

A woman with long, wavy brown hair and a bright smile is holding three ripe avocados in her hands. She is wearing an orange sleeveless top. The background is a soft-focus indoor setting with a plant visible on the left.

Your no fuss guide
TO COOKING FOR
YOUR FAMILY WITH *ease*
A 1-WEEK
Meal Plan + Recipes

A smiling woman with long brown hair, wearing a blue long-sleeved shirt, is holding a large head of green broccoli. The background is a soft-focus indoor setting.

Hello There, Meal Planning Warrior!

ARE YOU READY TO GET COOKING? PLEASE ENJOY THIS ONE WEEK MENU AND ACCOMPANYING RECIPES. THEY ARE ALL MEALS I COOK FOR MY FAMILY AND HAVE BEEN TESTED (AND APPROVED) BY MY KIDS. I'VE DESIGNED THE MENU SO THAT LEFTOVERS CAN BE USED FOR BREAKFAST OR LUNCH THE NEXT DAY. I HAVE ALSO INCLUDED A NIGHT OFF FROM COOKING TO DINE OUT! EACH RECIPE IS STRAIGHT-FORWARD AND EASY-TO-FOLLOW WITHOUT ANY FUSS BECAUSE WHO NEEDS THAT DURING THE BUSY WEEK?!! I HAVE CREATED DINNER RECIPES THAT ARE READY IN ABOUT 30 MINUTES SO THAT COOKING ISN'T TIME CONSUMING OR TEDIOUS AFTER A LONG DAY.

I HOPE YOU ENJOY THE PLAN AND RECIPES. NOW, GET COOKING FOR YOUR FAMILY!

Stephanie

Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	AVOCADO TOAST WITH VEGGIE BACON AND FRESH FRUIT	BANANA ALMOND BUTTER SMOOTHIE	BREAKFAST BURRITOS	WAFFLE PIZZAS	YOGURT PARFAITS	MEDITERRANEAN TOFU SCRAMBLE	AVOCADO TOAST WITH VEGGIE BACON AND FRESH FRUIT
LUNCH	HUMMUS AND VEGGIE SANDWICH	PASTA AND VEGGIES	BEAN AND CHEESE TAQUITOS	NUT BUTTER AND BANANA SANDWICH	VEGETABLE SUSHI ROLLS	GRILLED CHEESE PANINIS	BEAN AND CHEESE TAQUITOS
DINNER	CHILI POTATOES AND SIDE SALAD	VEGAN BEEF TACOS	VEGGIE TOFU STIR FRY	VEGETABLE SUSHI ROLLS	SWEET POTATO AND BLACK BEAN ENCHILADAS	DINE OUT/TAKE IN!	SPAGHETTI AND MEATBALLS

TIPS AND TRICKS

MEAL PLANNING DOES NOT HAVE TO BE A CHORE. WITH A SIMPLE PLAN AND A FEW EASY STRATEGIES, YOU CAN CREATE A WEEKLY HOUSEHOLD MENU THAT WILL HAVE YOU SERVING DAILY MEALS TO YOUR FAMILY WITH JOY AND EASE. EVEN BETTER, THOSE MEALS CAN BE READY TO SERVE IN ABOUT 30 MINUTES.

- Shop on Friday or Saturday. Wash all your fruits and vegetables when you put your groceries away.
- Batch cook the sushi rice and taquitos on Sunday.
- Double batch your taco filling on Tuesday for dinner to use for breakfast the next day.
- Make extra sushi rolls for dinner on Monday for lunch leftovers the next day.
- Consolidate your kitchen time and pack lunches while making dinner the night before or while prepping breakfast in the morning.

Breakfasts

Avocado Toast

INGREDIENTS:

1 SLICE OF WHOLE GRAIN, SOURDOUGH, OR GLUTEN-FREE BREAD
1/2 AVOCADO, MASHED
3 CHERRY TOMATOES, SLICED IN HALF (OPTIONAL)
2 TABLESPOONS ARUGULA (OPTIONAL)
SQUEEZE OF LIME OR LEMON
SEA SALT, SEASONED SALT, OR CHILI LIME SALT

DIRECTIONS:

1. Place bread in toaster until done.
2. While bread is toasting, mash the avocado.
3. Spread the mashed avocado onto the bread. Squeeze the lime juice and sprinkle with a pinch or two of salt.
4. Top with the arugula and tomatoes, if using.

