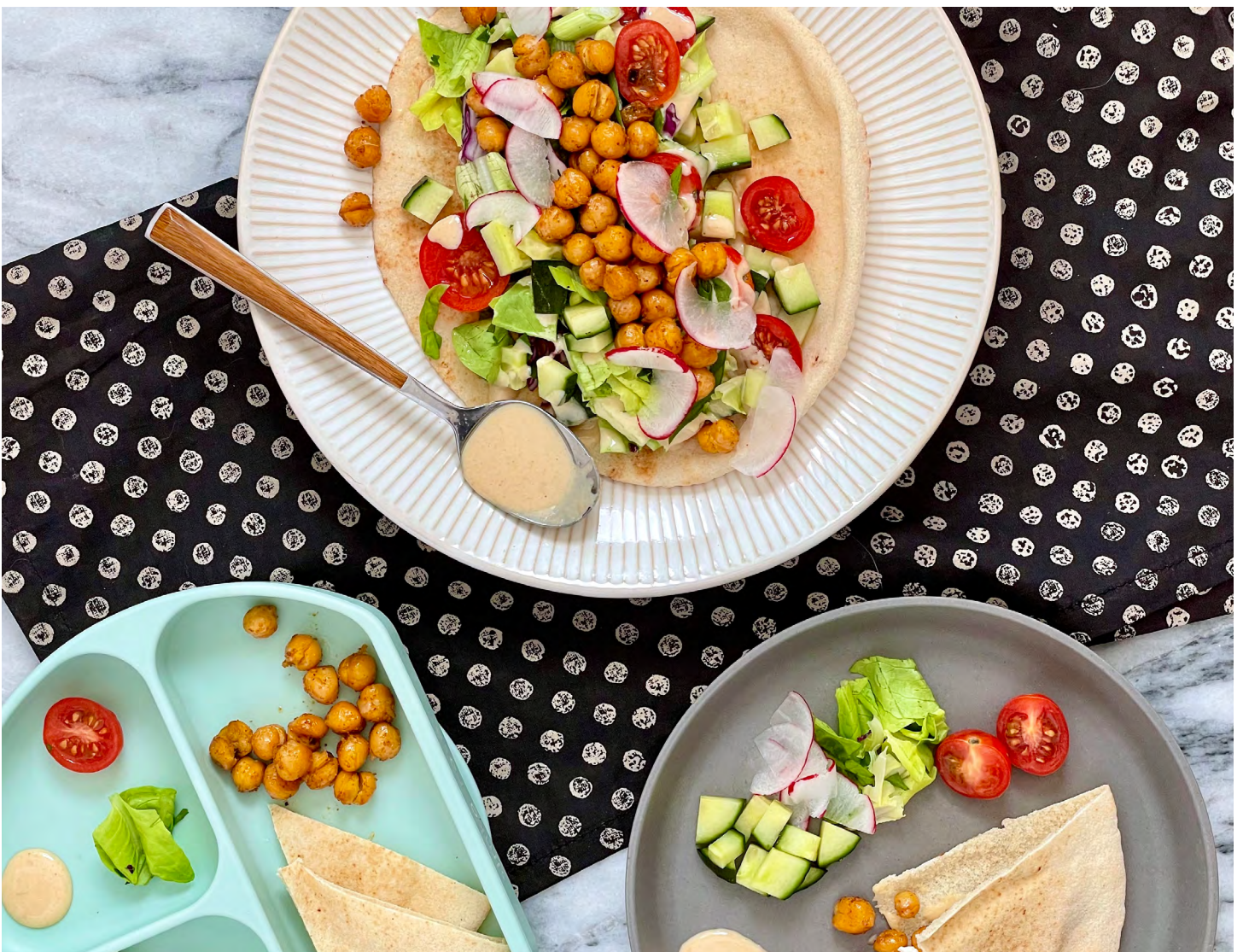


WEEKLY MEAL PLAN



OMNIVORE
Sample Week

Deconstructed Falafel

on Warm Pita

Active Time: 20 Minutes

Total Time: 20 Minutes



QUICK TIPS

When I first got my driver's license (and access to a car), my friends and I would drive into the city from my small, boring town to go to the falafel shop on the college campus. It was fun to be out exploring and was also when I started experimenting with cooking foods that I had never tried from around the world. I was hooked on falafel, and honestly still am, but making them at home is too complicated, so I've deconstructed the flavors to keep it weeknight-possible.

