

Jun 28 – Jul 4

Sun 28	Mon 29	Tue 30	Wed 1	Thu 2	Fri 3	Sat 4
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Egg Roll Bowls		Creamy Garlic Pesto Chicken		20 Minute Italian Garlic Butter Shrimp		Greek Shrimp Pita
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
Notes	Notes	Notes	Notes	Notes	Notes	Notes
			Defrost the shrimp (7/2) 20 Minute Italian Garlic Butter Shrimp		Combine marinade and add chicken. Let marinate 30 minutes to two days. (7/4) Greek Shrimp Pita	



Egg Roll Bowls

Planned for **Dinner** on **Sunday, June 28, 2020**

Source: www.delish.com

Prep 10 min

Cook 15 min

Total 25 min

Yields 8 originally 4

Serving: 8

Skip the frying with these Egg Roll Bowls from Delish.com.

Modifications made by Chef Ashley Shep

Ingredients

- 2 tablespoon **vegetable oil**
- 2 tablespoon **sesame oil**
- 2 clove **garlic** *minced*
- 2 tablespoon **minced fresh ginger**
- 2 pound **ground meat** *chicken, pork, turkey*
- 1 **onion** *thinly sliced*
- 2 cup **shredded carrot**
- $\frac{1}{2}$ **green cabbage** *thinly sliced*
- $\frac{1}{2}$ cup **soy sauce**
- 2 tablespoon **Sriracha**
- 2 **green onion** *thinly sliced*
- 2 tablespoon **sesame seeds** *optional*
- $\frac{1}{2}$ teaspoon **white pepper**
- $\frac{1}{2}$ **purple cabbage**

Directions

In a large skillet over medium heat, heat vegetable oil. Add garlic and ginger and cook until fragrant, 1 to 2 minutes. Add pork and cook until no pink remains. Push pork to the side and add sesame oil. Add onion, carrot, and cabbage. Stir to combine with meat and add soy sauce and Sriracha. Cook until cabbage is tender, 5 to 8 minutes. Transfer mixture to a serving dish and garnish with green onions and sesame seeds. Serve.



Course: Main Course

Cuisine: Asian

Creamy Garlic Pesto Chicken

Planned for **Dinner** on **Tuesday, June 30, 2020**

Source: www.eatwell101.com

Yields Creamy Garlic Pesto Chicken Delicious, creamy, simply amazing!
originally Creamy Garlic Pesto Chicken Delicious, creamy, simply amazing!

Serving: 4

Ingredients

- 3-4 **chicken breasts** *boneless, skinless*
- $\frac{1}{4}$ teaspoon **red pepper flakes**
- $\frac{1}{2}$ teaspoon **Italian seasoning**
- $\frac{1}{2}$ **red onion**
- 3 **garlic cloves** *minced*
- $\frac{1}{2}$ cup **sun-dried tomatoes** *drained of most oil, chopped (keep the drained oil for cooking)*
- 3 **bell peppers** *(1 red, 1/2 yellow and 1/2 green)*
- $\frac{1}{2}$ cup **basil pesto**
- $\frac{1}{2}$ cup **cream**
- $\frac{1}{2}$ cup **chicken stock**
- **Salt and fresh cracked pepper**
- **Chopped fresh basil** *for garnish*
- **Parmesan** *for garnish*

Directions

Heat 1 tablespoon of the drained tomato oil with Italian seasoning and crushed chili pepper in a large nonstick skillet. Add chicken breasts to the skillet and cook on medium heat for 4-5 minutes on each side, until cooked. If chicken starts to brown too much, lower the heat. Remove chicken from the skillet, and set aside.



Course: Main Course

20 Minute Italian Garlic Butter Shrimp

Planned for **Dinner** on **Thursday, July 2, 2020**

Source: sodamndelish.com

Prep 5 min

Cook 15 min

Total 20 min

Yields 4 Servings originally 4 Servings

Serving: 4

Ingredients

- 1.5 pounds **shrimp** *peeled and deveined*
- 4 TB **butter** *divided*
- 6 **Garlic** *minced*
- 4 **roma tomatoes** *chopped*
- $\frac{1}{4}$ cup **Tomato Paste**
- 1 TB **white wine vinegar**
- $\frac{1}{2}$ cup **Vegetable broth**
- 1.5 Tablespoon **Italian seasoning**
- $\frac{1}{2}$ teaspoon **salt**
- 1 **lemon** *Juice of*
- **parsley** *optional*
- 1 box **spaghetti**

Directions

Melt 2 Tablespoons of butter in large skillet over med-high heat. Add shrimp. Salt and pepper, to taste. Cook 2-3 minutes. Set aside.

