

# Week 1

## **Monday**

*Bolognese Pasta & Garlic Broccoli*

## **Tuesday**

*Vegetarian Quinoa Enchilada Casserole*

## **Wednesday**

*Bunless Jalapeño Turkey Burgers*

## **Thursday**

*Crock-Pot Chicken Noodle Soup*

## **Friday**

*One Pan Cheesy Beef & Tomato Pasta*

# Winter Week 1: *Shopping List*

## **Produce**

- 6 large carrots
- 5 stalks of celery
- 2 large sweet potatoes
- 1 lb broccoli
- 5 white onions
- 1 jalapeño
- 1 lime
- 1 lemon
- Bulb of fresh garlic
- 4 tbsp fresh cilantro
- 3 tbsp fresh rosemary
- 4 tbsp fresh parsley
- Avocado (optional topping)
- Tomato (optional topping)

## **Dairy**

- ½ cup heavy cream
- ⅓ cup Parmesan cheese
- ¾ cup shredded cheddar cheese
- 2 ¾ cup shredded mozzarella cheese
- Sour cream (optional topping)
- Eggs (optional topping)

## **Meat**

- 3 lb lean ground beef
- 1 lb ground turkey (85%)
- 1.5 lb boneless, skinless, chicken breast

## **Grains**

- 1.5 lb spaghetti
- 1 lb small pasta (rotini, macaroni, etc)
- 1 cup quinoa
- Tortilla chips (optional topping)

## **Canned**

- 2 (28-ounce) crushed tomatoes
- 1 (14-ounce) diced tomatoes
- 1 (12-ounce) tomato paste
- 1 (6-ounce) tomato paste
- 1 (10-ounce) enchilada sauce
- 1 (4.5-ounce) chopped green chiles
- 1 (15-ounce) corn
- 1 (15-ounce) black beans
- 8 cups (64-ounce) chicken stock
- 2.5 cups (20-ounce) beef stock

## **Pantry Items**

- |                     |                     |                      |
|---------------------|---------------------|----------------------|
| • Olive oil         | • Italian seasoning | • Thyme              |
| • Rice vinegar      | • Cumin             | • Rosemary           |
| • Salt & pepper     | • Chili powder      | • Bay leaves         |
| • Red pepper flakes | • Paprika           | • Beef bouillon cube |

# Sunday: *Prep Day*

## Bolognese Sauce for Monday

2 tablespoons olive oil

3 large carrots, finely diced

2 large stalks of celery, finely diced

2 white onions, finely diced

2 tablespoons fresh garlic, minced

2 pounds lean ground beef

2 (28-ounce) cans crushed tomatoes

1 (12-ounce) can tomato paste

1-2 tablespoons Italian Seasoning

1 cube beef bouillon

½ cup heavy cream

⅓ cup fresh Parmesan cheese, grated

- 1) Heat the olive oil in a large skillet. Saute the carrots, celery and onion until tender. Add in the garlic and saute for another 2 minutes, until it's fragrant and lightly browned. Place the vegetables into the bottom of a large slow cooker.
- 2) In the same pan cook the ground beef until it is fully browned and no longer pink. Drain the grease and add to the slow cooker.
- 3) Add the tomatoes, tomato paste, Italian seasoning and bouillon cube.
- 4) Cook on low for 8-10 hours.
- 5) When the sauce is done to your liking, stir in the cream and the Parmesan to finish.
- 6) Store in ⅓ in the fridge for Monday, and freeze the other ⅔ for future use.

# Monday: *Bolognese Pasta & Garlic Broccoli*

Original Recipe: [The Kitchen Magpie](#) & [The Kitchn](#)

## Ingredients

### **Pasta**

Bolognese Sauce (prepped on Sunday)

