets (from Prep Day)

2 red bell peppers, cut into 1-inch cubes (from Prep Day)

Curry marinade (from Prep Day)

½ tablespoon extra virgin olive oil

¼ teaspoon coarse sea salt

Fresh chopped cilantro, for garnish

Instructions

1. Preheat the oven to 425 F and line a rimmed baking sheet with parchment paper.
2. Toss the cauliflower with half of the curry marinade until it is well-coated and spread out onto the rimmed baking sheet, note: if your marinade has hardened in the fridge, you can microwave it in 15 second intervals, then stir it, until it is softened.
3. Toss the bell peppers with 1 teaspoon extra virgin olive oil and ¼ teaspoon coarse sea salt and add to the pan with the cauliflower. Bake for 15 minutes.
4. While the cauliflower and bell peppers are cooking, coat the chicken in the remaining curry marinade, then lay on the sheet pan alongside the cauliflower and bell peppers. Bake together for an additional 15 minutes, until peppers are wilted and cauliflower and chicken are golden brown.

Day 3

Day 3: BBQ Chicken Casserole

YIELDS 6 servings

Prep Time: 5 minutes || Cook Time: 30 minutes

Ingredients

Mashed cauliflower (from Prep Day)

4 cups shredded chicken (from Prep Day)

1 cup BBQ sauce (homemade or store-bought)

6 slices bacon, cooked and crumbled (from Prep Day)

¾ cup shredded cheddar cheese

¼ cup sliced green onions, for garnish (from Prep Day)

Instructions

1. Preheat the oven to 350 F.
2. Toss the shredded chicken with the BBQ sauce, then set aside.
3. Spread the mashed cauliflower into a 3 quart baking dish, then top with the shredded cheese, BBQ chicken, and sprinkle with the bacon.
4. Bake for 30 minutes, until the chicken is browned, then remove from oven, sprinkle with green onions, and serve!

Day 4

Day 4: Citrus Chicken Fajitas

YIELDS 4 servings

Prep Time: 5 minutes || Cook Time: 20 minutes

Ingredients

1 red bell pepper, thinly sliced (from Prep Day)
1 red onion, thinly sliced (from Prep Day)
1 tablespoon avocado oil
3 cups cubed chicken breast (from Prep Day)
Citrus marinade (from Prep Day)
8 grain-free or corn tortillas
Sliced avocado, for serving
Sour cream, for serving
Cilantro, for garnish

Instructions

1. Saute the onion and pepper in 1 tbs oil for 5-7 minutes, until browned, then remove from pan and set aside.
2. Toss the chicken in the citrus marinade, then add to the pan. Cook for 2-3 minutes, then flip and cook an additional 1-2 minutes, until browned.
3. While chicken is cooking, heat the tortillas for 30 seconds per side, until slightly browned and warmed through.
4. To serve: place the chicken, peppers, and onions in a tortilla and garnish with sliced avocado, sour cream, cheese, and cilantro as desired

Week 2

Cook Once
Eat All Week

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Week 2

Ground Beef, Russet Potatoes, and Kale

P GF DF EF NF

This week we are taking three humble ingredients – ground beef, russet potatoes, and kale – and transforming them into mini meatloaves with the most delicious balsamic glaze, a simple ground beef and broccoli, and a super-comforting beef chili casserole. This week is both budget and kid-friendly, and all of your heavy lifting is done on prep day!

Weekly Ingredients

Produce

- [ ] Yukon gold potatoes, 2 ½ pounds
- [ ] Lacinato kale, 2 small bunches
- [ ] Onion, yellow, 1
- [ ] Broccoli, 2 medium heads (or 1 pound pre-cut florets)
- [ ] Green onions, ½ bunch

Meat/Dairy

- [ ] Bacon, 4 slices
- [ ] Butter, salted, 5 tablespoons
- [ ] Ground beef, 5 pounds
- [ ] Heavy cream, ¼ cup
- [ ] Sour cream, ¼ cup

Pantry

- [ ] Arrowroot powder, 1 teaspoon
- [ ] Balsamic vinegar, 3 tablespoons
- [ ] Coconut aminos, ½ cup plus 3 tablespoons
- [ ] Chicken broth, ½ cup
- [ ] Dijon mustard, ¼ cup
- [ ] Honey, 2 tablespoons
- [ ] White rice, 1 ½ cups
- [ ] Toasted sesame oil, 1 teaspoon
- [ ] Tomato puree or sauce, 24 ounces
- [ ] Unseasoned rice wine vinegar, 1 ½ teaspoons

Continued on next page!

Spices

- [ ] Chili powder, 3 tablespoons
- [ ] Cumin, 2 tablespoons
- [ ] Garlic powder, 2 ½ teaspoons
- [ ] Ginger powder, ½ teaspoon
- [ ] Onion powder, 1 teaspoon
- [ ] Red pepper flakes, ½ teaspoon
- [ ] 1/4 teaspoon crushed red pepper flakes

Ingredient Substitutions

To make this week dairy-free:

- Substitute ghee or other fat of choice for butter.
- Substitute full-fat coconut milk for the heavy cream in the mashed potatoes.
- Omit the sour cream as a garnish for the chili casserole.

To make this week grain-free:

- Substitute 1 large head cauliflower (about 3 pounds) or 18 ounces frozen riced cauliflower for the white rice.

To make this week Paleo:

- Follow the substitutions for both grain-free and dairy-free.

Day 1

Prep

Day 1: Prep Day

Today we are starting out with prepping our potatoes to make oven fries and mashed potatoes. While the fries are baking and the mashed potatoes are on the stove, you can get to browning the ground beef and chopping the kale. By the time the fries are out of the oven, you'll be assembling the balsamic meatloaves, then you can move on to making the rice, stir fry sauce, and prepping the rest of the veggies for the week!