Melt 2 Tablespoons butter in skillet. Add garlic. Cook until fragrant- about 1-2 minutes. Add chopped roma tomatoes. Cook for 4-6 minutes, or until soft.

Stir in chicken broth, lemon juice, white wine vinegar, tomato paste, salt, and Italian seasoning to skillet. Bring to boil then reduce heat to simmer, until it is reduced by half, about 4-6 minutes, stirring occasionally.

Add shrimp back to skillet and toss in sauce to combine. Top with fresh parsley, if desired and serve.



Course: Main Course

Prep Notes

1 day before: *Defrost the shrimp*

Greek Shrimp Pita

Planned for **Dinner** on **Saturday, July 4, 2020**

Adapted from the recipe Greek Chicken Pitas by **ChefAshleyShep**

Source: www.ChefAshleyShep.com

Prep 45 min

Cook 25 min

Total 1 hr 10 min

Yields 4 servings originally 4 servings

Serving: 4

Make at the beginning of the week and enjoy for lunch all week.

Ingredients

- **Shrimp marinade**
- 1 zest
- 1 TB **thyme**
- 2 TB **smoked Paprika**
- 3 TB **lemon juice** *juice of one lemon*
- 2 pinches **red pepper flakes**
- 1 TB **Ground Coriander**
- 1 teaspoons **Garlic** *grated or*
- 5 tablespoons **Extra Virgin Olive Oil**
- 1.25 lb **Shrimp**
- **Toppings**
- 1 jar **kalamata olives**
- 1 cup **feta cheese**
- 3 **whole Roma tomatoes**
- $\frac{1}{2}$ cup **banana peppers**
- 1 **cucumber** *diced*
- 1 **red onion** *or shallot*
- 8 tablespoons **greek salad dressing** *or tzatziki sauce*
- 2 cups **Mixed greens**
- 4 **pita bread** *or naan bread*
- 1 **Yellow onion** *sliced*



- 2 teaspoons **garlic**

Directions

Combine lemon juice, zest, smoked paprika, red pepper flakes, thyme, coriander, 2 teaspoons garlic, olive oil, and shrimp. Marinate in meat for 15 minutes.

Chop all veggies and set aside.

Stove: Cook shrimp, yellow onion, & 1 teaspoon of garlic in pan over stove with 2 TB olive oil over medium high heat until shrimp is opaque.

Add shrimp and toppings into pita and serve. Toast pitas in the (toaster) oven if desired.

Prep Notes

1 day before: *Combine marinade and add chicken. Let marinate 30 minutes to two days.*

Jul 5 – 11

Sun 5

Mon 6

Tue 7

Wed 8

Thu 9

Fri 10

Sat 11

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Sundried Tomatoes & Shrimp with Spinach	Chicken Burrito Bowls		Roasted Rosemary Butternut Squash One Pan Meal		Whatever You Like Salmon	
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
Notes Prep all ingredients (cut, measure, etc). <i>(7/5) Sundried Tomatoes & Shrimp with Spinach</i>	Notes Make seasoning blend and seal in an air tight container. Set aside in a cool place (counter, pantry, etc.) <i>(7/6) Chicken Burrito Bowls</i>	Notes	Notes Prep the Squash: Poke squash with a fork a few times and microwave for 2 minutes to make peeling easier. Cut off stem and end of butternut squash. Cut squash in half and flip over so that it lays flat on a cutting board. Use a veggie peeler to remove skin. Scoop out the seeds. Chop into bite sized pieces. <i>(7/8) Roasted Rosemary Butternut Squash One Pan Meal</i>	Notes	Notes	Notes



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Sundried Tomatoes & Shrimp with Spinach

Planned for **Dinner** on **Sunday, July 5, 2020**

Source: www.chefashleyshep.com

Prep 10 min

Cook 20 min

Total 30 min

Yields 4 servings originally 4 servings

Serving: 4

Whether you pick the lighter or heavier version, they're both delicious.



