

MENU And MEAL PREP	SUNDAY	MONDAY	TUESDAY	<u>WEDNESDAY</u>	THURSDAY	FRIDAY	<u>SATURDAY</u>
BREAKFAST	<i>Leftover</i> Lemonee Sweet Cassava Pancakes <b>or</b> V Cakes <b>with:</b> - Spiced Walnut Butter - Bananas - Organic Strawberries (fr)	Breakfast Bowl	Sweet Potato Piles	Breakfast Bowl	Lemonee Sweet Cassava Pancakes <b>or</b> V Cakes <b>with:</b> - Spiced Walnut Butter - Bananas - Organic Strawberries (fr)	Breakfast Bowl	Sweet Potato Piles
LUNCH	Hearty Chicken Salad	<i>Leftover</i> Spaghetti + Spaghetti Squash + Beet Greens	Hearty Chicken Salad	Salad + The Breaded Mug *option – leftover Paleo Pizza (Monday's dinner) (if "dining-in")	<i>Leftover</i> Napa Scoops	Salad + The Breaded Mug	<i>Leftover</i> Asparagus Soup + The Breaded Mug
DINNER	<i>Leftover</i> Creamy Asparagus & Rutabaga Soup	Date Night – <b>Out</b> <b>OR</b> Easy Paleo Vegan Pizza (dine-in option)	<i>Leftover</i> Spaghetti + Spaghetti Squash + Beet Greens	Creamy Crunchy Napa Scoops	Creamy Asparagus & Rutabaga Soup + The Breaded Mug	<i>Leftover</i> Lemonee Sweet Cassava Pancakes <b>or</b> V Cakes <b>with:</b> - Spiced Walnut Butter - Bananas - Organic Strawberries (fr)	Spaghetti + Spaghetti Squash + Beet Greens
				<b>70 MINUTES TOTAL</b>  <b>62 MINUTES for</b> <b>FOUR RECIPES +</b> <b>10 MEALS</b>  1. Creamy Crunchy Napa Scoops 2. Creamy Asparagus & Rutabaga Soup + *The Breaded Mug 3. Pancakes 4. Spiced Walnut Butter 5. Make "The Breaded Mug" day-of or night before. (5 minutes)  <b>8 MINUTES for</b> <b>**Morning prep:</b> 1. Scrambled eggs 2. Chop/Slice Cabbage (3 cups)			<b>70 MINUTES TOTAL</b>  <b>60 MINUTES for</b> <b>THREE RECIPES +</b> <b>10 MEALS</b>  1. Spaghetti & Meatballs with "Nomato" Sauce + Spaghetti Squash + Beet Greens 2. Vegan Paleo Meatballs Exist (if creating the vegan week) 3. Cook or Slice up Chicken 4. Chop Cabbage (3 cups) 5. Make "The Breaded Mug" day-of or night before. (5 min)  <b>10 MINUTES for</b> <b>**Morning prep:</b> 1. Scrambled eggs 2. Sweet Potatoes (2-3 lbs) (steamed/baked)

**\*\* Preparations either the evening before "main cook day" or the morning of. Do what works best for your schedule. Feel free to move days around, too.**

**There are 3 meals a day = 21 meals per week. Monday dinner is "OUT" so the total is 20 meals for the week. You can make or prep these in just 2 hours + 20 minutes!**

