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# WEEKNIGHT MEALS

5 DELICIOUS MEALS THAT CAN BE MADE IN  
30 MIN

BY MADE IN A PINCH

# Monday: Chicken Noodle Soup

- Full of veggies and low sodium chicken broth, this soup is not only delicious but healthy. Perfect for what ails you!

Servings: 6 people

Prep Time: 15 min

Cook Time: 40 min

- **Ingredients**

- 1-2 Tbsp olive oil
- 1 medium onion pulse in the food processor
- 3 stalks celery pulse in the food processor
- 3 cloves garlic, minced
- 8 cups chicken broth low sodium, organic broth or homemade broth recommended
- 3-4 bay leaves
- 2 cups chicken, cooked cubed or shredded
- 2 cups carrots pulse in the food processor
- 1 cup mushrooms pulse in the food processor
- 2 Tbsp fresh, chopped parsley leaves
- 2 tsp fresh, chopped rosemary leaves
- 1-2 cups roughly chopped fresh spinach leaves
- 2 tsp Old Bay seasoning
- 2 cups water
- 2 1/2 cups egg noodles
- pinch sea salt
- 1/2 tsp black pepper

- **Instructions**

- Begin by adding olive oil, onion, celery, and garlic to a dutch oven or soup pot. Heat to medium-high and saute until the onion, celery and garlic start to "sweat" and get soft (about 5 min).
- Add chicken broth, chicken, bay leaves, carrots, mushrooms, parsley, rosemary, spinach and Old Bay seasoning. Heat to boiling and boil for 10-15 minutes.
- Add water, egg noodles, salt and pepper. Cook noodles according to package directions (about 8 minutes or so).
- Serve immediately. Refrigerate any leftovers for up to one week.

- **Recipe Notes**

- Serve with grated Parmesan (optional) and crusty French bread.
- This is a thick, hearty soup! If you want a consistency that is more thin, simply add an additional 2-4 cups of water or chicken broth until it reaches the consistency you desire.

# Tuesday: Panko Crusted Baked Tilapia

- Full of protein and flavor, while low in fat, this mild flavored fish tastes so amazing that even the pickiest eaters will like it!
- Servings: 4 people      Prep Time: 10 min      Cook Time: 20 min

- **Ingredients**

- 4 Tilapia filets (thawed, if frozen)
- 1 1/2 cups unseasoned panko bread crumbs
- 2 tbsp parsley
- 1/2 tsp garlic powder
- 2 tsp Old Bay seasoning
- 2 tsp onion powder
- 1/2 tsp paprika
- 3 tbsp olive oil
- 1 egg, beaten
- pinch sea salt
- 1/2 tsp black pepper

- **Instructions**

- Begin by heating the oven to 400 degrees. Spray a baking sheet with cooking spray.
- Combine panko bread crumbs, parsley, garlic powder, Old Bay seasoning, onion powder, paprika, black pepper, salt and olive oil in a wide-rimmed, shallow bowl.
- In another wide-rimmed, shallow bowl, beat the egg.
- Take each Tilapia filet and dip it into the egg (covering both sides). Let any excess drip off, then dip the filet into the panko bread crumbs mixture (coating both sides).
- Place the coated filets on the baking sheet. Bake for 20 minutes, flipping the filets at the midway mark (10 minutes into baking). When done, the panko crust will begin to brown, and the fish will be white and flaky.
- Serve immediately. Refrigerate any leftovers for up to one week.

- **Recipe Notes:**

- Serve with rice or quinoa and a side salad or some veggies

# Wednesday: Homemade Spaghetti

Hearty, healthy spaghetti sauce that will get those veggies in there and still have your kids begging for more!

Servings: 5 people    Prep Time: 15 min    Crock Pot time: 8-9 hours on low

- **Ingredients**

- 1 lb lean ground turkey or beef
- 2 28oz cans organic diced tomatoes (puree in blender until desired consistency)
- 3 Tbsp dried minced onion (or 1/2 small onion, diced)
- 1/2 Tbsp dried minced garlic (or 1-2 cloves, minced)
- 2 Tbsp dried basil
- 1-2 tsp dried oregano
- 1 Tbsp dried parsley
- 2 tsp dried marjoram
- 3 Tbsp honey
- 2 Tbsp olive oil
- 1/2 tsp salt
- 1 tsp pepper
- 1/2 - 2/3 cup chopped carrots (I pulse a couple of times in food processor)
- 1/2 cup chopped mushrooms (I pulse a couple of times in food processor)
- 1/2 cup chopped cauliflower (I pulse a couple of times in food processor)
- 1/2 - 2/3 cup roughly torn spinach leaves or kale leaves (I pulse the kale leaves in the food processor)

- **Instructions**

- Brown your meat in light olive oil or other light cooking oil.
- Meanwhile, combine all other ingredients into 2-3 quart slow cooker. Once meat is browned, add to the spaghetti sauce.
- Cook in slow cooker on low for 8-9 hours (or on high 4-5 hours).
- Serve immediately. Refrigerate any leftovers for up to 1 week.