Ingredients

- 2 tablespoon **extra virgin olive oil**
- 2 tablespoons **butter**
- 1 10 ounce pack **cherry tomatoes** *halved*
- 1 lb **shrimp** *peeled, deveined*
- 4 tablespoons **garlic**
- $\frac{1}{3}$ cup **fresh basil** *about 10-12 large leaves*
- $\frac{1}{3}$ cup **sundried tomatoes** *sliced*
- 1 cup **mushrooms** *(optional)*
- 3 tablespoons **Lemon Juice**
- 1.5-2 tablespoons **Italian Seasoning Blend**
- $\frac{3}{4}$ cup **heavy whipping cream** *or 1/2 cup white wine if doing the lighter version*
- 2 tablespoons **chicken stock** *add more as needed to thin out sauce*
- 1 pack **fresh spinach**
- **garlic salt & pepper to taste**
- $\frac{1}{4}$ cup **parmesan cheese**
- 1 box **pasta** *Angel hair preferred*

Directions

Slice tomatoes in half, dice garlic, slice basil, defrost shrimp,

Heat 1 tablespoon of butter and 2 tablespoons of olive oil over medium heat for 1-2 minutes or until butter melts some. Add in tomatoes, garlic and stir. Season with about 1 tsp garlic salt, pepper, 1 tablespoon Italian seasoning blend.

Add in shrimp and cook until slightly done (until they are still a little see through).

Lighter option: Add broth/white wine, and all remaining ingredients here and bring to a low boil. Cook on low and add spinach. Serve over pasta.

Regular version: Remove shrimp & set aside. Add in cream and butter. Let butter melt some. Add all other remaining ingredients and stir. Bring to a low boil and add basil, spinach, & shrimp back in. Combine and serve once shrimp are fully cooked (no longer pink)

Squeeze lemon juice on top and serve over pasta. Add shredded parmesan and parsley to top (for pics, otherwise leave it off because it does nothing lol).

Tips: If you want more sauce, stretch out the cream by adding more broth 1/8 cup or 2 tablespoons at a time.

Add a pinch of red flakes to spice it up a bit.

Prep Notes

The day of: *Prep all ingredients (cut, measure, etc).*

Chicken Burrito Bowls

Planned for **Dinner** on **Monday, July 6, 2020**

Source: www.chefashleyshep.com

Prep 20 min

Cook 20 min

Total 40 min

Serving: 4



Ingredients

- 1.5 cup **Cooked Rice**
- 1 can **black beans** *low sodium preferred*
- 2 tablespoons **Extra Virgin Olive Oil**
- 1.25 lb **Boneless skinless chicken breasts or thighs**
- 2 **Bell Peppers** *sliced red, green, yellow, or orange*
- 1 **Yellow Onion** *sliced*
- 2.5 tablespoons **Meat Seasoning Blend** *(see below)*
- 1 tablespoon **Chili Powder** *(Chipotle or Ancho Preferred)*
- 2 tablespoons **Garlic Powder**
- 2 tablespoons **Smoked Paprika**
- 2 tablespoons **Black Pepper** *(fresh cracked)*
- $\frac{1}{4}$ cup **Cumin**
- $\frac{1}{4}$ cup **Salt** *(optional)*
- **Black Beans Toppings**
- 2 **bay leaves**
- $\frac{1}{2}$ tablespoon **garlic powder** *or garlic salt*
- $\frac{1}{2}$ tablespoon **Smoked Paprika**
- $\frac{1}{2}$ tablespoon **Dried Oregano**
- $\frac{1}{2}$ tablespoon **chili powder** *(Chipotle or Ancho Preferred)*
- **Optional Burrito Toppings:** **Lettuce** *Sour Cream, cilantro, cheese, salsa, avocado, etc.*

Directions

Black Beans

Empty black beans into a medium saucepan. Add bay leaves, 1 tablespoon of cumin, 1/2 tablespoon chili powder, 1/2 tablespoon smoked paprika, 1/2 tablespoon garlic salt or garlic powder and bring to a boil. Turn on low and let simmer. Stir occasionally.

Meat:

Chop protein of choice into strips and sprinkle 3 TB of the Burrito Seasoning Blend and 2 TB of olive oil. Add to ziplock bag and massage seasoning into meat. Set aside.

Add 2 TB Olive Oil to a pan and heat over medium high heat.

Add onions and peppers and cook about 3-5 minutes stirring occasionally.

Move onions and peppers to the outside of the pan.

Add protein of choice to center of pan and cook until desired internal temperature (Beef & Shrimp 145°, & Chicken 165° degrees)

***For one pan meal option, add can(s) of black beans and cooked rice to pan. Stir, cover, and let simmer (on low) for 5-10 minutes.