Bake the fries

Prep Time: 10 minutes || Cook Time: 50 minutes

Ingredients

1½ pounds Yukon gold potatoes, cut into ½-inch wedges

2 tablespoons extra-virgin olive oil

½ teaspoon coarse sea salt

Pinch of ground black pepper

Instructions

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.
2. Place the potato wedges, olive oil, salt, and pepper in a medium-sized bowl and toss to coat. Spread the potato wedges on the lined baking sheet.
3. Bake for 30 minutes, then flip and bake for an additional 15 to 20 minutes, until cooked through and golden brown.
4. Store in the refrigerator for use later in the week.

Make the Mashed Potatoes

Prep Time: 15 minutes || Cook Time: 20 minutes

Ingredients

2 pounds Yukon gold potatoes, peeled and cut into 1-inch cubes

¼ cup (½ stick) salted butter, ghee, or oil of choice

¼ cup heavy cream or full-fat coconut milk

1 teaspoon coarse sea salt

½ teaspoon ground black pepper

Instructions

1. Place the potatoes in a large pot and cover with water. Bring to a boil over high heat, then reduce the heat and simmer for 15 to 20 minutes, until the potatoes are easily pierced with a fork.
2. Place the cooked potatoes in a large bowl with the butter, cream, salt, pepper, and garlic powder. Using a potato masher, mash until the ingredients are well incorporated and the potatoes are mashed to your desired consistency.
3. Spread into the bottom of a 3 quart casserole dish then cover and refrigerate for use later in the week.

Brown some of the ground beef

Yields 8 cups

Cook Time: 15 minutes

In a large sauté pan over medium heat, combine 3½ pounds of ground beef and 1 teaspoon of salt (you will add more seasoning later!). Cook, crumbling the meat as it cooks, for 10 to 15 minutes, until fully browned. Put 4 cups in a container and label it "broccoli beef," then put the remaining 4 cups in separate container and label it "chili." Store in the refrigerator for use later in the week.

Chop the Kale

Wash and dry two small bunches of kale, then remove the stems from the leaves and chop into ¼-inch thick strips. Store half of the kale in a container labeled "chili" and set the rest aside for the meatloaves.

Make the balsamic glaze

Prep Time: 5 minutes

Ingredients

¼ cup Dijon mustard

3 tablespoons balsamic vinegar

3 tablespoons coconut aminos

2 tablespoons honey

1 ½ teaspoons garlic powder

Instructions

Whisk all ingredients in a small bowl, then set aside ¼ cup to use later in the day and refrigerate the rest for use later in the week.

Assemble the Mini Balsamic Meatloaves

Prep Time: 15 minutes

Ingredients

1 ½ pounds ground beef

2 cups shredded kale

¼ cup balsamic glaze

1 teaspoon coarse sea salt

1 teaspoon onion powder

1 teaspoon garlic powder

¼ teaspoon black pepper

4 strips bacon, cut in half crosswise

Instructions

1. In a large bowl, mix the ground beef, kale, 1/4 cup of the balsamic glaze, sea salt, onion powder, garlic powder, and pepper until it's evenly combined, then set aside.
2. Line a rimmed baking sheet with parchment paper, then shape the meat mixture into 4 small loaves. Top each mini meatloaf with 2 pieces of bacon.
3. Cover and refrigerate for use later in the week.

Make the Rice

Yield: 4½ cups

Prep Time: 2 minutes || Cook Time: 20 minutes

Cook 1 ½ cups of white rice according to package instructions, then store in the refrigerator for later use.

Paleo/Grain-Free Rice Substitute

Yield: 4 servings

Prep Time: 5 minutes || Cook Time: 10 - 15 minutes, depending on method

Ingredients

1 large head cauliflower

1 tablespoon extra-virgin olive oil

Instructions

1. To "rice" cauliflower, you either grate it by hand using the largest holes on a box grater or affix the grating attachment to a food processor and let it do the work for you. One large head of cauliflower should give you 3 cups of "rice."
2. Steam the cauliflower rice using one of the following two methods:
   a. Microwave Option: Place the riced cauliflower in a microwave-safe bowl with ¼ cup of water. Cover and microwave on high for 10 minutes, or until the cauliflower is cooked through. Let cool slightly, then drain. Add the olive oil and toss to combine.
   b. Stovetop Option: In a large skillet or sauté pan with a tight-fitting lid, heat the olive oil over medium heat, then add the riced cauliflower. Stir to incorporate, then cover the pan and reduce the heat to medium-low. Let steam for 12 to 15 minutes, until the cauliflower is cooked through.

Make the Stir Fry Sauce

Prep Time: 2 minutes	Cook Time: 6 minutes

Ingredients

½ cup coconut aminos

½ cup chicken broth

1 teaspoon toasted sesame oil

1½ teaspoons unseasoned rice wine vinegar

½ teaspoon ginger powder

½ teaspoon red pepper flakes

¼ teaspoon sea salt

1 teaspoon arrowroot powder

Instructions

1. In a small saucepan over medium heat, combine all the ingredients except the arrowroot powder. Bring to a simmer and cook for 5 minutes, until the sauce is slightly reduced in volume.
2. In a small bowl, whisk the arrowroot powder with 1 tablespoon of water to make a slurry, then whisk the slurry into the sauce. Bring the sauce to a boil, stir, and cook for an additional minute, until thickened. Store in the refrigerator for use later in the week.

Dice an Onion

Dice an onion and store in the refrigerator for later use.

Chop the broccoli

Cut the broccoli into florets and refrigerate to use later in the week.

Slice the green onions

Slice 3 green onions (enough to make ¼ cup) then refrigerate to use later in the week.

Day 2

Day 2: Balsamic Bacon Meatloaves

YIELDS 4 servings

Prep Time: 5 minutes | Cook Time: 30 minutes

Ingredients

Prepared balsamic mini meatloaves(from Prep Day)

Balsamic glaze (from Prep Day)

Oven-baked fries (from Prep Day)

Instructions

1. Preheat the oven to 350°F.
2. Brush the balsamic glaze onto the mini meatloaves, then bake for 20 minutes. While the meatloaves are baking, line a rimmed baking sheet with parchment paper and spread the fries out on the sheet.
3. After the meatloaves have cooked for 20 minutes, place the fries in the oven on the bottom rack. Bake the meatloaves and fries for an additional 10 minutes, until the tops of the meatloaves are browned and the fries are warmed through. Remove from the oven and serve!

