

MENU And MEAL PREP	SUNDAY	MONDAY	<u>TUESDAY</u>	WEDNESDAY	THURSDAY	<u>FRIDAY</u>	SATURDAY
BREAKFAST	Breakfast Bowl	<i>Lemonee Sweet Cassava Pancakes or V Cakes</i> with: - Spiced Walnut Butter - Goat cheese - Bananas - Organic Strawberries (fr)	Breakfast Bowl	Sweet Potato Piles	Breakfast Bowl	Sweet Potato Piles	<i>Lemonee Sweet Cassava Pancakes or V Cakes</i> with: - Spiced Walnut Butter - Goat cheese - Bananas - Organic Strawberries (fr)
LUNCH	Fresh Salad OR leftover Tangy Beet Salad + The Breaded Mug	Hearty Chicken Salad	Vegetarian Bowl	Hearty Chicken Salad	Vegetarian Bowl	Hearty Chicken Salad	Vegetarian Bowl
DINNER	<i>Lemonee Sweet Cassava Pancakes or V Cakes</i> with: - Spiced Walnut Butter - Goat cheese - Bananas - Organic Strawberries (fr)	Date Night - Out	Easy Gourmet A-List Meal + Mashed Cauliflower	Speedy Chickpea Pasta with: - Broccoli - Keto Breadsticks	Easy Gourmet A-List Meal + Mashed Cauliflower	Tangy Beet Salad with: Club Chicken Sweet Potato Carrots* raw or "slawed"	Speedy Chickpea Pasta With: - Broccoli - Keto Breadsticks
			<p>60 MINUTES TOTAL</p> <p>50 MINUTES for</p> <p>FOUR RECIPES +</p> <p>10 MEALS</p> <ol style="list-style-type: none"> 1. Easy Gourmet "A-List" Meal (make extra rice for lunches) 2. Mashed Cauliflower 3. Speedy Chickpea Pasta (save the beets for Friday) 4. Keto Breadsticks 5. Chop/Slice Cabbage (3 cups) 6. Wash+ Cook Beans (1-2 cans) <p>10 MINUTES for</p> <p>**Morning prep:</p> <ol style="list-style-type: none"> 1. Scrambled eggs 2. Sweet Potatoes (2-3 lbs) (steamed/baked) 			<p>60 MINUTES TOTAL</p> <p>50 MINUTES for</p> <p>THREE RECIPES +</p> <p>10 MEALS</p> <ol style="list-style-type: none"> 1. Tangy Beet Salad 2. Spiced Walnut Butter 3. Pancakes 4. Cook or Slice up Chicken 5. Cut up Pineapple 6. Chop Cabbage (3 cups) <p>10 MINUTES for</p> <p>**Morning prep:</p> <ol style="list-style-type: none"> 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 for these in **just 2 hours!**