- **Recipe Notes**

- Pour this sauce over your favorite whole grain noodles or spaghetti squash "noodles" and enjoy a quick, healthy weeknight meal. Serve with salad or green beans and garlic bread.



# Thursday: Vietnamese-Inspired Noodle Bowl

Vietnamese-inspired noodle bowl with fresh veggies, rice noodles, chicken, shrimp. Top with your favorite sauce to create a healthy, delicious, gluten-free meal!

Servings: 3-4 people

Prep Time: 20 min

Cook time: 10 min

## Ingredients

### Marinated Chicken:

2-3 chicken breasts thinly sliced or cut into bite-sized pieces

1/3 cup olive oil

1/4 cup Rice vinegar

2 tbsp Soy Sauce I use low sodium

1/2 tsp garlic powder

dash salt and pepper

### Coconut-Ginger Shrimp:

15-20 frozen shrimp I use the pre-cooked frozen shrimp without tails from Costco

1/2 cup coconut milk

1/4 tsp ginger

1 tsp lime juice

dash salt and pepper

## Instructions

### Marinated Chicken:

Combine all ingredients for marinade into a small to medium mixing bowl (preferably a bowl with a lid). Place chicken strips (or bites) into marinade and put bowl into refrigerator for at least 1 hour (4-8 hours is ideal; overnight also works).

When ready to cook, place the strips (or bites) into a skillet on medium-high heat.

Cook chicken on medium-high heat until cooked through and no longer pinch in the middle. Make sure to turn or stir chicken frequently to ensure even cooking. About 10 minutes.

### Coconut-Ginger Shrimp

Combine all ingredients for the coconut ginger marinade in a bowl (preferably a bowl with a lid). Place all shrimp into the mixture and place bowl into the refrigerator for at least 1 hour (4-8 hours or overnight is preferable).

When ready to cook, place the shrimp into a skillet on medium-high heat.

- Heat through, but don't over cook. Turn shrimp frequently to ensure even cooking. Cook for approximately 4-5 minutes and remove from heat.
- **Recipe Notes:**
- Serve over cooked Rice Ramen noodles along with chopped carrots, zucchini, onion, peppers, water chestnuts, spinach, pineapple, edamame and any other favorite vegetables.
- Top with your favorite sauce or our sweet and sour sauce.
- Refrigerate any leftovers for up to 1 week.,

# Friday: Homemade Macaroni and Cheese

- For the ultimate comfort food meal, make this homemade mac and cheese - it's the best I've ever had, and I've tried every recipe out there!

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- **Ingredients**

- 3 cups milk (microwave or otherwise heat up the milk)
- 1/2 cup butter
- 1/2 cup all purpose flour
- 1/2-1 tsp salt
- 1 lb (16 oz) dried pasta (pick your favorite type and shape!)
- 2-2 1/2 cups shredded cheese (see notes below)
- 1/2 tsp white pepper

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- Servings: 5-6 people      Prep time: 10-15 min      Cook Time: 20 min, plus 15 min of baking time, if desired

- **Instructions:**

- **The Roux**

- Heat the milk in the microwave or on the stove over medium heat. If you are heating on the stove, make sure to stir frequently. If you heat in the microwave, I heat 2 cups for 2 1/2 minutes and 1 cup for 1 1/2 minutes.
- Meanwhile, put 1/2 cup (cut into blocks) of butter in a large heavy-bottom all purpose pan. Melt butter over medium heat, about 2-3 minutes.
- Once butter is just melted, add in all purpose flour and whisk to mix.
- After your butter and flour are combined, add in milk very slowly and whisk constantly. This is the roux. It will be VERY thick at first, but keep adding the milk and it will thin out. Keep whisking.
- Once all the mixture is complete, it will be thick and silky in texture. Add in your salt.

- **The Noodles and Putting it All Together:**

- In a 3 qt sauce pan, add 6 cups of water and heat to boiling. Once the water has come to a rolling boil, add in your pasta.
- Cook the pasta according to package directions. Remove from heat and drain once cooked to al dente.
- Meanwhile, take your roux and add your cheese, a handful at a time. Once one handful of cheese has melted, add another handful. Continue the cycle until all the cheese has melted into the roux to create your cheese sauce. Add in pepper and mix.
- After the cheese sauce is complete, add in cooked (and drained) noodles. Stir to coat noodles completely with cheese sauce

- Serve immediately if you desire creamy mac and cheese. If you want baked mac and cheese, see the following note.
- For baked mac and cheese: heat oven to 400 degrees. Put mac and cheese into an oven safe casserole dish and sprinkle panko bread crumbs on top. Bake for about 15 minutes, until mac and cheese is crispy on top and creamy inside.
- Refrigerate any leftovers for up to 1 week.
- **Recipe Notes:**
- **A note about cheese:** we recommend using blocks of cheese that you shred yourself. It takes a little more time, BUT it's cheaper and creamier this way. Pre-shredded cheeses are coated with potato starch and cellulose to prevent clumping, resulting in a slightly stringier cheese that doesn't get quite as creamy. Buying blocks of cheese means that you get more bang for your buck, so it's cheaper in the long run.