INGREDIENTS

- 1 15-ounce can garbanzo beans
- 1 Tablespoon extra virgin olive oil
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1 teaspoon kosher salt
- 1 clove garlic
- 3 Tablespoon tahini
- 1/2 teaspoon honey
- 1 lemon (zest and juice)
- 6 Tablespoon water (more or less)
- 4 pita
- 1 english cucumber
- 1 slicer tomato
- 4 radish
- 1 head romaine lettuce
- 4 ounce feta cheese (optional)

SUBSTITUTIONS

DAIRY FREE:

just omit the feta

VEGAN:

swap honey for sugar or maple syrup

GARBANZO BEANS:

if you swap these, it's no longer like a falafel, but still tastes great with roasted cauliflower, tofu cubes, or sliced mushrooms

LETTUCE:

hearty greens like kale and arugula

CHEESE:

if I have some, I'll often add fresh goat cheese

MUST HAVE MEAT:

add sliced grilled chicken, steak, pork - or sauteed ground lamb

ADD MORE:

leftover roasted vegetables are great in here - I love asparagus, cauliflower or sweet potatoes especially



KID-FRIENDLY FOOD HACKS

Deconstructed Falafel



Big Kids Plate



Toddler Plate

HOW TO TWEAK THIS RECIPE FOR KIDS:

- 3-6 Super crispy garbanzos are a good intro to beans
- Dust beans with salt and garlic powder rather than the paprika and cumin
- Stir some yogurt into the tahini sauce; adding yogurt makes this a protein and calcium packed side dish
- Serve all veggies sliced in sticks, or on a toothpick
- Assemble a little sandwich inside the pocket or let them MYO
- Consider roasting some broccoli or cauliflower or asparagus if they won't enjoy lettuce

FOR TODDLERS

- ** Omit honey for children under 1. Use maple syrup or no sweetener
- Add a little water or tahini sauce to the garbanzo beans and mash them coarsely

FOR CHOOSY EATERS

- If they eat meat or fish, this is a good dish to add some shredded chicken, grilled sausages, smoked salmon, shrimp, etc.
- Serve mostly components they like and try a couple of new items - a radish or a tomato
- If protein is needed, add some peanut butter on the pita or fry an egg

1. PREHEAT THE OVEN TO 425 DEGREES

2. GARBANZO BEANS

Drain the can of beans and place them on a baking sheet. Toss with olive oil and the spices: paprika, cumin, and turmeric. Add the salt and coat. Roast for about 15 minutes, stirring occasionally.

3. TAHINI SAUCE

Mince the garlic cloves as finely as you can; or use a microplane grater. Add it to a bowl with the tahini, honey, and a pinch of salt. Add the zest and juice of the lemon and whisk until the honey is fully incorporated. Whisk in about 3 Tablespoons of water, then more until you have a smooth, pale and pourable consistency. I like the sauce to coat a spoon but still drizzle off of it easily.

4. PITA

Warm the pita for a minute or so in the oven. If the pita is a day or more old you can brush it with oil and a sprinkle of garlic powder, then heat until crispy to have a crunchy base instead.

5. VEGGIES

Dice the cucumber. Slice tomatoes. Thinly slice the radishes. Wash and shred the lettuce.

6. ASSEMBLE

Spread some sauce in the middle of the pita. Pile high with veggies. Top with warm garbanzo beans and drizzle with more sauce to taste.



7. SERVING

Serve flat and open on plates but you can roll it up to eat it or use a fork and knife.

Poke Bowl with Tuna

Active Time: 25 Minutes
Total Time: 25 Minutes



QUICK TIPS

Every once in a while I get an insatiable craving for a poke bowl and it's the only dinner that sounds good. I love how colorful they are, that the whole family can assemble their own plate, and that it's filling and feels good to eat. You can use any sauce on top but spicy mayo (think spicy tuna roll) is the best in my opinion.

