



*Fed + Fit*

# **Cook Once, Eat All Week Pantry Swaps**





# Week 1 - Chicken, Broccoli, and Rice

## PROTEIN SWAPS:

If you can't find chicken breast, use chicken thighs, or cook two roasting chickens and shred them! If neither of those are an option, this week will also work with shredded pork. Just use a 5-pound pork shoulder roast and follow the instructions on page 213 to cook it. You can also use 5 pounds of cooked ground chicken or turkey!

## BBQ CHICKEN & RICE CASSEROLE SWAPS

- Use cauliflower rice in place of the broccoli rice.
- Leave out the broccoli altogether and use rice instead – just cook an extra cup of it during your prep day.
- Use quinoa or brown rice in place of the white rice.

## WHITE CHICKEN CHILI

- Use any type of broth, or water, in place of chicken broth.
- Substitute 1 teaspoon onion powder for fresh onion.
- Substitute ½ teaspoon garlic powder for fresh garlic.
- Any type of bean can be used for the white beans.
- Leave off the bacon, if needed.
- Omit the avocado, if needed.

## CHICKEN AND BROCCOLI FRIED RICE

- Omit the eggs, if needed.
- Use whatever veggies you have on hand to replace the broccoli, green onion, and carrots. Brussels sprouts, cabbage, cauliflower, zucchini, and leafy greens all work great here.
- Use ½ teaspoon dried ginger in place of fresh.
- Use ½ teaspoon garlic powder in place of fresh.
- Use 1 tablespoon soy sauce or tamari in place of coconut aminos, and omit the salt.
- Leave out the toasted sesame oil.
- Use quinoa or brown rice in place of the white rice.

# Week 6 - Ground Chicken, Bell Peppers, and Rice

## MAIN SWAPS:

- **Ground Chicken** - If you can't find chicken breast, use chicken thighs, or cook two roasting chickens and shred them! If neither of those are an option, this week will also work with shredded pork. Just use a 5-pound pork shoulder roast and follow the instructions on page 213 to cook it. You can also use 5 pounds of cooked ground chicken or turkey!
- **Bell Peppers** - If you can't find bell peppers, skip them! We'll give you specific suggestions for replacing them below.
- **Rice** - Swap the white rice for brown rice or quinoa. You can even use rice noodles in place of rice!

## CURRIED CHICKEN LETTUCE CUPS

- Any color of bell pepper works great here! If you can't find any peppers, though, just leave them out.
- Stretch your meal by adding 8 ounces of chopped water chestnuts and 2 chopped carrots at the same time you cook the peppers.
- Swap ½ teaspoon garlic powder for fresh, if needed.
- Use water in place of chicken broth.
- If you don't have limes, you can use 1 teaspoon of rice or apple cider vinegar in its place to add acidity.
- Use 1 teaspoon of soy sauce or tamari in place of the coconut aminos.
- You can leave the green onions and cilantro out entirely.
- Instead of lettuce cups, you can serve over rice, stir-fry style.

## FIRECRACKER MEATBALLS

- If you can't find sriracha, you can substitute ¼ cup of hot pepper sauce, such as Frank's Red Hot, in its place.
- Use ¼ cup of coconut sugar or white sugar in place of the honey.
- You can substitute the fresh lime juice with 1 tablespoon apple cider or rice vinegar.
- Substitute 2 teaspoons soy sauce or tamari for the coconut aminos.
- Omit the green onion garnish.

# Week 15 - Ground Beef, Spinach, and Spaghetti Squash

## MAIN SWAPS:

- **Ground Beef** - If you can't find ground beef, ground pork or turkey work too.
- **Spinach** - You can substitute any sturdy leafy green like kale, collards, or even arugula here.
- **Spaghetti Squash** - Swap the squash for pasta or zucchini noodles.

## BOLOGNESE CASSEROLE

- Substitute ½ teaspoon onion powder in place of the onion.
- Substitute 1 teaspoon garlic powder in place of the garlic.
- Use pre-made spaghetti sauce in the place of homemade sauce.
- If you don't have wine or beef broth on hand, substitute 2 tablespoons balsamic vinegar.
- Swap in pasta or zucchini noodles for the spaghetti squash, and serve fresh as a pasta instead of a casserole.

## MEDITERRANEAN SKILLET

- Substitute 1 teaspoon onion powder for the onion.
- Substitute ½ teaspoon garlic powder for the fresh garlic.
- If you can't find frozen artichoke hearts, use canned.
- Use a chopped large tomato in place of the grape tomatoes, or omit the tomatoes altogether.
- Substitute frozen spinach, kale, collards, swiss chard, or arugula for the baby spinach.
- Omit the feta cheese.

## SPINACH PESTO SPAGHETTI SQUASH BOATS

- Use pasta in place of the spaghetti squash (no need to bake, just serve fresh as pasta), serve the meatballs and pesto with the veggie side of your choice, or make pesto meatball subs!
- Use basil, arugula, kale, swiss chard, or collard greens in place of the spinach in the pesto.
- Use pine nuts, pecans, or cashews in place of the walnuts.

# Week 22 - Shredded Pork, Sweet Potatoes, and Kale

## MAIN SWAPS:

- **Shredded Pork** - If you can't find shredded pork, this week will also work well with shredded chicken!
- **Sweet Potatoes** - Check the recipes below for individual suggestions on subbing the sweet potatoes.
- **Kale** - Kale can be replaced with any leafy green veggie you can find!

## JERK PORK STUFFED SWEET POTATOES

- You can use frozen mango in place of fresh, swap for pineapple, omit the kale, or leave off the slaw entirely.
- If you can't find sweet potatoes, serve this meal over white rice, brown rice, or quinoa.

## HONEY GARLIC PORK SKILLET

- Substitute 1 tablespoon soy sauce or tamari for the coconut aminos.
- Substitute coconut sugar, white sugar, or brown sugar for the honey.

## Sweet Potato Tamale Pie

- Substitute any leafy green in place of the kale – spinach and collard greens are both great options. You can also use frozen greens or leave them out entirely!
- If you can't find sweet potatoes, use cornbread or a masa topping.
- Substitute 1 teaspoon apple cider vinegar for the lime juice.
- Omit the avocado, if needed.

# Week 26 - Shredded Pork, Potatoes, and Cabbage

## MAIN SWAPS:

- **Shredded Pork** - If you can't find pork shoulder, shredded chicken or beef will work great here.
- **Potatoes** - Sweet potatoes work as a great swap. You can also serve the Sloppy Joes on buns and omit the potatoes from the sheet pan dinner entirely.
- **Cabbage** - You can omit the cabbage from this week entirely - we will talk about specific swaps below!

## HONEY MUSTARD SHEET PAN DINNER

- Replace the cabbage with another veggie like carrots, broccoli, cauliflower, or brussels sprouts.
- Omit the potatoes or replace with sweet potatoes. You can also serve this with a starchy side like rice.
- Use pre-made honey mustard in place of homemade.

## ENCHILADA VERDE CASSEROLE

- Omit the avocado slaw.
- If you can't find salsa verde, you can use an equal amount of red enchilada sauce, or make double batch of the enchilada sauce on page 45.
- Use whatever type of tortillas you have on hand - corn, grain-free, and flour all work.
- Add a can of beans to the pork mixture to stretch your meal further!

## SLOPPY JOE STUFFED POTATOES

- Use BBQ sauce in place of sloppy joe sauce.
- Omit the garnishes.