WEDNESDAY ORDER of OPERATIONS	RECIPES: SAVVY TIME-SAVING TIPS <i>*always refer to the whole recipe for complete instructions*</i>	PREP TIME	COOK TIME	TOTAL TIME	NOTES
<b>First:</b> Creamy Crunchy Napa Scoops	<b>Bacon, fish or Chicken?</b> Place in preheated oven per recipe instructions. <b>Prep &amp; Steam</b> Carrots + Parsnips + Sweet Potatoes <b>Wash and prep the cabbage leaves</b> for “scoops” per recipe <u>while</u> the veggies are steaming. <b>Prep any “topping” ingredients, place in bowls.</b> <b>Food Processor/blender</b> the carrot + parsnip + sweet potatoes + additional ingredients per recipe instructions.	10 minutes	8 minutes	<b>18 minutes</b>	<ul style="list-style-type: none"> <li>• Buy a steamer insert or two so you can simultaneously steam different foods and save time if you need to.</li> <li>• <b>If you cook CHICKEN</b> with this dish, cook enough (2x) to use as a “topping” for the asparagus soup too.</li> </ul>
<b>Napa Scoops are for Dinner on WEDNESDAY! Make these, then rest and enjoy eating the meal. After dinner, make the other recipes below.</b>					
<b>Second:</b> Lemonee Sweet Cassava Pancakes <b>or</b> V Cakes	Prep the veggies (V cakes) first, per the recipe, then make the batter. Cook on a skillet or griddle. Set a timer for flipping, if needed.	<b>10 minutes</b>	2-3 min per side <b>25 minutes</b>	35 minutes	• <b>V Cakes</b> are a simple derivation from the Lemonee Sweet Cassava Pancake recipe with more nutrients
<b>While <u>pancakes</u> are cooking:</b>					
<b>Third:</b> Spiced Walnut Butter	Cook per recipe instructions.	4 minutes	0 minutes	<b>4 minutes</b>	<b>Keep an eye on those pancakes</b> and flip when needed. <b>Timers help!</b>
<b>After making the Spiced Walnut Butter, <u>rinse the food processor</u> well, then cook the <b>Creamy Asparagus &amp; Rutabaga Soup</b>:</b>					
<b>Fourth:</b> Creamy Asparagus & Rutabaga Soup	<b>Preheat the oven to 250°F to roast the pepitas. (5 minute cook time).</b> Wash, prep and begin steaming the <u>rutabagas</u> per recipe instructions. <b>While rutabagas cook, <u>keep flipping pancakes</u>, and wash + prep the <u>asparagus</u> and <u>celery</u>.</b> Cook per recipe instructions. <b>Once asparagus and celery are <u>done</u> cooking, bake the pepitas (5 min).</b>	10	20	<b>30</b>	<b>Keep an eye on those pancakes</b> and flip when needed. <b>Timers help!</b> <b>Pancakes will probably be done</b> when the asparagus and celery are done cooking.
	<b>TOTAL MEAL PREPARATION and COOK TIME:</b>			<b>62 minutes</b>	<b>Bolded times summed for total time</b>
	<b>TUESDAY Evening <u>or</u> WEDNESDAY Morning PREPARATION and COOK TIME:</b>			<b>8 minutes</b>	<b>Bolded times summed for total time</b>
<b>First:</b> Eggs	Scramble 6 – 8 eggs (enough for 2 people for 2 breakfasts). Cook on medium heat, stirring frequently, for about 5-8 minutes, or until done.	2 minutes	<b>5 minutes</b>	7 minutes	To avoid burning/browning the eggs, don't add them to a hot pan. Turning the heat off <i>just before</i> they're done cooking helps prevent rubbery eggs.
<b>Second:</b> Cabbage	<b>While the eggs are cooking:</b> wash your cabbage in a <b>sieve</b> , and slice it. Add lemon juice and cover in an air-tight container and refrigerate.	3 minutes	0 minutes	<b>3 minutes</b>	Lemon juice (vitamin C) helps save the cabbage from browning caused by oxidation.

