



So Hippin' Easy: Week One Meal-Plan



Welcome to *So Flippin' Easy*!

Hi, and congratulations on your commitment to cooking and eating healthy, whole-food meals for the next 4 weeks! I'm so excited you've decided to take this step to brush up on your kitchen skills and improve your health while you're at it - you're going to do awesome.

It's my goal that over these next few weeks you'll feel less stressed about cooking and more confident in the kitchen. You'll get used to having healthy food prepped and at the ready and spend a lot less time each week cooking it, too.

For the next four weeks, each week you'll be getting a done-for-you meal plan with a shopping list that includes everything you'll need for your meals that week. The "Prep" instructions tell you what you can prepare ahead of time so you can cut your daily time in the kitchen. Plus, of course all the recipes to make the whole thing easy peasy.

I want to make this as easy as possible for you so you can get in the routine of cooking, planning for multiple meals and eating awesome food that's good and good for you every day without having to give it a ton of thought and time.

Once you have a handle on the process, you can take off the training wheels and try adding in some different menu options. For these four weeks though let's keep it simple and stick to these recipes as they lend themselves to this process.

The breakfast and dinner recipes are perfect for 2-3 people (or 2 adults and 2 children) with leftovers. Lunch recipes are smaller, assuming you're feeding just yourself. If you're serving more people or want to have more leftovers (yes!) then I recommend making a little extra, or adding a salad, a whole grain or another vegetable (see the "Add to Any Meal Extras" section at the end). You can also use these recipes as swaps with other meals.

This week's plan includes some handy checklists to help you get your kitchen in order and set you up for success all month long. Use them to take inventory in your own kitchen. Be sure to watch the "essentials" videos in your week one home base, too. Those go into more details.

OK, now it's time to have some fun in the kitchen! I'm so excited for you. Congrats again. It's such an honor and privilege to be a part of this transformation in your kitchen, life and wellbeing. If you ever have any questions or need anything at all, I'm here for ya.

A handwritten signature in black ink that reads "Megan". Above the first letter "M" is a small, simple heart symbol.

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Getting Started

OK, first thing's first... the kitchen stuff. Before you hit the store for the week, take inventory in your kitchen using this list and the "Kitchen Essentials" video in your *So Flippin' Easy* week one home base.

If there's a tool on the list that you don't have and don't want to purchase right now, not to worry. There's probably a work around or an alternative. The kitchen tools are generally listed in order of importance, so the ones toward the bottom of the list aren't as essential.

Items with a * are the most important items that the *So Flippin' Easy* meal plan will require.

Note: Some items are linked to examples you can purchase online. These are products I've either used or have checked out and look to be of good quality. You do not have to purchase these products specifically, they are just suggestions/recommendations.

Kitchen Tools

- chef's knife (I recommend a 5 or 6 inch blade)*
- a good sized cutting board*
- large skillet or saute pan*
- large pot*
- baking sheets (2)*
- mixing bowls (various sizes)
- aluminum foil
- paper towels
- gallon-sized plastic storage bags
- plastic or glass storage containers of various sizes
- muffin pan (or pie dish)
- vegetable peeler
- steamer basket
- parchment paper
- medium-sized pot
- slow cooker
- blender
- food processor
- fine mesh strainer
- zester
- lemon squeezer
- serrated knife (a knife with teeth-like blade)
- mandolin
- meat thermometer

Pantry Ingredients

These are pantry items you'll be using over the next few weeks. You don't need to purchase all of them now, you can stock up week-by-week. Take inventory of what you already have though now so you don't double up.

For these kinds of items I love ordering on [Thrive Market](#). Most everything is 50 cents to up to \$10 cheaper than at the grocery store. And they ship straight to your door. [Check it out here](#) and save 25% on your first order.