1 pound spaghetti

### **Vegetable**

1 pound broccoli

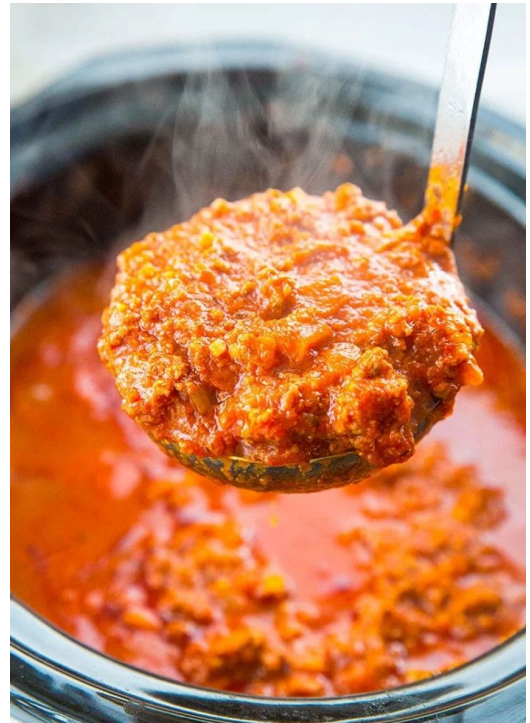
¼ cup olive oil

1 tablespoon rice vinegar

6 cloves garlic, peeled

1 teaspoon salt

Red pepper flakes



## Directions

- 1) Arrange a rack in the middle of the oven and heat to 450°F. Cut the broccoli into bite-sized pieces. Place in a large bowl.
- 2) Place the olive oil, rice vinegar, garlic, and salt in a small food processor and process until thick and creamy. (Alternatively, smash the garlic in a mortar and pestle and whisk in a bowl with the other dressing ingredients.) Add a pinch of red pepper flakes.
- 3) Add the dressing to the broccoli and toss to coat. Transfer to a rimmed baking sheet and spread in an even layer.
- 4) Roast until the broccoli is tender and the edges are singed, 12 to 15 minutes.
- 5) While the broccoli is baking, warm the pre-prepared bolognese sauce, and prep spaghetti according to package instructions.
- 6) Serve sauce over pasta, and broccoli on the side.

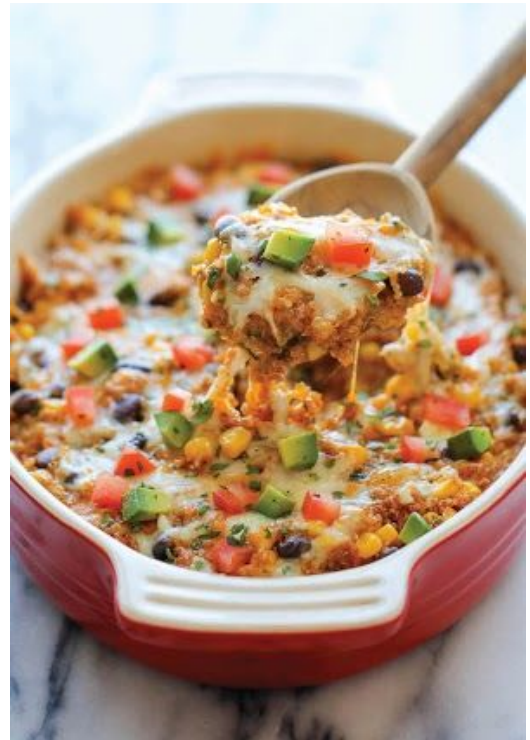
# Tuesday: Quinoa Enchilada Casserole

Original Recipe: [Damn Delicious](#)

## Ingredients

1 cup quinoa  
1 (10-ounce) can enchilada sauce  
1 (4.5-ounce) can chopped green chiles, drained  
1 (15-ounce) can corn  
1 (15-ounce) can black beans  
2 tablespoon chopped fresh cilantro  
½ teaspoon cumin  
½ teaspoon chili powder  
Salt and pepper to taste  
¾ cup shredded cheddar cheese, divided  
¾ cup shredded mozzarella cheese, divided

*Optional toppings:* avocado, tomato, sour cream, tortilla chips



## Directions

- 1) Cook quinoa according to package instructions, set aside.
- 2) Preheat oven to 375 degrees F. Lightly oil a 9x13 or 4 quart baking dish.
- 3) In a large bowl, combine quinoa, enchilada sauce, green chiles, corn, black beans, cilantro, cumin and chili powder; season with salt and pepper, to taste. Stir in 1/2 cup cheddar cheese and 1/2 cup mozzarella cheese.
- 4) Spread quinoa mixture into the prepared baking dish. Top with remaining cheeses. Place into oven and bake until bubbly and cheeses have melted, about 15 minutes.
- 5) Serve immediately, garnished with diced avocado and tomato, sour cream, and chips, if desired.