Day 3

Day 3: Beef Chili Casserole

YIELDS 6 servings

Prep Time: 5 minutes || Cook Time: 30 minutes

Ingredients

1 tablespoon butter or ghee
1 onion, diced (from Prep Day)
3 cloves garlic, minced
4 cups ground beef (from Prep Day)
1 head shredded kale (from Prep Day)
24 ounces tomato puree or sauce
1 ½ cups water
3 tablespoons chili powder
2 tablespoons ground cumin
1 teaspoon fine sea salt
Mashed Potatoes (from Prep Day)
¼ cup sour cream
2 tablespoons sliced green onion

Instructions

1. Preheat the oven to 350 F.
2. Add the butter to a skillet over medium heat. Once melted, add the onion and garlic and cook for 3 to 4 minutes, until the onion is translucent and the garlic is fragrant.
3. Add the ground beef, kale, tomato puree, water, chili powder, cumin, and salt to the pan and stir to combine. Let cook for 2-3 minutes until the sauce is bubbling and the kale is wilted.
4. Remove the casserole dish with mashed potatoes from the refrigerator, then pour the beef mixture over top and bake for 20 minutes, until the beef has browned on top and the potatoes are fully warmed through.

All-Clad
Day 4

Day 4: Ground Beef & Broccoli

Ingredients

Florets from 2 heads broccoli (from Prep Day)

Stir-Fry Sauce (from Prep Day)

4 cups cooked ground beef (from Prep Day)

¼ cup sliced green onions (from Prep Day)

1/4 teaspoon crushed red pepper flakes

White rice or cauli rice (from Prep Day)

Instructions

1. Add the beef and stir fry sauce to a skillet over medium heat. Cook for 3-4 minutes, until beef is warmed through and sauce is bubbling.
2. While the beef is cooking, steam the broccoli.
   a. Microwave method: place the broccoli in a microwave-safe bowl, add 1 table spoon water, and then cover with plastic wrap and microwave for 1 minute, 30 seconds. Check to see if the broccoli is done to your liking and microwave for an additional 30 seconds if needed.
   b. For the stove top method, fill a skillet with matching lid with water until it is ¼ inch deep. Place over medium-high heat and bring the water to a boil. Once boiling, add the broccoli, reduce the heat to medium, and place a lid on the skillet. Cook for 3-6 minutes, until broccoli is done to your liking.
3. Stir the broccoli and green onions into the beef and cook for an additional 2 minutes, then remove from heat.
4. Reheat the rice either by placing it in a medium-sized saucepan, covered, over low heat or by microwaving it for about 2 minutes, until hot.
5. Serve the beef & broccoli over rice, sprinkle with crushed red pepper flakes, and enjoy!

Week 3

Cook Once
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Week 3

Shredded Pork, Cabbage, and Red Potatoes

P GF DF EF NF

If you crave comfort food after a long day of work, chasing kids, or both, this week is for you. Here I transform highly versatile shredded pork, cabbage, and red-skinned potatoes into three incredibly comforting recipes. Get ready for a flavor-packed Honey Mustard Sheet Pan Dinner, a hearty Enchilada Verde Casserole, and some reminiscent-of-childhood Sloppy Joe–Stuffed Potatoes.

Weekly Ingredients

Produce

- [ ] Avocado, 1
- [ ] Cilantro, ½ bunch
- [ ] Flat-leaf parsley, 8 sprigs
- [ ] Green cabbage, ½ medium head
- [ ] Jalapeño pepper, 1
- [ ] Lime, 1
- [ ] Onion, red, 1 medium
- [ ] Purple cabbage, 1 medium head
- [ ] Red potatoes, 5 pounds

Meat/Dairy

- [ ] Pork shoulder, boneless, 1 (5 to 6 pounds)
- [ ] Shredded white cheddar or Monterey Jack cheese, 3 ounces (¾ cup)

Pantry

- [ ] Apple cider vinegar, 1 tablespoon
- [ ] Avocado oil, 3 tablespoons
- [ ] Balsamic vinegar, 1 tablespoon
- [ ] Corn tortillas (about 6 inches in diameter), 6
- [ ] Dijon mustard, 2 ounces (¼ cup)
- [ ] Extra-virgin olive oil, 5 fluid ounces (½ cup plus 3 tablespoons)
- [ ] Honey, 4½ ounces (¼ cup plus 2 tablespoons)
- [ ] Ketchup, 4½ ounces (½ cup)
- [ ] Prepared yellow mustard, 1 ounce (2 tablespoons)
- [ ] Salsa verde, 2 (16-ounce) jars (3 cups)

Continued on next page!

Spices

- [ ] Chili powder, 1½ teaspoons
- [ ] Dried oregano leaves, 1½ teaspoons
- [ ] Garlic powder, 1 teaspoon
- [ ] Ground cumin, 1½ teaspoons
- [ ] Onion powder, ½ teaspoon
- [ ] Paprika, ½ teaspoon

Ingredient Substitutions

To make this week Paleo/grain-free:

- Use grain-free tortillas.

To make this week Paleo/dairy-free:

- Omit the cheese.

Day 1
Prep

Day 1: Prep Day

Because the prep work for today is pretty minimal, this is a great week to make when you're especially short on time! Per the usual, I recommend getting the protein started first; I usually opt for the Instant Pot. Then I pop the potatoes in the oven. From there, I get started on the honey mustard dressing and the Sloppy Joe sauce. After that, I turn my attention to the slicing and dicing! By the time I'm done tending to the cabbage and other veggies, I have extra hands-off time to spare (to fold a load of laundry) while I wait for the pork to finish cooking.