Oils

- [extra-virgin olive oil](#)
- [virgin unrefined coconut oil](#)
- [avocado oil](#)
- [sesame oil](#)

Flavorings

- [sea salt](#)
- [black pepper](#) (refill)
- [apple cider vinegar](#)
- [dijon mustard](#)
- [garlic powder](#) (refill)
- [Italian seasoning](#) (refill)
- [chili powder](#) (refill)
- [curry powder](#) (refill)
- [garam masala](#)
- [turmeric](#)
- [ground ginger](#) (refill)
- [cumin](#) (refill)
- [red pepper flakes](#) (refill)

Dry Staples

- [walnuts](#)
- [raisins](#)
- [pasta](#) (For gluten free look for [brown rice](#), [lentil](#), [chickpea](#) or [quinoa](#))
- [tomato pasta sauce](#) (look for minimal ingredients, no sugar or additives)
- [brown rice](#)
- [quinoa](#)
- [lentils](#)
- [black beans](#) ([dry](#) or [canned](#))
- [garbanzo beans](#) (aka. chickpeas) ([dry](#) or [canned](#))
- [honey](#)

Menu: Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	yogurt with berries and walnuts	tropical fruit smoothie	yogurt with berries and walnuts	tropical fruit smoothie	yogurt with berries and walnuts
Lunch	carrot raisin quinoa (or kale) salad	carrot raisin quinoa (or kale) salad	leftover veggie and chicken bake on top of salad greens	carrot raisin quinoa salad + leftover dinner salad	DIY leftovers salad
Dinner	pasta primavera	chicken and veggie bake	leftovers: pasta primavera + chicken + salad	loaded sweet potatoes	bison tacos

Print out this chart and put it somewhere you'll see it, like on the fridge. You'll know exactly what your meals will be, and you'll save more time and feel even more on top of the week.

Snack & Treat Ideas + Trusted Brands

(from salty to sweet)

- a handful of nuts (almonds, cashews, walnuts, etc.)
- carrots and hummus
- whole-grain crackers ([like these](#)) with avocado
- tortilla chips with guacamole or salsa
- hardboiled eggs
- unsweetened banana chips
- apple slices with almond butter
- banana with almond butter
- homemade trail mix - dried fruit and nuts
- dates stuffed with almond butter
- a piece of fruit (apple, banana, pear, etc.)
- Larabars (various flavors)
- [Organic chocolate chewy banana bites](#)
- [O'Coconut Coconut Treat](#)
- 70-85% dark chocolate: [Theo](#), [Hu](#) or Green & Blacks
- [Enjoy Life](#) dark chocolate chips with a spoonful almond butter
- [LaraBar](#) truffles
- [Good Bites](#) coconut macaroons
- [Simple Mills](#) cookies & baking mixes
- Hail Merrys macaroons and tarts

SHOP

The List



- kale (1)
- romaine (1)
- spinach (2 bunches or one large box)
- mixed salad greens
- cilantro (1)
- zucchini (1)
- yellow squash (2)
- shredded carrots (1 bag)
- broccoli (2)
- asparagus (1)
- tomatoes (3)^
- avocado (2)
- sweet potatoes (2 + 1 per person)
- yellow onion (3)
- red onion
- garlic
- lime (1)
- lemon (1)
- bananas (1 large bunch)
- berries (any or all: strawberries, blueberries, blackberries, raspberries)



- Breakfast and lunch items are in pink.

gf = gluten-free, sf = soy-free, P = Paleo, W30 = Whole30, E = elimination diet

*Read ingredient lists watch out for sugar, preservatives and any other mystery ingredients

** (For gf, look for quinoa, brown rice, lentil or chick pea. For P, W30, E sub zucchini noodles or spaghetti squash for pasta.

^skip for nightshade-free

- whole grain pasta**
- quinoa (for grain-free sub 1 bunch kale)
- tomato pasta sauce*^
- walnuts
- raisins
- pumpkin seeds
- Italian seasoning
- garlic powder
- chili powder^
- sea salt
- black pepper
- apple cider vinegar (or lemons)
- avocado oil
- extra-virgin olive oil
- honey (optional)



- ground bison (2 lb) (or beef or turkey)
- chicken breasts (about 2 lbs)
- plain yogurt* (dairy, coconut or cashew)



- mango (2 10 oz bags)
- pineapple (2 10 oz bags)

Remember to add any additional items if you plan to make anything from the Add-to-Any Meal Extras section at the end.

PREP

(Do this on Sunday, approx. time = 1 hour)

Time saving tip: Start with Make Ahead Recipes and get those going first. Then prep other ingredients while they cook.