INGREDIENTS

- 1 1/2 cups short grain white rice
- 1 1/4 teaspoon kosher salt (divided)
- 3 cup water
- 3 teaspoon rice vinegar (divided)
- 1/2 teaspoon white sugar
- 1/4 cup soy sauce
- 1 teaspoon sesame oil
- 1 pound ahi tuna steak (filets)
- 1/4 teaspoon vegetable oil
- 8 ounce baby spinach (or 6 oz, a small package is ok or buy in bulk)
- 2 carrot
- 1 Tablespoon white sesame seeds
- 1 english cucumber
- 2 avocado
- 2 Tablespoon mayonnaise
- 1 Tablespoon sriracha (or to taste)
- 2 teaspoon pickled ginger (optional for garnish)

SUBSTITUTIONS

GLUTEN FREE:

use tamari, GF soy sauce

RAW TUNA:

"sushi grade" isn't really a guideline, most fish have been flash frozen to kill any parasites long before you can buy it. You DO want very fresh tuna so go to a fish market, farmer's market, or reliable butcher. If you tell them you're making poke they will help you take home a very fresh piece. It should have no smell (a faint salty/briny smell perhaps), be moist but not tacky, bright in color and firm to the touch. Use or freeze it within a day or purchase.

CANNED TUNA:

though quite different, this dinner is also delicious (and VERY much affordable!) using a can of drained tuna. I look for 100% Chunk White Albacore. It's very sustainable too! Flake onto the bowl and top with sriracha mayo.

OTHER FISH:

try raw salmon, seared and flaked salmon, or seared scallops or shrimp instead. COOKED FISH - if you prefer, dice your tuna into 1-1 1/2" cubes and sear or grill the cubes until medium rare and just browned on the outside. Pour soy sauce mixture over immediately before serving, don't marinate.



KID-FRIENDLY FOOD HACKS

Poke Bowl



Big Kids Plate

HOW TO TWEAK THIS RECIPE FOR KIDS:

- Serve make your own style - give them the options and some ideas like putting the components in order of the rainbow or trying a bite of 2 new things
- Add on a few things that are a known win - broccoli, cauliflower, or sugar snap peas
- Use hoisin sauce, bottled teriyaki sauce, or sweet chili sauce for dipping
- Sear the tuna if you don't want to do it raw - it's fun on skewers or toothpicks
- Try a few raw leaves of spinach to eat more like a salad



Toddler Plate

FOR TODDLERS

- Sear the tuna and serve in small pieces
- Consider adding a hard boiled or over easy egg to the dish
- Increase avocado portion

FOR CHOOSEY EATERS

- Serve everything separate
- Keep the seeds off the carrots and slice in rounds or sticks
- Try some add-ons that will be accepted - but serve them to everyone so it's not special, just one part of what we're all having (i.e. steamed broccoli, or wonton chips)
- If they like chicken, a small piece sauteed is a good sub; the tuna can be a new thing to taste

1. RICE

Rinse the rice well - this removes starch and will help your grains to not be gummy in the end. Bring the rice, fresh water, and a teaspoon of salt to a boil over high heat. Stir well, then turn down to lowest possible heat and cover tightly. Steam for 20 minutes, then stir it. If done, turn off heat and let sit. If there's any water left, keep steaming for another 3 - 5 minutes.

Separately, in a small pot or microwavable dish, add 2 teaspoons of rice vinegar, ¼ teaspoon of salt and ½ teaspoon of sugar to a boil. Stir to dissolve the salt and sugar. Reserve 1 teaspoon of this mixture for the spinach. When the rice is done, sprinkle the remaining vinegar mixture over the hot rice and gently stir to let all grains come in contact with the vinegar.

2. MARINADE

In a small bowl or mason jar, combine the soy sauce, 1 teaspoon of the rice vinegar, and sesame oil. Place in the fridge.

3. TUNA

Keep tuna in the fridge until you're ready to use it.

Slice the cold tuna into ½ inch or 1 inch cubes - totally up to your preference for eating and how it looks, but the larger cubes will take a little longer to marinate. Place in a bowl and pour the marinade over top, stir gently to coat and return to the fridge for between 5 - 20 minutes - depending on how much you want the tuna to "cook" and absorb the flavor.

4. SPINACH

In a large sauté pan, heat the vegetable oil over medium-high heat, then add the spinach and toss to wilt, adding spinach to the pan in batches as needed. When it's about halfway wilted, add the reserved vinegar mixture and toss. Turn off the heat and remove spinach to a bowl; set aside..

5. CARROTS

Meanwhile, grate carrots on the wide holes of a box grater or with a food processor. Toss in a bowl with sesame seeds; set aside.

6. CUCUMBERS + AVOCADO

Slice both and set aside.

