



Weekly Meal Plan Options - 03/03/25 - SAMPLE

Pick one or pick them all! Grocery list on the final page is color coded: blue titled recipe, blue ingredients, so it's easy to figure out what foods you need! Part of the magic is the number of servings - for recipes with servings of more than you need, put the additional meals in the freezer for use whenever you like!

Creamy Tomato & Basil Shrimp Pasta - serves 4-6

from Kendall-Jackson Wines

1 lb shrimp (cooked and deveined)
 1 T butter
 3 cloves of garlic, minced
 1 T fresh basil
 squeeze of fresh lemon juice
 salt & pepper to taste
 organic spaghetti noodles*

1 T Extra Virgin olive oil
 1 onion, chopped
 ¼ t red pepper flakes
 3 tomatoes, chopped
 ¼ cup chardonnay
 ¼ cup heavy cream
 fresh parmesan and basil for garnish



In a skillet, melt the butter with the olive oil, and saute the onions and garlic until soft. Add the red pepper flakes, fresh basil, a squeeze of fresh lemon juice, chopped tomatoes, white wine and salt & pepper. Cook until the liquid is reduced to half. While the tomato mixture is simmering, boil the spaghetti noodles according to the package directions. Once the tomato mixture is done simmering, add the shrimp, and cook until the shrimp have warmed through, just a few minutes. Stir in the heavy cream and simmer for a few minutes. Toss the tomato and shrimp sauce with spaghetti noodles. Garnish with fresh parmesan and fresh basil. Serve with a side of green beans.

RECIPE NOTE: substitute Healthy Noodles (healthynoodle.com) or Better Than Noodles (at Stauffer's of Kissel Hill) for a lower carb option OR serve over rice you've made one day prior and refrigerated (which creates starch resistance, making it slower to digest - which raises your glucose more slowly). Or for a gluten free option, try Jovial GF noodles, available at Giant. Shrimp is on sale this week at Giant for \$6.99 per lb. and Weis for \$4.99 per lb.

Roasted Spatchcock Chicken & Vegetables - 6 servings

from Natasha's Kitchen

4 ¼ lb. Whole Chicken
 1/8 t black pepper
 1 T EVOO + more to drizzle
 2 garlic cloves, minced
 1 T fresh lemon juice
 1/8 t black pepper

Salt ½ t
 4T unsalted butter, softened
 1 T parsley, finely chopped
 ½ t lemon zest
 1 t salt
 2 lb medium red potatoes

3 medium carrots, peeled/quartered

8 oz brussel sprouts, trimmed and halved

Preheat oven to 425°F. Place chicken breast-side down with the wings/neck facing towards you. To remove the spine, use kitchen shears to cut through the ribs right next to the spine along both sides. Open rib cage and use a heavy knife to score down the sternum. This will help pop out the breast bone and flatten chicken. (Note: how to video at <https://natashaskitchen.com/spatchcock-chicken-recipe-video/> You can also purchase a chicken already spatchcocked, but it will cost you more.

Season inside the chicken with 1/2 tsp salt and a pinch of black pepper. Flip the chicken over breast side up and set on parchment-lined, rimmed baking half sheet. Using the palm of your hand, push firmly over the breast bone forcing the chicken to lay completely flat. Use your thumbs to separate the skin from the meat over breast, thigh and drumstick areas. In a small mixing bowl, combine the flavored butter ingredients. Mash with fork for a couple of minutes until lemon juice is mostly incorporated into butter. Spread 2/3 of mixture under the chicken skin and dot/spread remaining butter all over chicken. Place prepared vegetables all around the chicken and drizzle everything with olive oil. Sprinkle chicken and vegetables generously with salt and some black pepper to taste. Bake uncovered at 425°F for 45 min or until instant read thermometer reads 160°F when inserted into thickest part of chicken breast. Remove from oven and rest uncovered 10 minutes on a cutting board before serving.

NOTE: if you think you don't like brussel sprouts, try them this way - roasted is the only way I like them! ALSO, if you haven't been to the Bell & Evans Retail Outlet (154 W. Main Street) in Fredericksburg, go! The prices are good, they DO have spatchcocked chicken and you're supporting a Lebanon County business.