**If short on time, you can buy many of these items pre-cut and pre-washed.*

MAKE AHEAD (recipes in next section)

- carrot raisin quinoa (or kale) salad
- simple salad dressing

CHOP*

- chop vegetables for pasta primavera; store in large container or plastic bag
 - zucchini + yellow squash: halved length-wise and sliced
 - broccoli: cut in florets
 - asparagus: ends removed and cut into 1 inch pieces
- chop vegetables for chicken and veggie bake; store in large container or plastic bag
 - yellow squash: slice
 - broccoli: cut into florets
 - sweet potatoes: peel (optional) and cut into small (about 1/2 inch) chunks
- freeze bananas: peel, break into pieces and store in gallon freezer bags

WASH GREENS* + THINGS

(store in green saver or wrap in paper towels and pack loosely in gallon-sized plastic baggies)

- mixed greens - wash and dry (if not pre-washed)
- 1 bunch kale, wash and pat dry, remove leaves from stems
- 1 head romaine lettuce, separate leaves and wash and pat dry
- 1 bunch cilantro - wash (or you can wait to wash), place in small glass with water as you would flowers, store in fridge
- 2 bunches spinach, wash and dry
- berries**

** Tip: add a splash of apple cider vinegar to a bowl of water (about 1:10 parts ACV to water) let soak about 5 minutes, rinse well and lay out on paper towel to dry. This will help berries last longer.

MAKE AHEAD RECIPES

Carrot Raisin Quinoa Salad

1 cup quinoa*, uncooked
1/2 bag shredded carrots
1 cup raisins
1/3 cup pumpkin seeds
1/3 cup chopped walnuts
1 lemon, juiced
1/3 cup extra-virgin olive oil
1 tablespoons honey
sea salt
black pepper

To cook quinoa*: First, make sure to rinse and drain quinoa thoroughly, at least a couple of times using a fine mesh strainer until water is clear and not cloudy.

In a medium sauce pot, bring 2 cups of salted water to a boil. Add quinoa and cover. Reduce heat and simmer 15-20 minutes. Quinoa is done when all of the water is absorbed. To test, tip pot to the side a bit to see if any water comes up. If not, then you can stir.

Meanwhile, in a large bowl, combine carrots, raisins, nuts and seeds. When quinoa is done and cooled, add quinoa to the mixture.

In a small jar or dish combine juice from lemon** olive oil, honey, salt and pepper and shake or whisk well. Add vinaigrette to quinoa salad and toss to combine. Taste for salt and pepper and adjust.

Store in fridge and serve on top of spinach or mixed greens. Add additional olive oil and lemon if needed.

*For P/W30/E version see recipe below

**Cut lemon in half or quarters and use either your hands or a lemon squeezer to get juice out.

Grain-Free Carrot Salad

substitute quinoa for 1 bunch of kale and make a chopped kale salad.

What you'll need:

1 bunch kale

1/2 lemon

drizzle of extra-virgin olive oil

To make kale salad:

Wash kale and remove leaves from stem. Roughly chop kale leaves into small, bite-size pieces.

Place kale in a large bowl. Squeeze lemon and drizzle olive oil over greens.

Using clean hands, massage the lemon and oil into the leaves. Do this for a few minutes making sure to touch every leaf. Greens will turn a bright green and shrink up a bit. Set aside to continue to marinate while you prep the rest of the salad.

Add the other ingredients and toss to combine.

THE RECIPES

BREAKFAST

Yogurt with Berries and Walnuts

Serves 1

1 cup plain yogurt (dairy, coconut or cashew)
1 cup berries
small handful walnuts
drizzle of honey (optional)

Spoon yogurt into bowl and top with fruit and nuts. Drizzle with honey if prefer sweeter.

Tropical Smoothie

Serves 3-4

4-6 cups spinach
2 cups bananas
2 cups frozen mango
2 cups frozen pineapple
2 cups water
ice (if needed)

Place spinach and water in blender and blend to liquify.
Add fruit and blend until smooth.