TUESDAY ORDER of OPERATIONS	RECIPES: SAVVY TIME-SAVING TIPS *always refer to the whole recipe for complete instructions*	PREP TIME	COOK TIME	TOTAL TIME	NOTES
First: Easy Gourmet A-List Meal (+ Extra rice for lunches)	Prep & Steam (use a steamer) or cut up Sweet Potatoes Prep & Steam Carrots (steamer insert in large pot w/ 1" water) Thaw Fish in the fridge (or just cook from frozen – more time) Prep + Cook Rice *Add 2 extra “raw” cups for lunches this week. Prep veggie dish, fish dish and load sweet potato dish later. Working ahead? Just steam potatoes & carrots <u>vs</u> oven roasting later.	7 minutes	15-20 minutes	22 minutes	<ul style="list-style-type: none"> •Buy a steamer insert or two so you can simultaneously steam different foods and save time. •Make extra rice for easy lunch prep or dinner “seconds”.
Notice the COOK TIME above is <u>greater</u> than the TOTAL time for Mashed Cauliflower: Make the cauliflower dish <u>while</u> veggies are steaming.					
Second: Mashed Cauliflower	If frozen riced cauliflower – don’t add water to the skillet. Cook per recipe instructions.	7 minutes	6 minutes	13 minutes	<ul style="list-style-type: none"> • Bulk frozen riced cauliflower saves money vs smaller packages.
<u>Save the leftover water</u> from steaming the potatoes & carrots for boiling the PASTA! Use a <u>large pot</u> in step one for enough room for more water. Preheat the oven to regular bake at 350°F for keto breadsticks.					
Third: Speedy Chickpea Pasta	Boil sufficient water for the pasta. See notes → Beet Greens: Remove the beets *do not wash them* save these in a climate-controlled fridge drawer for use on Friday Briefly rinse the skillet you cooked the cauliflower in. Use this to cook the cauliflower – save dish wash/dry time. Wash and prep your beet greens. While beets are cooking in a skillet, slice the olives. Rinse the cutting board (vs wash) – use it for slicing cabbage!	5 minutes	10 minutes	15 minutes	Using the water from the steamed sweet potatoes and carrots to cook your noodles in will save a few nutrients and give you water that’s <u>already hot!</u> You will likely need to add extra water to ensure proper cooking.
Finish creating the pasta dish before moving on to the Keto Breadsticks. It’s that fast.					
Fourth: Keto Breadsticks	Per recipe instructions, create this dish. Use the olive oil that you grease your hands with (to pat down and shape the dough) to FIRST grease the cookie sheet.	4 minutes	12-17 minutes	19 minutes	Use whatever cheese and olives you have on hand.
While the Keto Breadsticks are cooking:					
Fifth: Cabbage	Wash your cabbage in a sieve , and slice it. Add lemon juice, cover in an air-tight container and refrigerate.	3 minutes	0 minutes	3 minutes	Use this sieve to rinse the beans as well, and save on dish washing time.
Sixth: Beans	Thoroughly rinse the beans in the same sieve . Add spices, a splash of olive oil, cover in an air-tight container and refrigerate.	2 minutes	0 minutes	2 minutes	Lectin “free” diet and want to eat beans? Be sure to pressure cook them or buy BPA free canned beans.
TOTAL MEAL PREPARATION and COOK TIME:				50 minutes	Bolded times summed for total time

FRIDAY 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
First: Tangy Beet Salad – part 1	Prep and cook the beets per recipe instructions.	5 minutes	35 - 45 minutes	50 minutes	Use the beets you saved from the beet greens you removed Tuesday.
While the <u>beets</u> are cooking – make everything else.					
Second: Lemonee Sweet Cassava Pancakes or 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.	10 minutes	2-3 min per side 25 minutes	35 minutes	• V Cakes are a simple derivation from the Lemonee Sweet Cassava Pancake recipe with more nutrients
While <u>pancakes</u> are cooking:					
Third: Spiced Walnut Butter	Cook per recipe instructions.	4 minutes	0 minutes	4 minutes	Keep an eye on those pancakes and flip when needed. Timers help!
After making the Spiced Walnut Butter, prep the cabbage:					
Fourth: Cabbage	Wash your cabbage in a sieve and slice it. Add lemon juice, cover in an air-tight container and refrigerate. Cut the cabbage before pineapple so you don't have to fully wash the cutting board twice.	3 minutes	0 minutes	3 minutes	Keep an eye on those pancakes and flip when needed. Timers help!
While the pancakes are still cooking (batches take a while):					
Fifth: Pineapple	Prep the pineapple, cut it into bite-sized chunks. Cover in an air-tight container and refrigerate. Now you can fully wash the cutting board.	7 minutes	0 minutes	7 minutes	5 minutes to cut + 2 minutes to wash the cutting board for step 6.
While the pancakes are still cooking ...					
Sixth: Tangy Beet Salad – part 2	Wash and prep the fennel, apple and herbs per recipe instructions. Add lemon juice, cover in an air-tight container and refrigerate. Once beets are done – rinse in cool water, cut, chill and add to salad.	10 minutes	0 minutes	10 minutes	At this point, the beets have about 10-15 minutes left to cook. Now is a great time to prep the rest of the salad!
Wait to cook or prep the chicken until pancakes are done. (Mostly for sanitary reasons and avoiding cross-contamination)					
Seventh: Chicken	Raw Chicken? Use a MEAT designated cutting board if you need it. Cook to your liking (we use a George Foreman grill). I use garlic powder, lemon pepper, turmeric, black pepper & rosemary to season. <i>Sanitize your counter after cooking!!</i> Pre-cooked Chicken? Slice thinly, plate, cover and refrigerate.	2 minutes	0 minutes	10 - 15 minutes	Costco/ Sam's club \$5 chickens are cheap but not necessarily free range.
TOTAL MEAL PREPARATION and COOK TIME:				50 minutes	Bolded times summed for total time