7. SAUCE

In a small bowl stir together the mayo and sriracha.

8. SERVING

Assemble: In wide bowls, plate a mound of rice and gently pat it down to cover the bottom surface. Moving around the bowl, make little piles of spinach, chopped cucumber, shredded carrot, sliced avocado. Top with a pile of marinated tuna. Sprinkle with seeds; make a pile of pickled ginger, if using. Serve the sauce drizzled over top or on the side.

Serve immediately, leftover tuna is best within a day or it will get overly salty and turn brownish grey; it's safe to eat if it hasn't left the fridge but it's too expensive to let it sit this long.

DAIRY FREE

Turkey + Bean Chili

with Biscuits

Active Time: 15 Minutes
Total Time: 30 Minutes



QUICK TIPS

When I was a personal chef this simple and addicting chili was on heavy rotation for the “Freezer meal” for my clients. It’s packed full of veggies but also is conveniently made with canned beans and tomatoes. Double the recipe and freeze some for later!

INGREDIENTS

- 1 onion
- 1 carrot
- 2 rib celery
- 1 red bell pepper
- 1/2 teaspoon vegetable oil
- 1 pound ground turkey
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 1 teaspoon dried oregano
- 1 teaspoon red pepper flakes (more or less to taste)
- 1 15-ounce can pinto beans
- 1 15-ounce can kidney beans
- 1 28-ounce can crushed tomatoes (fire roasted are perfect here)
- 2 cup water
- 2 cups bisquick mix (or other instant biscuit mix)
- 1 cup cheddar cheese (grated, optional)
- 1 avocado (optional)

SUBSTITUTIONS

TURKEY

dark or white meat is ok, or try chicken or ground beef instead. Also omit if you want to go vegetarian and consider adding a 3rd can of beans

GLUTEN FREE

omit biscuits or use a GF biscuit mix. Or serve with GF bread of choice; corn tortillas are a simple solution

BEANS

any of the types of beans can be substituted out for another. This also tastes great with white beans, garbanzo beans, and even a can of lentils

VEGETABLES

I love adding potatoes occasionally, sometimes even sweet potatoes. Chopped broccoli - even just the stems - add greens. Frozen peas and corn make a nice addition

RICE

do you like rice with your chili? Add a scoop underneath

BISCUITS

a fresh from the oven biscuit is one of the wonders of the world but certainly a slice of good bread or a roll will do here

TOPPINGS

also delicious with green onions



KID-FRIENDLY FOOD HACKS

Turkey + Bean Chili



Big Kids Plate

HOW TO TWEAK THIS RECIPE FOR KIDS:

- Taste your chili powder to make sure it's not too spicy and consider leaving out the red pepper flakes
- As you're chopping the veggies, slice a few carrot sticks, celery sticks and bell pepper strips to serve on the side
- Serve the chili on a plate or in a shallow bowl so it's not overwhelming
- Add a pile of shredded cheese, diced avocado and a biscuit
- Add more vegetables to the chili: steamed broccoli, cauliflower, or peas- use frozen for ease



Toddler Plate

FOR CHOOSY EATERS

- Sauté a separate dish of ground turkey, or just cook it fully in the pot and remove a scoop before adding any spices or tomatoes. You can keep the diced veggies out too
- Proceed with chili for adults and pluck out a few of each bean for the learning-eater. Warm then in the microwave or a sauté pan.
- Add an avocado, banana, or hummus for protein instead of beans

FOR TODDLERS

- Scoop out about ¼ cup of chili that is light on sauce and heavy on beans and mash it. This texture is easier than soup
- Serve with a win - avocado, cheese, fruit, steamed broccoli, hummus, etc.

1. VEGGIES

Dice the onion, carrot, celery, and bell pepper into medium dice. Heat a large pot over medium-high heat and add the oil. Add the veggies and sauté for 2 minutes until fragrant.

2. TURKEY

Add the turkey to the pan and break it up into little pieces with a wooden spoon; cook for about 3 - 5 minutes.

3. SPICES

Once turkey is mostly browned, add all of the spices: chili powder, cumin, salt, oregano, and red pepper flakes.

4. BEANS

Open the cans of beans and drain them. Open the tomatoes. Add beans, tomatoes, and the water to the pot; stir and bring to a boil. Simmer for at least 15 minutes and up to 30 to build flavor.