Banana Almond Butter Smoothie

INGREDIENTS:

1 BANANA
2 TABLESPOONS HEMP SEEDS
1/2 CUP UNSWEETENED ALMOND MILK
2 TBSP ALMOND BUTTER
1/2 CUP ICE
1 CUP SPINACH

DIRECTIONS:

1. Pour all ingredients into a high speed blender (such as a Vitamix) and blend until thoroughly combined. Enjoy immediately!

Breakfast Burritos

INGREDIENTS

1 CUP LEFTOVER TACO FILING OR 1 CUP REFRIED BEANS
2 YUKON GOLD POTATOES, CHOPPED
1 YELLOW ONION
2 GARLIC CLOVES, MINCED
2 TABLESPOONS OLIVE OIL
1 CUP SALSA
1/4 DAIRY-FREE SHREDDED CHEESE, SUCH AS DAIYA FOODS (OPTIONAL)
4 LARGE TORTILLAS

INSTRUCTIONS

1. Heat the oil in the skillet and add the onion and garlic. Cook until the onion is translucent.
2. Add in the potatoes and cover. Continue cooking about 10-15 minutes until potatoes are golden and crispy, being sure to stir potatoes around every so often.
3. Stir in the leftover taco filling or refried beans and cooked until heated through. Remove from heat.
4. Heat a tortilla on the stove burner, flipping so that each side gets cooked.
5. Place on a plate with 1/2 - 1/4 cup and top with a 1/2 cup of the potato and beef filling, 2 tablespoons of salsa, and 2 tablespoons of cheese.
6. Roll together and slice in half.

Waffle Pizzas

INGREDIENTS

TOASTER WAFFLES

FOR SAVORY WAFFLES, TRY ONE OR MORE OF THESE TOPPINGS AND SAUCES:

CHOPPED OR CRUMBLED VEGGIE BACON, VEGGIE BREAKFAST SAUSAGE, OR SOYRIZO

SHREDDED HASH BROWNS

CHOPPED AVOCADO, SLICED TOMATOES, SLICED RED ONION, OR CAPERS

SALSA, DAIRY-FREE CHEESE SHREDS OR SLICES, OR DAIRY-FREE CREAM CHEESE OR SPREADS

FOR SWEET WAFFLES, TRY ONE OR MORE OF THESE TOPPINGS AND SAUCES:

SLICED BERRIES AND FRUIT

TOASTED COCONUT OR CHOPPED NUTS

DAIRY-FREE MINI CHOCOLATE CHIPS, MINI DANDIES VEGAN MARSHMALLOWS

HEMP, CHIA, AND/OR FLAX SEEDS

COCOWHIP, NUT BUTTER, JAM, AGAVE, OR MAPLE SYRUP

INSTRUCTIONS

1. Toast the waffles until they are half way done.
2. While they toast, prepare your sauces and toppings.
3. Slice and chop your fruit.
4. Cook your veggie meats and hash browns, if using.
5. Once the waffles are semi-toasted, place them on a baking sheet. Let the kids go to town to build their creations! After they have added all their desired toppings, place the baking sheet under the broiler for 2-3 minutes to allow the sauces and toppings to melt together, and the waffle to reach its supreme toastiness!

Yogurt Parfaits

INGREDIENTS

5 OUNCES OF DAIRY-FREE YOGURT (SUCH AS KITE HILL)

1/4 CUP GRANOLA

1/4 CUP SLICED STRAWBERRIES (OR OTHER BERRY COMBO)

INSTRUCTIONS

1. Sprinkle 1/3 of the granola into the bottom of a bowl or glass.
2. Spoon 1/3 of the yogurt on top of the granola.
3. Add 1/3 of the berries on top of the yogurt.
4. Repeat two more times, until all of the ingredients are used.

Mediterranean Tofu Scramble

INGREDIENTS

1 PACKAGE FIRM TOFU, DRAINED
1/4 CUP KALAMATA OLIVES, FINELY CHOPPED
1 14.5 OUNCE CAN ARTICHOKE (IN WATER), DRAINED AND CHOPPED
1 CUP CHERRY TOMATOES, FINELY CHOPPED
3 CLOVES GARLIC, MINCED
2 SHALLOTS, MINCED
2 TABLESPOONS OLIVE OIL
1/2 CUP HUMMUS

INSTRUCTIONS

1. Heat olive oil in a large pan. Sauté garlic and shallots until soft and fragrant.
2. Crumble the block of tofu into the pan, to resemble the look of scrambled eggs. Sauté for 3-4 minutes until slightly golden.
3. Add tomatoes, olives, and artichokes to the pan. Sauté together with the tofu for 5 minutes.
4. Stir in the hummus and cook another 4 minutes.
5. Remove from the heat and enjoy.