Serve with toppings such as sour cream, salsa, lettuce, etc.

Make Ahead Meal Prep:

Make meat seasoning blend and black bean blend. Add 3 tablespoons of blend to sliced chicken. Massage seasoning into chicken. Freeze for up to six months. Store remaining meat seasoning and black bean seasoning in air tight containers in a cool dry place for up to 6 months.

Defrost fully and cook as described above.

Prep Notes

The day of: *Make seasoning blend and seal in an air tight container. Set aside in a cool place (counter, pantry, etc.)*

Roasted Rosemary Butternut Squash One Pan Meal

Planned for **Dinner** on **Wednesday, July 8, 2020**

Adapted from the recipe Roasted Rosemary Butternut Squash by **ChefAshleyShep**

Source: www.chefashleyshep.com

Prep 15 min

Cook 25 min

Total 40 min

Yields 4-6 servings originally 4-6 servings

Serving: 5

This also works with sweet potatoes as well or other squashes.

Ingredients

- 1 **butternut squash** *peeled, seeded, and cut into 1 inch cubes*
- 3 tablespoons **Extra Virgin Olive Oil**
- 3 tablespoons **garlic** *minced*
- 5 sprigs **Fresh Rosemary** *without stems*
- 5 sprigs **fresh thyme** *without stems*
- 2 tablespoons **dried Oregano**
- **sea salt** *to taste*
- **fresh cracked pepper** *to taste*
- 1 **Green Bell Pepper** *cut into squares*
- 1 cup **grape tomatoes**
- 1 **red onion** *cut into cubes*

Directions

Preheat oven to 400 degrees.

Poke squash with a fork a few times and microwave for 2 minutes to make peeling easier.

Chop all veggies into bite sized pieces.

Cut off stem and end of butternut squash. Cut squash in half and flip over so that it lays flat on a cutting board. Use a veggie peeler to remove skin.



Course: Main Course

Cuisine: Vegetarian

Scoop out the seeds. Chop into bite sized pieces.

Spread squash and all vegetables except for tomatoes and sprinkle seasoning plus olive oil. Stir until well mixed.

Cook for 15 minutes and then add in tomatoes.

Continue to cook for an extra 10 minutes or until squash reaches desired level of softness.

Optional: Top with Balsalmic vinegar.

Prep Notes

The day of: *Prep the Squash: Poke squash with a fork a few times and microwave for 2 minutes to make peeling easier.*

Cut off stem and end of butternut squash. Cut squash in half and flip over so that it lays flat on a cutting board. Use a veggie peeler to remove skin. Scoop out the seeds. Chop into bite sized pieces.

Whatever You Like Salmon

Planned for **Dinner** on **Friday, July 10, 2020**

Source: www.chefashleyshep.com

Prep 5 min

Cook 15 min

Total 20 min

Serving: 4

Sprinkle whatever ingredients that you like to eat onto your salmon and enjoy! Normally, when I make this, I shake until I can see a good covering on the salmon. However, I've included amounts for you here below. Also, feel free to mix it up with whatever seasonings you like.

Preseason and freeze in an airtight container for a quick week night meal.

Ingredients

- 1.5 lb **Salmon** *or salmon filets; sockeye preferred*
- 1 teaspoon **dried Basil**
- 1 tablespoon **dried oregano**
- 1 tablespoon **onion powder**
- 1 tablespoon **garlic powder**
- 1 tablespoon **Smoked Paprika**
- $\frac{1}{2}$ tablespoon **rosemary**
- $\frac{1}{2}$ teaspoon **cayenne pepper**
- 2 tablespoon **Extra Virgin Olive Oil**
- $\frac{1}{2}$ teaspoon **white pepper**
- $\frac{1}{4}$ cup **apple cider vinegar** *optional*

Directions

Rinse salmon with apple cider vinegar (optional)

Place salmon on parchment paper or foil on cookie sheet. Sprinkle your favorite seasonings on the fish, nearly covering it. Use lighter amounts with spices like white pepper or cayenne pepper. (Sprinkle as you like or use the amounts above.) Drizzle olive oil over fish.



Cuisine: Seafood

Cook for 15 minutes or until internal temperature reaches 145 degrees or until fish flakes with a fork.

Cut salmon into serving sizes (about the size of your palm) and serve.