Big Mac Smash Tacos - makes 5 (can make vegetarian)

The Modern Nonna

1/4 c mayonnaise*	1/4 c sour cream*	1/4 c plain yogurt
1 T tomato paste	1 T honey dijon mustard	1.5 T relish
1 T pickle juice, optional	1 lb ground beef (or turkey)*	pinch salt/pepper
1 T avocado oil/EVOO	5 8" tortillas*	Cheddar shredded*
Chopped lettuce	Chopped onion	

(I add quartered organic cherry tomatoes and avocado)

Prepare the Mac Sauce by mixing all ingredients in bowl; put in fridge to chill. Take your pound of ground beef/turkey/Beyond Meat and divide into 5 equal portions, rolling into a ball. Take a tortilla press the ground meat flat, into one layer with your fingers. Add a tiny pinch of salt & pepper on the top. Repeat for each taco. Heat pan on stove on medium high heat, adding a touch of avocado oil; place the taco meat side down. You

should hear it sizzle; let cook for 2-3 minutes or until golden. Flip it over and add the cheese; put a lid on the pan and allow the cheese to melt (about a minute). Take it off the heat, top with lettuce, onions, tomatoes and Big Mac Sauce - and devour.

NOTES*: 1) Be sure to buy avocado mayonnaise-I like Chosen Foods. ALL other mayonnaise (unless YOU make it) is made with cheap, over-processed oils and causes inflammation. 2) I like Daisy Sour Cream - just plain natural ingredients with nothing you don't need. (Have you ever read the labels on sour cream??) 3) Did you know you can buy tomato paste in a tube for small amounts, like this recipe? Took me awhile to figure that out. 4) As a diabetic, I use Mt. Olive No Sugar Added sweet pickles and relish. 5) LOVE Sieste almond flour tortillas (no gluten), usually found in the freezer section. I'll also use carb balance tortillas, but they have ingredients I avoid if I can. 6) If you want to keep your fat intake down, use Cracker Barrel or Kraft 2% Milk Cheeses. Also avoid pre-shredded cheeses packed with cellulose (wood pulp); Tillamook uses NO hormones and packs their shredded cheeses with potato starch. 7) why organic tomatoes? Pesticides cling to their skins and don't wash off easily. 8) Can make with Beyond Meat burger (at Giant and Weis) for a vegetarian option. Ground beef is on sale at Giant this week, \$2.79 lb with coupon from circular.

Slow Cooker Vegetarian Minestrone Soup - 8 servings

AllRecipes.com

6 c vegetable broth	Crushed tomatoes, 28 oz can
Kidney beans, 15 oz can, drained	Large onion, chopped
Large carrots, 2 diced	Celery ribs, 2 chopped
Green Beans, 1 c	Small zucchini, chopped
Garlic, 3 cloves minced	Fresh parsley, 1 T minced
Dried oregano, 1.5 t	Salt, 1 t
Thyme, 1.5 t dried	Pepper, 1/4 t
1/2 c elbow macaroni	Fresh spinach, 4 c chopped
Freshly grated parmesan, 1/4 c+	or 10 oz box of frozen chopped

Combine broth, tomatoes, kidney beans, onion, carrots, celery, green beans, zucchini, garlic, parsley, oregano, salt, thyme and pepper in 6 qt. slow cooker; if using frozen spinach, add now. Cover and cook for 6-8 hours. Bring a large pot of lightly sated water to a boil and cook macaroni, stirring occasionally, about 8 minutes or to taste. Drain and stir into soup along with fresh spinach; cover and cook 15 more minutes. Ladle into bowls and sprinkle with parmesan cheese - and a crusty slice of sourdough (made with starter, not the grocery store variety) and salad!

Crispy Baked Breaded Pork Chops - 6 servings

Skinnytaste

6 3/4" center cut pork chops	Salt
Egg, 1 beaten	1/2 c panko bread crumbs
1/3 c crushed cornflake crumbs	2 T grated parmesan cheese
1 1/4 t sweet paprika	1/2 t garlic powder
1/2 t onion powder	1/4 t chili powder
1/8 t pepper	Avocado oil spray

Preheat oven to 425 degrees; spray a large non-stick baking sheet lightly with avocado oil spray. Season pork chops on both sides with 1/2 t salt. Combine panko, cornflake crumbs, parmesan, 3/4 t salt, paprika, garlic powder, onion powder, chili powder and pepper in a large shallow bowl. Place the beaten egg in another bowl. Dip the pork into the egg, then the crumb mixture. Place on prepared baking sheet and repeat with remaining chops. Lightly spray a little oil on the top of the pork. Bake for 20 minutes. Serve with beets and mashed cauliflower (recipe below).