5. BISCUITS

Follow the instructions on the package of biscuit mix. I always go for drop biscuits which are one-bowl and no rolling and cutting. Bake, typically for 16 minutes or so.

6. TOPPINGS

Grate cheese or dice avocado if using.

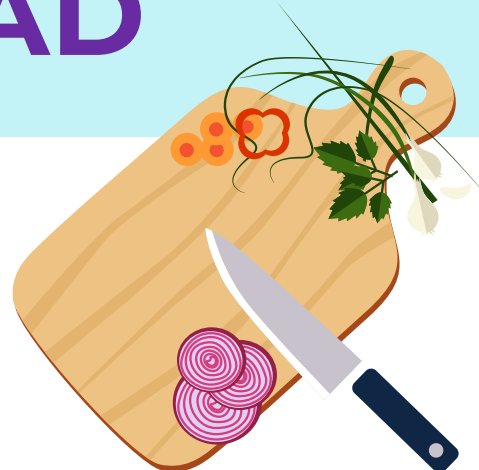
7. SERVING

Serve bowls of chili with cheese and avocado on top and a biscuit on the side.





SAVE TIME PREP AHEAD



DECONSTRUCTED FALAFEL

- Make the tahini sauce
- You can roast the garbanzos ahead and store in an airtight container overnight, but they're best hot and crisp out of the oven

POKE BOWL WITH TUNA

- Make the marinade but don't pour over tuna until ready to serve
- Mix the spicy mayo sauce
- Cook the rice and season it with the vinegar/sugar mixture

TURKEY + BEAN CHILI

- Make entirely. This chili is great for days after cooking
- Freezes beautifully
- Mix biscuits, scoop on to a tray and freeze for 1 hour. After they're a little frozen you can put them in a tupperware and freeze for up to 2 months. Bake from frozen according to directions but perhaps give them an extra 5 minutes to bake through
- OR bake them entirely, then freeze. Reheat to serve



THIS WEEK'S GROCERY LIST

PRODUCE

- ☐ 1 onion
 - ☐ 1 carrot
 - ☐ 2 ribs celery
 - ☐ 1 red bell pepper
 - ☐ 1 avocado (optional)
 - ☐ 8 ounce baby spinach (or 6 oz, a small package is ok or buy in bulk)
 - ☐ 2 carrots
 - ☐ 1 english cucumber
 - ☐ 2 avocados
 - ☐ 1 clove garlic
 - ☐ 1 lemon (zest and juice)
 - ☐ 1 english cucumber
 - ☐ 1 slicer tomato
 - ☐ 4 radishes
 - ☐ 1 head romaine lettuce
-

DAIRY

- ☐ 1 cup cheddar cheese (grated, optional)
 - ☐ 4 ounce feta cheese (optional)
-

MEAT

- ☐ 1 pound ground turkey
 - ☐ 1 pound ahi tuna steak (filets)
-

BAKED GOODS

- ☐ 4 pitas

PANTRY

- ☐ 1 Tablespoon chili powder
- ☐ 2 teaspoon ground cumin
- ☐ 2 teaspoon kosher salt
- ☐ 1 teaspoon dried oregano
- ☐ 1 teaspoon red pepper flakes (more or less to taste)
- ☐ 1 15-ounce can pinto beans
- ☐ 1 15-ounce can kidney beans
- ☐ 1 28-ounce can crushed tomatoes (fire roasted are perfect here)
- ☐ 2 cups bisquick mix (or other instant biscuit mix)
- ☐ 1.5 cups short grain white rice
- ☐ 1.25 teaspoon kosher salt (divided)
- ☐ 3 teaspoon rice vinegar (divided)
- ☐ 1/2 teaspoon white sugar
- ☐ 1/4 cup soy sauce
- ☐ 1 teaspoon sesame oil
- ☐ 1 Tablespoon white sesame seeds
- ☐ 2 Tablespoons mayonnaise
- ☐ 1 Tablespoon sriracha (or to taste)
- ☐ 2 teaspoon pickled ginger (optional for garnish)
- ☐ 1 15-ounce can garbanzo beans
- ☐ 2 Tablespoon extra virgin olive oil
- ☐ 1 teaspoon paprika
- ☐ 1/2 teaspoon turmeric
- ☐ 3 Tablespoon tahini
- ☐ 1/2 teaspoon honey