Lunches

Hummus and Veggie Sandwich

INGREDIENTS

2 SLICES OF SOURDOUGH BREAD (OR OTHER FAVORITE)
4 TABLESPOONS OF YOUR FAVORITE STORE BOUGHT HUMMUS
2 ROMAINE LEAVES
2 SLICES TOMATO
3 SLICES CUCUMBER
4 SLICES AVOCADO

INSTRUCTIONS

1. Toast the bread slices.
2. Remove the bread from the toaster and spread the hummus over each slice.
3. Stack the vegetables on one slice of bread.
4. Place the remaining slice of bread on top. Slice and enjoy!

Pasta and Veggies

INGREDIENTS

1 POUND YOUR FAVORITE PASTA (SUCH AS PENNE, ROTINI, OR FARFALLE)
1 CUP CHERRY TOMATOES, SLICED IN HALF
1 CUCUMBER CHOPPED
2 CARROTS, THINLY SLICED
1 CUP SLICED BACK OLIVES
1 CUP ITALIAN DRESSING

INSTRUCTIONS

1. Prepare the pasta according to the package directions.
2. Drain and toss with the vegetables.
3. Pour the dressing over the pasta and toss to combine. Chill until ready to serve.

Bean & Cheese Taquitos

INGREDIENTS

12 CORN TORTILLAS

1 CUP SALSA

1 CAN REFRIED BEANS

1/2 CUP DAIYA CHEDDAR STYLE SHREDS

SALSA AND GUACAMOLE, TO SERVE (OPTIONAL)

INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. Place the beans and salsa in saucepan over medium heat. Stir to combine and cook for about 3-5 minutes until mixture is smooth.
3. While the filling is cooking, heat the tortillas in the microwave with a paper towel for about 30 seconds to soften them. (You can heat 2-3 tortillas at a time).
4. Spread 2 tablespoons of the filling in a horizontal line towards the far end of one tortilla. Sprinkle 1-2 tablespoons of cheese on top. Roll the tortilla with the seam down and place on a foil covered baking sheet.
5. Bake for 10 minutes until golden brown.
6. Serve immediately with salsa and guacamole, or allow to cool and freeze in a ziploc bag.

Vegetable Sushi Rolls

INGREDIENTS

1 NORI SHEET
1 CUP SUSHI RICE, PREPARED ACCORDING TO PACKAGE DIRECTIONS
1 PERSIAN CUCUMBER, SLICED INTO MATCHSTICKS
1 TABLESPOON SHREDDED CARROTS
3 SLICES OF AVOCADO
2 SLICES BAKED TOFU (OPTIONAL)

INSTRUCTIONS

1. Place a nori sheet on a sushi mat, and spread the rice across the nori sheet, leaving about 1 ¼ inch border all around.
2. Lay the tofu, vegetables, and finally, the avocado in a straight line on the part of the nori sheet closest to you.
3. Using the sushi mat, roll the nori away from you, pressing the roll with the mat as you roll.
4. Slice the roll into 8 pieces and serve with shoyu or tamari.

Nut Butter & Banana Sandwich

INGREDIENTS

2 SLICES WHOLE GRAIN BREAD
1/4 CUP NUT BUTTER (SUCH AS ALMOND, PEANUT, OR SUNFLOWER IF NUT ALLERGY)
1 TABLESPOON CHIA OR HEMP SEEDS
1/2 BANANA, SLICED

INSTRUCTIONS

1. Spread the nut butter on both sides of the bread.
2. Layer the banana slices on both pieces of bread.
3. Sprinkle the seeds over one side of banana slices.
4. Fold the pieces of bread together and slice.

Dinners

Chili Potatoes and Side Salad

INGREDIENTS

4 RUSSET POTATOES
2 CANS VEGETARIAN CHILI
1 CUP DAIRY-FREE CHEESE SHREDS
1 CUP CHOPPED RED ONION
DAIRY-FREE SOUR CREAM (OPTIONAL)

INSTRUCTIONS

1. Pierce potatoes all over with a fork. Place on a plate and cook in the microwave for 10 minutes or until tender.
2. Meanwhile, heat the chili in a saucepan.
3. When the potatoes are done cooking, slice through the top in half, but don't cut all the way through. Mash the inside of the potato with a fork.
4. Spoon about a half cup of chili on top of the potato.
5. Top with the cheese, onion, and sour cream, if using.

