



This Week's Meal Plan (GF & DF)





Menu

Good Chicken Soup

Roasted Cauliflower Tacos w/ Vegan Queso

Egg Roll in a Bowl

Moqueca (Brazilian Fish Stew)

Citrus Salmon Kale Salad



Good Chicken Soup

Monday

Monday

Good Chicken Soup

Serves 4-6

INGREDIENTS:

- 2 tbsps olive oil
- 4 stalks celery, chopped
- 1 cup chopped carrots
- 1 small onion, diced
- 2 cloves minced garlic
- 1 tsp grated ginger
- ½ tsp dried oregano
- 6 cups homemade chicken bone broth*
- 2 cups chopped kale
- 2 cups shredded rotisserie chicken
- 1 15oz can great northern beans, drained and rinsed
- ¼ cup fresh chopped parsley
- Salt and pepper to taste

INSTRUCTIONS:

- Heat a soup pot on medium high and drizzle in some olive oil.
 - Add the onions, celery, and carrots with a pinch of salt and pepper. Saute on medium heat until soft, about 12-15 minutes.
 - Add the garlic, ginger, and oregano and toast for 30 seconds.
 - Add the broth and bring to a boil. Once boiling, reduce heat to medium and add in the rotisserie chicken, white beans, and kale and cook for 2-3 minutes until warmed through.
 - Taste and adjust the seasoning, then shut off heat and stir in the parsley. Serve immediately and enjoy!
-



*Roasted Cauliflower Tacos w/
Vegan Queso*

Tuesday

Tuesday

Cauliflower Tacos w/ Vegan Queso

Serves 2

INGREDIENTS:

- 1 head cauliflower, broken into florets
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp chili powder
- Salt and pepper to taste
- 4 corn or almond flour tortillas
- Shredded cabbage or lettuce, pickled red onions for topping

For the Cashew Queso

- 1 cup cashews
- ½ - ¾ cup water
- 2 tsps sauce from a can of chipotles in adobo
- Juice from 1 lime
- 1 tsp dijon mustard
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp mustard powder
- Pinch of turmeric for color (optional)

INSTRUCTIONS:

- Preheat your air fryer to 400 degrees or your oven to 450 degrees.
 - Add your cauliflower florets to a bowl and top with olive oil, garlic powder, paprika, chili powder, salt, and pepper and toss to combine.
 - Air fry at 400 for 11-13 minutes or until tender, or roast on a lined sheet pan at 450 for 20-22 minutes.
 - Meanwhile, make your cashew queso. Soak the cashews in 1 cup of hot water for 10 minutes or until soft. Drain.
 - Add to a blender with ½ cup water, chipotles in adobo sauce, lime juice, dijon mustard, garlic powder, onion powder, mustard powder, turmeric, and salt. Add more water as needed until smooth.
 - Toast your tortillas and top with shredded cabbage, cauliflower, cashew queso, and pickled red onions. Enjoy!
-



Egg Roll in a Bowl

Wednesday

Wednesday

Egg Roll in a Bowl

Serves 4

INGREDIENTS:

- 1 pound ground turkey
- 14oz shredded cabbage or coleslaw mix (about 3-4 cups)
- 1½ cups shredded carrots
- 2 chopped green onions, greens and whites separated
- 1 tsp minced ginger
- 1 tsp minced garlic
- 2 tsps sesame oil
- 3 tbsps soy sauce
- 2 tbsps hoisin sauce
- 1 tsp dark soy sauce or oyster sauce
- 2 tsps sriracha or gochujang
- 1 tsp rice vinegar
- For serving: Sriracha mayo (mix equal parts mayonnaise and sriracha), Sesame seeds, Chopped green onion, and cooked brown or white rice

INSTRUCTIONS:

- Heat a skillet on medium heat and once hot, add in 1 tsp of sesame oil. Add in your ground turkey and sauté until browned, breaking up the meat into crumbles with a spatula as it cooks.
 - Add 1 tsp of sesame oil, garlic, ginger, and the white parts of the green onion and sauté until fragrant, about 1 minute.
 - Add in the cabbage, carrots, soy sauce, hoisin sauce, and dark soy sauce or oyster sauce and stir. Cover and cook for 3-5 minutes or until the cabbage is tender.
 - Season with sriracha or gochujang and rice vinegar and taste to adjust any seasonings.
 - Serve over rice and top with the sriracha mayo, sesame seeds, and the green parts of the green onion. Enjoy!
-



Moqueca (Brazilian Fish Stew)

Thursday

Thursday

Moqueca

Serves 4

INGREDIENTS:

- 1 lb firm white fish (like cod, hake, tilapia)
- Juice from 2 limes
- 3 tbsps olive oil
- 1 onion, sliced thinly
- 4 roma tomatoes, sliced
- 1-2 red bell peppers, sliced
- 3 cloves minced garlic
- 1 ½ tps paprika
- 1 tsp smoked paprika
- ½ tsp dried oregano (optional)
- 1 whole chili, sliced (or 1 tsp calabrian chili paste)
- 1 14oz can coconut milk
- ½ cup chicken or seafood stock
- Cilantro to finish
- Salt to taste
- White rice for serving

INSTRUCTIONS:

- Squeeze the juice from 1 lime over the fish and season with a pinch of salt. Set aside.
 - Heat olive oil in a wide bottom pot on medium heat and add in the sliced onions with a pinch of salt. If you like your bell peppers on the softer/jammy side you can add them here. Cook for 5 minutes or until onions are soft and translucent.
 - Add in the garlic, paprika, smoked paprika, and chili and toast for 30 seconds. Reduce heat to low and add the tomato in a single layer, followed by the pieces of fish.
 - Sprinkle over the sliced red pepper and oregano and pour in the coconut milk and broth. Bring the heat to medium until you see the liquid start to just bubble, then cover and reduce to low and cook for 20-25 minutes or until the fish is tender and flakes easily.
 - Once the fish is cooked, taste and adjust seasonings. Shut off heat and stir in the juice from 1 lime.
 - Serve the moqueca with the cilantro and rice and enjoy!
-



Citrus Salmon Kale Salad

Friday

Citrus Salmon Kale Salad

Serves 3-4

INGREDIENTS:

- 2 salmon filets
- 2 cups shredded kale
- 1 orange, peeled and cut into wedges
- ½ avocado, cubed
- Shaved parmesan for topping (optional)
- 3 tbsps olive oil + 1 tbsp
- 2 tbsps white balsamic vinegar
- 3 tbsps orange juice
- 1 tsp dijon
- 1 tsp maple syrup
- Salt and pepper to taste

INSTRUCTIONS:

- Preheat the oven to 400 degrees.
 - While the oven is preheating, whisk 3 tbsps olive oil, white balsamic vinegar, orange juice, dijon mustard, maple syrup, and salt and pepper for 30 seconds or until emulsified.
 - Add the kale on top of the dressing and massage with your hands for another 30-60 seconds or until the kale is well coated in the dressing and just starting to soften.
 - Place the salmon on a baking sheet, drizzle with 1 tbsp of olive oil and season with salt and pepper. Bake for 12-14 minutes or until it flakes easily.
 - Flake the salmon with a fork into bite sized pieces and place on top of the salad with the orange wedges, parmesan, and avocado. Serve immediately and enjoy!
 - For meal prep, keep the salmon and salad separate. If you won't be eating the salad within a day, keep the dressing separate as well.
-