# Wednesday: Jalapeño Turkey Burgers

Original Recipe: [The Organic Kitchen](#)

## Ingredients

### **Burgers**

1 pound ground turkey (85% lean, for a juicier burger)

½ jalapeño pepper, minced

1 medium white onion, minced

Zest of one lime, and 2 tsp lime juice

2 tablespoons cilantro, chopped

1 teaspoon paprika

1 teaspoon cumin

½ teaspoon salt

½ teaspoon black pepper

*Optional toppings:* guacamole, salsa, poached egg

### **Vegetable**

2 large sweet potatoes

Olive oil

2-3 tablespoons fresh rosemary, leaves stripped from the stem and chopped

Salt and pepper to taste



## Directions

- 1) To make the fries, preheat the oven to 400 degrees F and place oven rack in upper third of oven. Peel sweet potatoes, and cut into fry shapes. Drizzle with olive oil, and sprinkle with salt, pepper, and rosemary. Toss to coat.
- 2) Spread sweet potatoes in a single layer on a parchment-covered cookie sheet and place in oven for 40 minutes, or until potatoes are cooked and the edges are brown. Flip about halfway through cooking time.
- 3) To make the burgers, place turkey, herbs, spices, and lime in a bowl and use hands to mix well. Form into four patties.
- 4) Place pan on medium heat and add olive oil to bottom of pan. When pan is hot, place patties in pan and cook for about 5 minutes on each side, or until cooked through. Top burgers with guacamole, salsa, or a poached egg, if desired.

# Thursday: Crock-Pot Chicken Noodle Soup

Original Recipe: [Damn Delicious](#)

**Note:** start this recipe in the morning, and finish right when you get home from work.

## Ingredients

1 ½ pounds boneless, skinless, chicken breast  
Salt and pepper to taste  
8 cups (64-ounces) chicken stock  
4 cloves garlic, minced  
1 onion, diced  
3 carrots, peeled and diced  
3 stalks celery, diced  
½ teaspoon dried thyme  
½ teaspoon dried rosemary  
2 bay leaves  
8 ounces spaghetti, broken into thirds  
Juice of 1 lemon  
2 tablespoons fresh parsley, chopped



## Directions

- 1) Season chicken with salt and pepper, to taste. Place chicken into a 6-qt slow cooker.
- 2) Stir in chicken stock, garlic, onion, carrots, celery, thyme, rosemary and bay leaves; season with salt and pepper, to taste. Cover and cook on low heat for 6-8 hours.
- 3) Remove chicken from the slow cooker and shred, using two forks.
- 4) Stir in pasta and chicken into the slow cooker. Cover and cook on low heat for an additional 30-40 minutes, or until pasta is tender.
- 5) Stir in lemon juice and parsley.
- 6) Serve immediately.

# Friday: *One Pan Cheesy Beef Pasta*

Original Recipe: [Yellow Bliss Road](#)

## Ingredients

1 pound small pasta (rotini, macaroni, etc)  
1 pound ground beef  
1 onion, diced  
2 cloves garlic, minced  
2 tablespoons tomato paste  
1 (14-ounce) can diced tomatoes, with liquid  
2 ½ cups beef stock  
2 cups shredded mozzarella cheese  
Olive oil  
Salt and pepper  
Fresh parsley, chopped

Optional: Clean out the fridge by throwing in all leftover veggies.



## Directions

- 1) Season In a large (12") skillet, heat about 1 tablespoon olive oil over medium heat. Add onion, ground beef and garlic. Cook, stirring often and breaking up ground beef as you go, until meat is no longer pink and onions are soft; about 5 minutes. Drain some of the pan juices.
- 2) Pour in the pasta, tomatoes, beef broth and water and stir in tomato paste. Bring to a boil, then continue to cook, stirring often, until most of the liquid is absorbed and pasta is tender; about 9 minutes. (\*or reduce heat to low, cover and cook for about 15-20 minutes, stirring once or twice).
- 3) Turn off heat.
- 4) Stir in 1 cup of Mozzarella cheese until melted. Top with remaining cheese and cover to melt; about 5 minutes.