SATURDAY ORDER of OPERATIONS	RECIPES: SAVVY TIME-SAVING TIPS <i>*always refer to the whole recipe for complete instructions*</i>	PREP TIME	COOK TIME	TOTAL TIME	NOTES
<b>First:</b> Spaghetti and Meatballs with “Nomato” Sauce	<b>Start with the Nomato Sauce:</b> Chop and cook the onion 5 minutes per recipe, plus the garlic & cook for 2-3 more minutes. <b>**While the onion (&amp; garlic) cook:</b> wash and chop the beets and carrots. Add spices + broth, <b>cook 30 minutes</b> per recipe instructions, then puree it. <b>Next, either make the Vegan Paleo Meatballs OR</b> add the ground beef to the sauce (vs making beef meatballs) to save time. <b>The “nomato sauce” cooks again</b> for ~20 minutes after pureeing & adding cooked meat.	15 Minutes: 10 chop + 5 puree & transfer to pot	35 Minutes + 20 minutes	<b>60 ** minutes</b>	Use the beet greens you removed from the beets as a side!  <b>During the “30 minutes” of the sauce ingredients cooking, make the “second” and “third” line-items below.</b>
<b>If making our Vegan Paleo Meatballs – preheat oven to 350°F. While the <u>Nomato Sauce</u> is cooking – make the following:</b>					
<b>Second:</b> Cook the Grass-fed Ground Beef or “Vegan Paleo Meatballs Exist”	<b>Cook the ground beef in a skillet per recipe instructions until done.</b> Then, <b>AFTER pureeing the “nomato sauce” (see recipe instructions)</b> , add the beef & the “nomato sauce” to a pot - complete the cooking <u>per recipe instructions</u> .  <b>Vegan Meatballs: prep and cook per recipe instructions.</b> They'll cook for about 25-30 minutes in a preheated oven (see above). <b>While these bake</b> , begin cooking the <u>spaghetti squash</u> & <u>beet greens</u> .	2 Minutes  <b>or</b> 5 minutes	8 Minutes  <b>or</b> 30 minutes	10 minutes  <b>or</b> 35 minutes	Vegan meatballs begin at 10 minutes after the Nomato sauce starts (onion chopped, cooking, plus veggies chopped, cooking), when there are 30 minutes left for the sauce to cook. <b>Therefore – your vegan meatballs will be done 5 minutes after your sauce (no need for extra 20 minutes)</b>
<b>Once the ground beef is fully cooked and added to the “Nomato” sauce, <u>or</u> after the Vegan Meat Balls are in the oven baking, cook these:</b>					
<b>Third:</b> Spaghetti Squash & Beet Greens	Prep and cook spaghetti squash <u>per recipe instructions</u> in the microwave. <b>**While the squash is cooking, wash, chop and cook the <u>beet greens</u>.</b> Cook in a skillet al-dente <u>per recipe instructions</u> for 2-4 minutes. <b>Set the squash aside to cool (enough to touch it and remove the seeds).</b> Prep the squash <u>per recipe instructions</u> (deseed, save the flesh, etc).	10 minutes	15 minutes	15 ** minutes	<ul style="list-style-type: none"> <li>Per above, you'll have about 20 minutes to prep the spaghetti squash, beet greens and cabbage!</li> <li>Poking the squash with a knife helps the gourd cook and allows the squash to sweat and steam out.</li> </ul>
<b>Fourth:</b> Chop the Cabbage (for lunches)	<b>After beet greens are done cooking, and while you wait for the squash to cool so you can deseed it ---- wash and prep the cabbage.</b> Wash the cabbage in a sieve after slicing it. Add lemon juice, cover in an air-tight container and refrigerate.	3 minutes	0	3 minutes	<u>Check on the baking Meatballs!!</u> <u>Setting timers is key here.</u> <b>Turn off &amp; stir the “nomato sauce” to avoid burning it. It's done by now.</b>
	<b>TOTAL MEAL PREPARATION and COOK TIME:</b>			<b>60 minutes</b>	<b>Bolded times summed for total time</b>
	<b>FRIDAY Evening <u>or</u> SATURDAY Morning PREPARATION and COOK TIME:</b>			<b>10 minutes</b>	<b>Bolded times summed for total time</b>
<b>First:</b> Sweet Potato	Prep your steamer first with 1” of water. While water heats up: Wash, peel & slice the sweet potato into ¼” medallions. Cook for ~7 minutes until soft.	3 minutes	7 minutes	<b>10 minutes</b>	If you don't have a steamer, use a pot with a steamer insert.
<b>Second:</b> Eggs	Scramble 6 – 8 eggs (enough for 2 people for 2 breakfasts). Cook on medium heat, stirring frequently, for about 5-8 minutes, or until done.	2 minutes	5 minutes	7 minutes	See Wednesday notes for egg tips.