Note: To save myself a step, I purchase preshredded cheese; if you are using block cheese, add the step of shredding the white cheddar or Monterey Jack cheese to this week's Prep Day tasks.

Cook and shred the pork

Yield: 10 cups

Prep Time: 15 minutes	Cook Time: 1½ hours to 10 hours, depending on method

Ingredients

1 (5- to 6-pound) boneless pork shoulder

1½ teaspoons coarse sea salt

1 tablespoon avocado oil (for oven method)

Instructions

1. If using the Instant Pot method, cut the boneless pork shoulder into 4 or 5 equal pieces. If using the oven or slow cooker method, leave the shoulder whole. Season the meat with the salt.
2. Cook the pork shoulder using one of the three methods below:
   a. Oven Method (Cook Time: 4½ hours): Preheat the oven to 325°F. Heat the oil in a Dutch oven or enameled cast-iron pot with a lid over medium-high heat. Place the seasoned pork shoulder in the pot and sear for 3 to 4 minutes per side, until browned. Once browned, pour 1½ cups of water into the pot, then cover with the lid and transfer to the oven. Bake for 3½ to 4½ hours, until the pork shreds easily.
   b. Instant Pot Method (Cook Time: 1½ hours): Place the seasoned pork shoulder pieces in the Instant Pot along with ½ cup of water. Put the lid on the Instant Pot, checking to make sure that the pressure valve is sealed. Press the Pressure Cook or Manual button, then program it to cook for 90 minutes. Once the timer goes off, manually release the pressure by slowly turning the pressure valve from sealed to "venting."
   c. Slow Cooker Method (Cook Time: 8 to 10 hours): Place the seasoned pork shoulder in a 6-quart slow cooker. Cover and cook on low for 8 to 10 hours, until the pork shreds easily.
3. Remove the pork from the pot and shred the meat with two forks, discarding the excess fat. Store in the refrigerator for use later in the week. Place 3 cups in a container labeled "Sheet Pan Dinner," 4 cups in a container labeled "Casserole," and the remaining 3 cups in a container labeled "Stuffed Potatoes."

Roast the red potatoes

Prep Time: 5 minutes || Cook Time: 1 hour

Ingredients

5 pounds red potatoes

1 tablespoon extra-virgin olive oil

1 teaspoon coarse sea salt

Instructions

1. Preheat the oven to 350°F.
2. Coat the potatoes with the olive oil and sprinkle with the salt.
3. Bake for 45 to 60 minutes, until the potatoes are easily pierced with a fork.
4. Store in the refrigerator for use later in the week.

Chop the Kale

Cut a head of purple cabbage in half through the core. Set one half aside for use later in prep day. Core the other half, then slice it crosswise into ½-inch-thick ribbons. Store in the refrigerator for use later in the week.

Roast green and red cabbage wedges

Prep Time: 5 minutes || Cook Time: 30 Minutes

Ingredients

½ head purple cabbage

½ head green cabbage

1 tablespoon extra-virgin olive oil

1 teaspoon coarse sea salt

¼ teaspoon ground black pepper

Instructions

1. Preheat the oven to 400°F.
2. Leaving the cores intact, cut each half head of cabbage into 4 wedges, making a total of 8 wedges.
3. Line a rimmed baking sheet with parchment paper and place the cabbage wedges on it. Drizzle the cabbage with the olive oil, then season with the salt and pepper. Bake for 30 minutes, until slightly browned on top. Store in the refrigerator for use later in the week.

Make the honey mustard dressing

Ingredients

¼ cup honey

¼ cup Dijon mustard

1 tablespoon apple cider vinegar

½ cup extra-virgin olive oil

Instructions

1. In a medium-sized bowl, whisk together the honey, mustard, and vinegar.
2. While constantly whisking the honey mixture, slowly pour in the olive oil and whisk to combine. The slower you pour, the creamier the dressing will be. Store in the refrigerator for use later in the week.

Dice the onion

Dice a red onion, or until you have ½ cup plus 2 tablespoons. Store in the refrigerator for use later in the week.

Chop the jalapeño

Seed and finely chop a jalapeño pepper, then store in the refrigerator for use later in the week.

Prep the cilantro

Wash and dry ½ bunch of cilantro. Refrigerate 8 sprigs for use later in the week, then tear off enough cilantro leaves from the remaining cilantro (leaving a little stem is okay) to equal ¼ cup. Store in the refrigerator for use later in the week.

Make the Sloppy Joe sauce

Prep Time: 5 minutes	Cook Time: 10 - 15 minutes, depending on method

Ingredients

½ cup ketchup

2 tablespoons honey

2 tablespoons prepared yellow mustard

1 tablespoon balsamic vinegar

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon paprika

Instructions

1. In a medium-sized saucepan, whisk together all the ingredients for the Sloppy Joe sauce along with 1/3 cup of water. Bring to a simmer over medium heat, continue to simmer for 3 to 4 minutes, then remove from the heat.
2. Store in the refrigerator for use later in the week.

Day 2

Day 2: Honey Mustard Sheet Pan Dinner

YIELDS 4 servings

Prep Time: 5 minutes || Cook Time: 15 minutes

Ingredients

3 cups shredded pork (from Prep Day)

Honey mustard dressing (from Prep Day), divided

1½ teaspoons coarse sea salt, divided

4 roasted green cabbage wedges (from Prep Day)

4 roasted purple cabbage wedges (from Prep Day)

Half of the roasted red potatoes (from Prep Day)

1 tablespoon extra-virgin olive oil

½ teaspoon ground black pepper

8 sprigs flat-leaf parsley, for garnish

Instructions

1. Preheat the oven to 350°F.
2. Place the shredded pork, half of the honey mustard, and ½ teaspoon coarse sea salt in a medium sized bowl, then toss to coat.
3. Place the cabbage and red potatoes on a rimmed baking sheet, and toss to coat with 2 tablespoons olive oil, 1 teaspoon coarse sea salt, and ½ teaspoon black pepper.
4. Place clumps of the shredded pork on the baking sheet.
5. Bake for 15 minutes, until warmed through. Drizzle with additional honey mustard and serve.

