

MEAL PLAN

Below you'll find a sample schedule for this week's meals!

number of servings: 16 total



MONDAY

SEAFOOD MEAL #1

Lemon-Pepper Halibut
with Broccoli Salad and
Wild Rice

RECIPE PAGE 210 / SERVES 4



TUESDAY

SEAFOOD MEAL #2

General Tso's Cauliflower

RECIPE PAGE 43 / SERVES 4

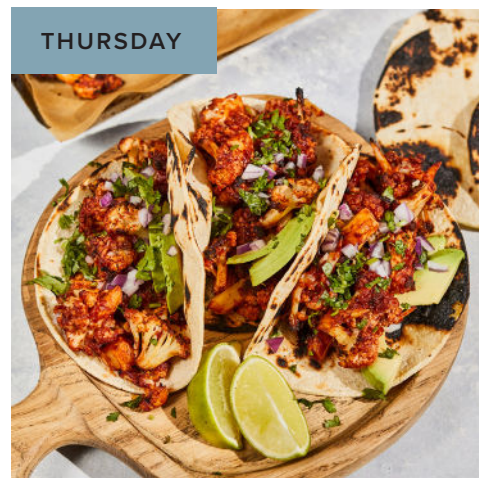


WEDNESDAY

VEGETARIAN MEAL #1

Chile Verde Halibut Melts
with Chile-Lime Tartar Sauce

RECIPE PAGE 211 / SERVES 4



THURSDAY

VEGETARIAN MEAL #2

Cauliflower Tinga Tacos

RECIPE PAGE 245 / SERVES 4

SHOPPING LIST

FRESH PRODUCE

- Apple, red, 1
- Avocado, 1
- Broccoli florets, 3 cups
- Cauliflower, 4 medium heads
- Cilantro, ¼ bunch
- Garlic, 2 cloves
- Ginger, 1 (1-inch) piece
- Green onions, 2
- Lemons, 3
- Lettuce, 4 leaves
- Limes, 5
- Onion, red, ½

MEAT

- Halibut, 8 (5-ounce) filets

DAIRY

- Muenster Cheese, 3 ounces (4 slices)

PANTRY

- Bread, sandwich, 8 slices
- Chili garlic sauce, 2 tablespoons
- Chipotle chiles in adobo sauce, 1 (3.7-ounce) can
- Cornstarch, 2 tablespoons
- Extra-virgin olive oil, 4 fluid ounces (½ cup)
- Fish sauce, ½ teaspoon
- Green chiles, diced, 1 (4-ounce) can
- Honey, 3.95 ounces (1/3 cup)
- Mayonnaise, 6.35 ounces (¾ cup)
- Potato chips (optional)
- Rice vinegar, 2 fluid ounces (¼ cup)
- Rice, white, 9.53 ounces (1 ½ cups)
- Sesame oil, toasted, 2 teaspoons
- Tomato paste, 4.8 ounces (½ cup)
- Tortillas, corn, 8
- Vegetable broth, 8 fluid ounces (1 cup)
- Wild rice, 6.4 ounces (1 cup)

SPICES

- Cumin, 1 teaspoon
- Oregano, 2 teaspoons
- Poppy seeds, 1 teaspoon
- Sesame seeds, white, 1 teaspoon

MEAL PREP CHECKLIST

If you'd like to get a head start on prepping for these dinner series, here's a quick cheat sheet of prep that you can knock out a full day in advance.

- ✓ Cook the wild rice for the Lemon-Pepper Halibut dinner, then let cool slightly and store in a container in the refrigerator.
- ✓ Roast the cauliflower for the General Tso's Cauliflower and the Cauliflower Tinga Tacos. Transfer half the cauliflower (about 6 cups) to an airtight container labeled 'General Tso's', then place the other half in an airtight container labeled 'Cauliflower Tinga' and refrigerate.
- ✓ Make the white rice for the General Tso's Cauliflower, then let cool slightly and store in a container in the refrigerator.
- ✓ Make the sauce for the General Tso's Cauliflower, then store in an airtight container in the refrigerator.
- ✓ Make the broccoli salad for the Lemon Pepper Halibut dinner and store in a container in the refrigerator until ready to use. Note: the apple pieces will brown a bit. If you'd like, you can wait to chop the apple until right before you serve the salad.
- ✓ Make the tartar sauce for the Chile Verde Halibut Melts, then store in an airtight container in the refrigerator.
- ✓ Make the sauce for the Cauliflower Tinga Tacos, then store in an airtight container in the refrigerator.