Vegan Tacos

INGREDIENTS

1 PACKAGE VEGAN GROUND BEEF, SUCH AS BEYOND MEAT BEEFY CRUMBLES (OPTIONAL)
1 CAN OF BLACK BEANS, DRAINED AND RINSED
1 CAN OF CORN, DRAINED
1 YELLOW ONION, CHOPPED
4 TABLESPOONS TACO SEASONING
2 TABLESPOONS OLIVE OIL
CORN TORTILLAS OR TACO SHELLS

SUGGESTED TOPPINGS:

CHOPPED TOMATOES
CILANTRO-ONION SALSA (CHOPPED ONION AND CILANTRO WITH LIME JUICE)
CHOPPED LETTUCE
DAIRY-FREE CHEESE SHREDS
HOMEMADE GUACAMOLE
BLACK OLIVES
SALSA

INSTRUCTIONS

1. Heat olive oil in a large pan. Add onion and saute until golden brown. Add vegan ground beef, if using. Cook 5-7 minutes until heated through.
2. Add the black beans, corn and taco seasoning to the pan. Stir to combine.
3. Spoon 2-3 tablespoons of the bean mixture onto a tortilla or into a taco shell. Add toppings and top with salsa and guacamole.

Veggie Tofu Stir Fry

INGREDIENTS

2 TABLESPOONS OLIVE OIL
4 CLOVES GARLIC, MINCED
1 TEASPOON CHOPPED GINGER
3 CUPS BROCCOLI FLORETS
1 CUP SHREDDED CARROTS
1 CUP SNOW PEAS, TRIMMED
7 OUNCES BAKED TOFU, CHOPPED
2 TABLESPOONS SOY SAUCE OR TERIYAKI SAUCE

INSTRUCTIONS

1. Heat the olive oil in a medium saucepan. Saute the garlic and ginger in the olive oil for about 3 minutes until fragrant.
2. Stir in the broccoli florets, shredded carrots, and snow peas. Saute 5 minutes and stir in 2 tablespoons of water. Cover and steam for 5-10 minutes until tender, but crisp.
3. Stir in soy sauce or your favorite teriyaki sauce.
4. Add in the tofu. Stir to combine and cook another 4 minutes. Remove from the heat and serve over rice or noodles

Sweet Potato and Black Bean Enchiladas

INGREDIENTS

2 CANS BLACK BEANS
4 CLOVES GARLIC, CHOPPED
JUICE OF 1 LEMON
2 TEASPOONS CUMIN
2 TEASPOONS SALT
2 SWEET POTATOES, QUARTERED
2 CUPS YUKON GOLD POTATOES, QUARTERED
12 CORN TORTILLAS
2 JARS SALSA VERDE
SLICED AVOCADO
CHOPPED CILANTRO

INSTRUCTIONS

1. Preheat the oven to 350 degrees. Place the potatoes on a baking sheet with 1 tablespoon olive oil and 1 teaspoon of salt. Bake for 20 minutes
2. Drain half the liquid from 2 cans of black beans and heat the beans and remaining liquid in a skillet with the garlic, lemon juice, cumin, and salt.
3. Cook for about 10 minutes until all the liquid is absorbed. Stir in the roasted potatoes.
4. Coat the bottom of a casserole dish with the salsa verde.
5. Heat the corn tortillas until pliable. Take each one and spoon a heaping amount of filling into it and roll seam side down. Continue with all tortillas.
6. Top with 1 jar of salsa verde. Bake for 15-20 minutes until heated through.
7. Serve with more salsa verde, sliced avocado, and cilantro.

Spaghetti and "Meatballs"

INGREDIENTS

1 PACKAGE SPAGHETTI
2 PACKAGES BEYOND MEAT'S THE BEYOND BURGER
1/2 CUP BREADCRUMBS
1/4 CUP CHOPPED ITALIAN PARSLEY
4 CLOVES OF GARLIC, MINCED
2 TEASPOONS SALT
1 TEASPOON PEPPER
1 TEASPOON GARLIC POWDER
1 TABLESPOON OLIVE OIL
1 JAR/CAN MARINARA SAUCE
FRESH BASIL, SLICED

INSTRUCTIONS

1. Cook the spaghetti according to the package directions.
2. Combine all remaining ingredients in a bowl and mix well.
3. Form the mixture into 12 small meatballs.
4. Heat the olive oil in a pan. Add the meatballs and rotate on all sides so they are evenly cooked and browned on all sides.
5. Serve on top of the spaghetti with marinara sauce and fresh basil.