Day 3

Day 3: Enchilada Verde Casserole with Avocado Slaw

YIELDS 4 servings

Prep Time: 15 minutes || Cook Time: 30 minutes

Ingredients

FOR THE CASSEROLE:

4 cups shredded pork (from Prep Day)

1½ teaspoons chili powder

1½ teaspoons ground cumin

1½ teaspoons dried oregano

½ teaspoon garlic powder

½ teaspoon coarse sea salt

¼ teaspoon ground black pepper

4 cups salsa verde, divided

6 (6-inch) corn or grain-free tortillas

¾ cup shredded white cheddar or Monterey Jack cheese (omit for Paleo and/or dairy-free), divided

FOR THE AVOCADO SLAW:

2 tablespoons fresh lime juice (about 1 lime)

2 tablespoons avocado oil

½ cup diced red onion (from Prep Day)

1 jalapeño pepper, finely chopped (from Prep Day)

1 avocado, cut into ½-inch cubes

¼ cup fresh cilantro leaves (from Prep Day)

Shredded purple cabbage (from Prep Day)

Instructions

TO MAKE THE CASSEROLE:

1. Preheat the oven to 350 F.
2. In a medium-sized bowl, toss the pork with the chili powder, cumin, oregano, garlic powder, salt, and pepper.
3. Spread 1 cup of the salsa in an 8-inch square baking dish, then cover with 2 tortillas: Place a tortilla in one or the corners of the dish, then cut the second tortilla in half and use the halves to fill in the empty spaces along the side and bottom of the whole tortilla.
4. Spread one-third of the seasoned pork over the tortillas, then top with an additional cup of the salsa and ¼ cup of the cheese. Repeat for two more layers.
5. Bake the casserole for 30 minutes, uncovered, until the cheese is bubbling.

TO MAKE THE AVOCADO SLAW:

1. In a medium-sized bowl, whisk together the lime juice and avocado oil.
2. Add the red onion, jalapeño, avocado, cilantro, and cabbage and toss to coat.
3. Place the slaw on top of the casserole and serve!

Day 4

Day 4: Mini SloppyJoe –Stuffed Potatoes

YIELDS 4 servings

Prep Time: 5 minutes | Cook Time: 20 minutes

Ingredients

Half of the roasted red potatoes (from Prep Day)

Sloppy Joe sauce (from Prep Day)

3 cups shredded pork (from Prep Day)

2 tablespoons diced red onion, for garnish (from Prep Day)

2 tablespoons chopped cilantro, for garnish

Instructions

1. Preheat the oven to 350°F.
2. Place the potatoes on a rimmed baking sheet and bake for 15 to 20 minutes, until warmed through.
3. While the potatoes are in the oven, reheat the Sloppy Joe sauce and shredded pork in a medium-sized saucepan over medium heat for 5 minutes, tossing the pork in the sauce to coat, until the sauce begins to bubble and the pork is warmed through.
4. Meanwhile, chop the leaves from 4 sprigs cilantro, then set aside.
5. Cut a slit in each potato, fill with the pork mixture, and garnish with red onion and cilantro. Serve!

Week 4

Cook Once Eat All Week

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Week 4

Baked Chicken Breast, Tomatoes, and Rice

LC P GF DF EF NF

If you like Italian, Cajun, and Mexican food, this week is a good fit! You'll be transforming chicken breast, tomatoes, and rice into three craveable dinners. First up, to make use of homemade pico de gallo when it's super fresh, is a Green Chili Chicken Casserole, then a Chicken Parmesan Bake, and finally a Cajun Chicken and Rice Skillet. Though rice is a mainstay for this week and the chicken parmesan does call for pasta, I have included instructions for modifying these recipes to make them low-carb and grain-free! If you'd like to supplement this week's three main dinner recipes with two additional meals, see the suggested "Bonus Dinner Options" on page 000.

Weekly Ingredients

Produce

- [ ] Bell pepper, green, 1
- [ ] Bell pepper, red, 1
- [ ] Cilantro, 1 small bunch
- [ ] Flat-leaf parsley, 8 sprigs (optional)
- [ ] Garlic, 5 cloves
- [ ] Lemons, 2½
- [ ] Lime, 3
- [ ] Jalapeño pepper, ½
- [ ] Onion, yellow, 1
- [ ] Tomatoes, 2 medium

Meat/Dairy

- [ ] Andouille sausage, 12 ounces
- [ ] Butter, salted, 3 tablespoons
- [ ] Chicken breasts, boneless, skinless, 5 pounds
- [ ] Shredded Mexican cheese blend, 4 ounces (1 cup)
- [ ] Shredded Parmesan cheese, 1½ ounces (½ cup)
- [ ] Sour cream, 4 ounces (½ cup)

Pantry

- [ ] Chicken broth, 2 fluid ounces (¼ cup)
- [ ] Crushed tomatoes, 1 (28-ounce) can
- [ ] Extra-virgin olive oil, 2 tablespoons
- [ ] Gluten-free noodles of choice, 1 (9-ounce) package
- [ ] Green chilis, whole, 1 (10-ounce) can
- [ ] Pork rinds, ½ (5-ounce) package
- [ ] White rice, 13 ounces (2 cups)

Continued on next page!