NOTES: Swift center cut pork chops are on sale at Weis for \$2.99 lb through March 26.

Garlic Mashed Cauliflower - 4-6 servings

thetaylor-house

1 medium cauliflower	4 oz cream cheese, 1/3 reduced fat
3 T butter	2 t garlic salt
1 t Italian seasoning (optional)	Cheese (your choice, shredded; optional)

Cut cauliflower into florets and steam until soft, about 10 minutes; drain and place back in the pot for 2-3 minutes to dry out. Pour into food processor, over the cream cheese, butter and garlic salt. Whirl until it's smooth and creamy. Top with shredded cheese if desired; I don't.

Meats

Shrimp (cooked & deveined) 1 lb
Whole Chicken 4.25 lb
Ground turkey/beef 1 lb
3/4" Center Cut Pork Chops 6

Dairy

Butter¹ 1T + 3T
Heavy Cream 1/4c
Freshly Grated Parmesan 1/4 c + 1/4 c + 2T
Butter, unsalted 4T
Sour cream 1/4 c
Plain yogurt 1/4 c
Cheddar, shredded 1 c
Egg 1
Cream cheese, 4 oz

Produce

Onion 1, 1, 1
Fresh Basil 1T+
Parsley 1T + 1T
Red potatoes 2 lb
Carrots 3 + 2
Fresh brussel sprouts 8 oz
Romaine, 1 head
Organic cherry tomatoes, pint
Avocados 2
Celery, 2 ribs
Green beans 1 c
Zucchini, 1
Spinach, fresh 4c OR
10 oz frozen
Lemon (+ zest) 1/2 + 1/2
Cauliflower, 1 medium

Other

Organic diced tomatoes 15 oz can
Chardonnay 1/4c
Rice/Spaghetti 4 servings
Mayonnaise 1/4 c
Tomato Paste 1 T
Honey Dijon Mustard 1 T
Relish 1.5 T
8" Tortillas 5
Vegetable broth 6 c
Crushed tomatoes 28 oz can
Kidney beans 15 oz can
Elbow macaroni 1/2 c
Cornflakes 1/3 c

Pantry Staples

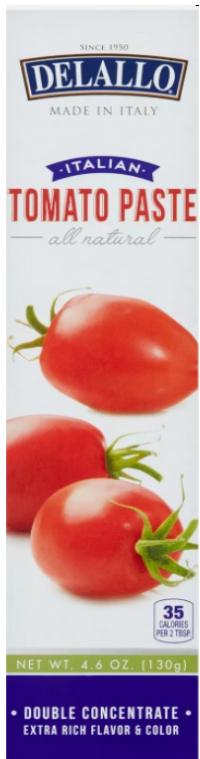
Extra Virgin Olive Oil 1T² + 1T +
Minced Garlic (by clove) 3 + 2 + 3
Red Pepper flakes 1/4t
Salt³
Pepper
Avocado Oil/Spray
Oregano 1.5T
Thyme 1.5T
Sweet Paprika
Garlic powder 1/2 t
Onion powder 1/2 t
Chili powder 1/4 t
Garlic salt, 2t

¹ If you prefer a vegan option, Miyos European Style Plant Milk Butter; your best price is usually at Target; excellent flavor; be sure NOT to purchase spreadables using low quality heavily processed oils as their base (which most of them do). I use this and Kerrygold (grassfed)

² Make sure to buy COLD PRESSED, ORGANIC extra virgin olive oil; look for my recommendation on the next page, available at both Giant and Weis. Costco has your lowest priced option and very highly rated under the Kirkland brand name! You want your olive oil made with olives sources from ONE country (assuring a higher quality olive).

³ Nearly ALL salts have microplastics in them; buy these instead: Himalayan Pink Salt, Celtic Sea Salt or Real Salt (photos on next page)

Recommended products:



\$2.49
at
Giant

\$2.19
at
Weis



\$4.79 at Target
\$4.69 at Weis
\$4.79 at Giant



\$5.49 at Target



\$2.79 Target
\$2.59 Giant
\$2.49 Weis



\$4.29 at Weis and Giant



\$8.99 Weis
I get it at Costco
in bigger bottles



\$6.99 Weis
\$7.39 Target



\$7.39 Weis
\$5.49 Target



Hilltop Market



Whole Foods