Spices

- [ ] Dried oregano leaves, 1 teaspoon
- [ ] Dried parsley, 1 tablespoon plus 1 teaspoon
- [ ] Garlic powder, 2 teaspoons
- [ ] Ground cumin, 1 teaspoon
- [ ] Italian seasoning, 1 tablespoon
- [ ] Paprika, ½ teaspoon

Ingredient Substitutions

To make this week low-carb and/or grain-free:

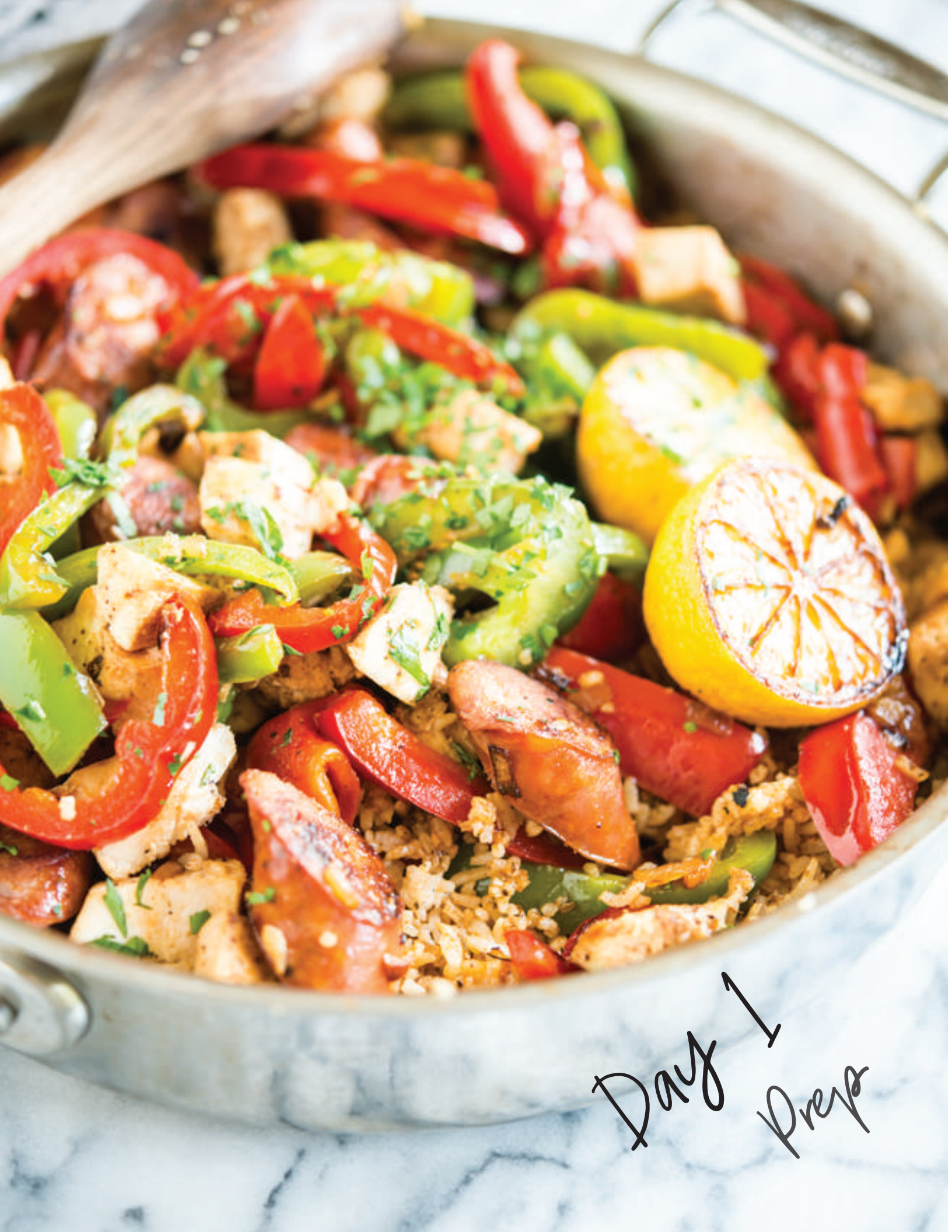
- Replace the gluten-free noodles with 6 medium zucchini and add 2 teaspoons of oil of choice.
- Replace the white rice with 2 medium heads cauliflower (about 4 pounds) or 2 (12-ounce) packages frozen riced cauliflower and add 1½ tablespoons extra-virgin olive oil.

To make this week Paleo:

- Make the substitutions listed above for making the week low-carb and/or grain-free and below for making it dairy-free.

To make this week dairy-free:

- Replace the butter with avocado oil.
- Omit the cheeses.
- Replace the sour cream with cream from a can of full-fat coconut milk.



Day 1 Prep

Day 1: Prep Day

Today is when you're going to knock out the majority of your kitchen time for this week! I like to start off by getting the main protein, the versatile chicken breast, into the oven. Once cooked and cooled to the touch, it just needs a quick dice. While the chicken is baking, I recommend starting the rice and then the pasta. From there, I get the red sauce started. While it's simmering, I get the other odds and ends underway, like crushing the pork rinds, chopping the veggies, and making the pico de gallo and green chili sauce. (Note: To save myself a step, I purchase preshredded Parmesan cheese; if you are using block cheese, add the step of shredding the Parmesan to this week's Prep Day tasks.)

Bake and cube the chicken

Yields 10 cups

Prep Time: 5 minutes	Cook Time: 40 minutes

Ingredients

5 pounds boneless, skinless chicken breasts

1 tablespoon extra-virgin olive oil

1 teaspoon coarse sea salt

½ teaspoon ground black pepper

Instructions

1. Preheat the oven to 375°F.
2. Brush the chicken breasts with the olive oil, then sprinkle with the salt and pepper.
3. Bake for 40 minutes, until the internal temperature reaches 165°F and the juices run clear when cut.
4. Let the chicken cool, then cut into ½-inch cubes. Put 4 cups each of the diced chicken in two containers and the remaining 2 cups in a third container. Label the 4-cup quantities "Casserole" and "Parmesan" and the 2-cup quantity "Cajun Skillet." Refrigerate for use later in the week.

Cook the rice

Yields 6 cups

Prep Time: 1 minutes	Cook Time: about 20 minutes

Cook 2 cups of white rice according to the package instructions. Place 3½ cups of the cooked rice in one container labeled "Casserole" and the remaining 2½ cups in another container labeled "Cajun Skillet." Refrigerate for use later in the week.

Low-Carb/Paleo/Grain-Free Rice Substitute

Make 1½ batches of Basic Cauliflower Rice (page 21), then follow the storage instructions for the white rice above.

Cook the noodles

Cook a 9-ounce package of gluten-free noodles of choice according to the package instructions. Store in the refrigerator for use later in the week.

Low-Carb/Paleo/Grain-Free Noodle Substitute

Yield: 6 cups

Prep Time: 10 minutes	Cook Time: 15 minutes

Ingredients

6 medium zucchini

1 teaspoon coarse sea salt

2 teaspoons oil of choice

Instructions

1. Spiral slice the zucchini to make about 6 cups of zucchini noodles.
2. Toss the zucchini noodles with the salt. Line 2 rimmed baking sheets with a thick layer of paper towels and place the zucchini noodles on them.
3. Let the zucchini sit for 15 minutes, then gather the zucchini in the towels and wring them to squeeze out as much water as possible.
4. To cook the zucchini noodles, heat the oil in a large skillet over medium heat. Once hot, add the zucchini noodles and sauté for 4 to 5 minutes, until the noodles are reduced in volume and cooked through. Drain off any excess water, then store in the refrigerator for use later in the week.

Make the red sauce

Prep Time: 3 minutes	Cook Time: 7 minutes

Ingredients

1 (28-ounce) can crushed tomatoes

1 tablespoon Italian seasoning

1 teaspoon garlic powder

¼ teaspoon coarse sea salt

¼ teaspoon ground black pepper

Juice of 1 lemon

Instructions

Place the ingredients in a medium-sized saucepan over medium heat. Cook for 4 to 5 minutes, until bubbling. Store in the refrigerator for use later in the week.

Crush the pork rinds

Crush 2½ ounces of pork rinds to make 1 cup of crushed pork rinds. Store in a resealable plastic bag or other airtight container for use later in the week.

Slice the bell peppers

Thinly slice 1 red bell pepper and 1 green bell pepper, then store in the refrigerator.

Mince the garlic and dice the half onion

Mince 3 cloves of garlic, then place in a container.

Dice ½ yellow onion, then add it to the container with the garlic. Store in the refrigerator for use later in the week.

Prep the cilantro

Wash and thoroughly dry a small bunch of cilantro. Divide the bunch in two and set one-half aside. Chop the leaves of one-half bunch and set aside for making the pico de gallo (next up during Prep Day). Take the other half of the bunch and tear off enough leaves (leaving a little stem is okay) to equal ¼ cup and set aside for making the green chili sauce during Prep Day!). Store the remaining cilantro in the refrigerator for use later in the week.

Make the pico de gallo

Prep Time: 10 minutes

Ingredients

- 2 medium tomatoes
- ½ yellow onion
- ½ jalapeño pepper
- ½ small bunch cilantro, chopped (from earlier in Prep Day)
- 2 tablespoons lime juice (about 1 lime)
- ¼ teaspoon coarse sea salt

Instructions

Dice the tomatoes and onion and put them in a small bowl. Remove the seeds from the jalapeno and finely chop it, then add it, along with the rest of the ingredients, to the tomatoes and onion. Toss to combine, then cover and store in the refrigerator for use later in the week.

Make the green chili sauce

Prep Time: 2 minutes	Cook Time: 6 minutes

Ingredients

1 (10-ounce) can whole green chilis

½ cup sour cream or cream from a can of full-fat coconut milk

2 tablespoons fresh lime juice (about 1 lime)

2 cloves garlic

¼ cup fresh cilantro leaves (from earlier in Prep Day)

½ teaspoon coarse sea salt

¼ teaspoon ground black pepper

Instructions

1. Place the green chilis, sour cream, garlic, lime juice, garlic, cilantro, salt, and pepper in a blender and blend until smooth. Store in the refrigerator for use later in the week.

Slice the andouille sausage

Cut 12 ounces andouille sausage into ½-inch slices. Store in the refrigerator for later use.

Day 2

Day 2: Green Chili Chicken Casserole

Ingredients

3½ cups cooked white rice or cauli-rice (from Prep Day)

4 cups cubed cooked chicken breast (from Prep Day)

Green chili sauce (from Prep Day)

Pico de gallo (from Prep Day)

2 tablespoons lime juice (about 1 lime)

1 teaspoon ground cumin

½ teaspoon coarse sea salt

1 cup shredded Mexican cheese blend (omit for Paleo and dairy-free)

2 tablespoons chopped fresh cilantro, for garnish

Instructions

1. Preheat the oven to 350°F.
2. Reheat the rice either by placing it in a medium-sized saucepan, covered, over low heat or by microwaving it for about 2 minutes, until hot.
3. While the rice reheats, put the chicken and green chili sauce in a bowl and toss to coat.
4. Put the warmed rice in a 3-quart casserole dish along with the pico de gallo, lime juice, cumin, and salt and stir to combine. Spread the rice mixture evenly in the dish.
5. Place the chicken on top of the rice, making sure to spoon all of the green chili sauce out of the bowl over the chicken, then top with the cheese.
6. Bake for 25 minutes, until the cheese is browned and bubbling. Garnish with cilantro and serve!

Day 3

Day 3: Chicken Parmesan Bake

YIELDS 4 servings

Prep Time: 15 minutes | Cook Time: 20 minutes

Ingredients

1 (9-ounce) package gluten-free noodles, cooked, or 6 cups cooked zucchini noodles (from Prep Day)

1 tablespoon extra-virgin olive oil

1 teaspoon garlic powder

¼ teaspoon ground black pepper

4 cups cubed cooked chicken breast (from Prep Day)

Red sauce (from Prep Day)

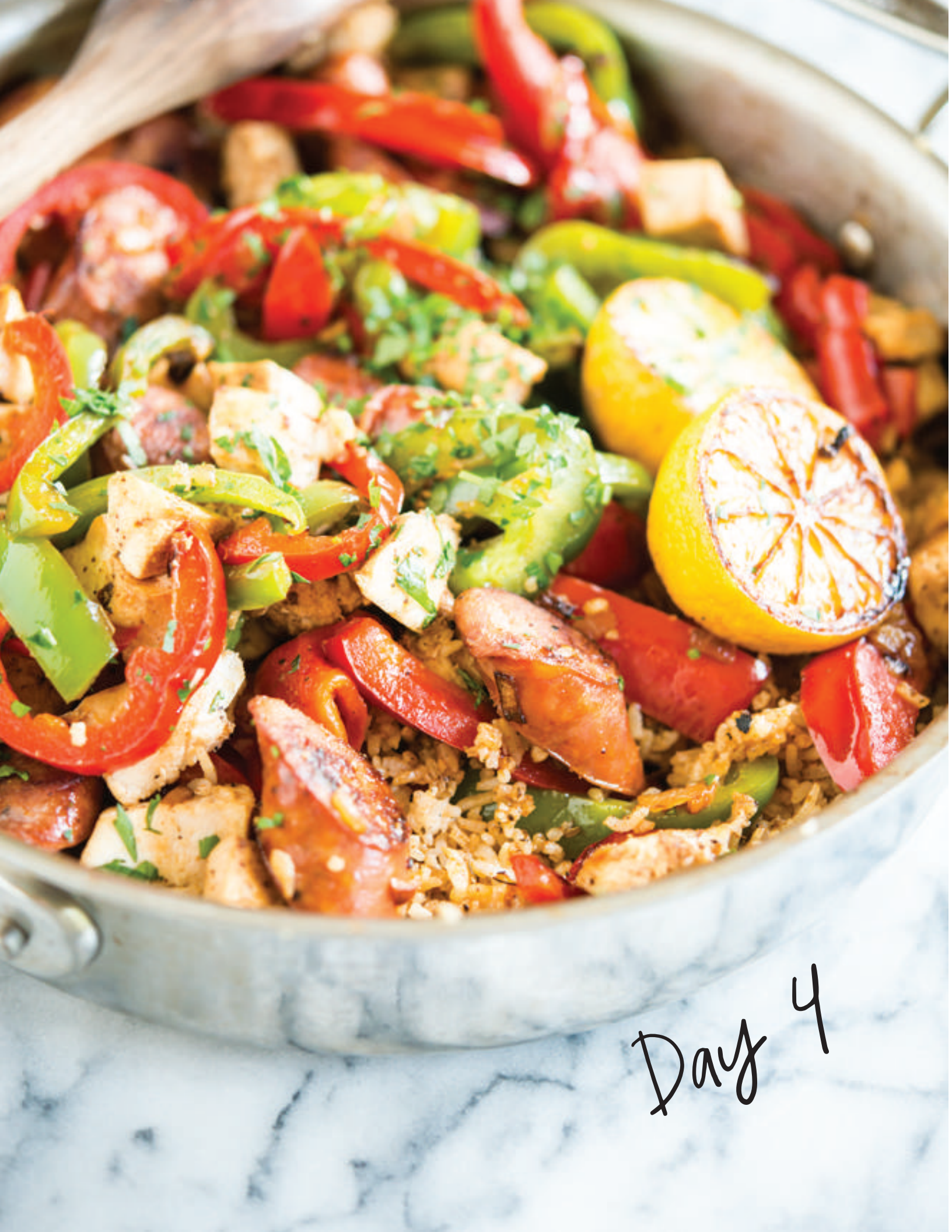
1 cup crushed pork rinds (from Prep Day)

1 tablespoon plus 1 teaspoon dried parsley, divided

½ cup shredded Parmesan cheese (omit for Paleo and dairy-free)

Instructions

1. Preheat the oven to 350 F.
2. Toss the noodles with the olive oil, garlic powder, salt, and pepper, then layer in a 10-inch cast-iron skillet or an 8-inch square baking dish.
3. Layer the chicken breast on top of the noodles.
4. Pour the red sauce on top of the noodles.
5. In a small bowl, toss together the pork rinds, 1 tablespoon of the dried parsley, and cheese, then sprinkle on top of the tomato sauce.
6. Bake for 20 minutes, until the cheese on top is bubbly. Remove from the oven and sprinkle with the remaining 1 teaspoon of dried parsley. Let cool slightly, then serve!


Day 4

Day 4: Cajun Chicken and Rice Skillet

YIELDS 4 servings

Prep Time: 5 minutes || Cook Time: 15 minutes

Ingredients

FOR THE CAJUN CHICKEN:

1 tablespoon salted butter or avocado oil
1 red bell pepper, thinly sliced (from Prep Day)
1 green bell pepper, thinly sliced (from Prep Day)
½ yellow onion, diced (from Prep Day)
3 cloves garlic, minced (from Prep Day)
1 lemon
Sliced andouille sausage (from Prep Day)
2 cups cubed cooked chicken breast (from Prep Day)

FOR THE RICE:

2 tablespoons salted butter or avocado oil
2½ cups cooked white rice or cauli-rice (from Prep Day)
1 tablespoon fresh lemon juice (about ½ small lemon)
¼ cup chicken broth
½ teaspoon fine sea salt
¼ teaspoon ground black pepper
1 teaspoon dried oregano leaves
½ teaspoon paprika

FOR GARNISH:

2 tablespoons chopped fresh flat-leaf parsley (optional)
Charred lemon halves (from above)

Instructions

1. To make the Cajun chicken, melt the butter in a large sauté pan over medium heat. Once melted, add the peppers, onion, and garlic and cook for 5 to 6 minutes, until browned, then transfer to a large bowl and set aside.
2. Cut the lemon in half and place the halves cut side down in the pan for 1 to 2 minutes, until browned, then set aside.
3. Add the sausage and chicken to the pan and cook until slightly browned, 3 to 5 minutes, then transfer to the bowl with the peppers and onion.
4. To make the rice, put the butter in the pan. Once melted, add the rice along with the rest of the ingredients. Scrape the bottom of the pan with a wooden spoon to release the charred bits.
5. Top the rice with the veggies, sausage, and chicken and garnish with the parsley and charred lemon halves.