MONDAY

Pasta Primavera

**Will have leftovers on Wednesday night*

1 tbsp extra-virgin olive oil
1 zucchini, halved and sliced
1 yellow squash, halved and sliced
1 head broccoli, cut in florets
1 bunch asparagus, ends removed and cut into 1 inch pieces
pasta of choice*
1 jar tomato pasta sauce (look for minimal ingredients, just: tomatoes, spices and EVOO)

First you'll cook your pasta. Depending on the size of the package you may not need to cook it all. Check to see how many servings it contains and aim to cook 6-8. Cook pasta according to package directions and transfer to a strainer to drain. Toss with a little extra-virgin olive oil to keep from sticking.

In the same large pot you used to cook the pasta, add about 1/2 cup of water. Add chopped veggies - depending on the size of your pot, you may not use all the veggies. Start with half and use as much as you like/can fit.

Sauté, stirring occasionally, about 10 minutes, until vegetables are tender. Adding more water if pan gets dry.

When vegetables are done (they'll be soft enough to pierce with a fork but still firm) Add pasta to veggies.

Stir in tomato sauce. Start with half the jar and add more if needed.

Store any leftover cut veggies in airtight containers in the fridge (you can use them later in the week with leftovers). Same for pasta (store leftover in airtight container in fridge to add to other meals later). Save extra sauce in fridge too.

* For P/W30/E substitute pasta for zoodles (recipe in Add-To-Any Meal Extras section) or spaghetti squash (see links for prep instructions).

Extras: Simple mixed greens salad, herb baked chicken or meatballs

TUESDAY

Chicken and Veggie Bake

1 yellow onion, cut into crescents
1 yellow squash, sliced
1 head broccoli, cut in florets
2 sweet potatoes, cut into small 1/2 inch pieces
chicken breast - 2 lbs
1-2 tbsp avocado oil
garlic powder
Italian seasoning

Preheat oven to 400°

Fill a large 9x12 baking dish* with chopped veggies. Drizzle veggies with oil and toss to coat with oil. Sprinkle over veggies Italian seasoning, salt and pepper, and a little bit of garlic powder.

On top of veggies, place chicken breasts. Drizzle a little oil on each breast and use your hands to cover both sides. Shake on some Italian seasoning, just enough to lightly cover the chicken breasts, and a little garlic powder, salt and pepper. Flip and do the same on the other side.

Bake at 400° for 30 minutes, or until chicken is cooked through (internal temperature reads 165° or inside looks opaque white, no pink).

*You can cook this using a baking sheet too. Follow the same prep. If sheet gets over crowded, use two - you can separate the chicken and veggies if needed.

Extras: Simple mixed greens salad or brown rice or cauliflower rice

WEDNESDAY

Leftovers: Pasta Primavera + Baked Chicken + Salad

Add leftover chicken to leftover pasta.
If needed, add extra sauce.

For the salad:

mixed greens
1/2 bag shredded carrots
red onion, thinly sliced
tomato, diced
simple salad dressing (pre-made)

Place greens in salad bowl and top with carrots, red onion, tomato (+ any other of your favorite salad ingredients). Toss with simple salad dressing and serve.
Leftovers will keep in fridge for one day.

THURSDAY

Loaded Sweet Potatoes

**Will use half the meat for taco night tomorrow*

1 small sweet potato per person
2 lbs. ground bison* (can sub ground beef or turkey)
1 small yellow onion, diced
1 clove garlic, minced
1/2 bunch kale, leaves removed and torn
1 tbsp avocado oil
sea salt
black pepper

Preheat oven to 400°. Line a baking sheet with parchment paper and place sweet potatoes. Bake at 400° for 30-40 minutes until soft.

Heat a large skillet over medium heat and add avocado oil. Add onion and garlic, sauté 1-2 minutes. Cook another 30 seconds. Add ground bison and break up into pieces. Continue stirring frequently until almost cooked through, then add greens. Continue cooking until bison is totally cooked and greens have softened and shrunk. Season with salt and pepper.

Remove half of the bison-greens mixture from the pan and reserve in a glass storage container. Store in fridge to use for tacos tomorrow night.

To serve, cut sweet potato in half and mash with a fork. Top with bison and greens mixture. Optional, add diced avocado and/or cilantro.

Extras: brown rice or cauliflower rice or simple mixed greens salad

FRIDAY

**Use leftover meat from loaded sweet potatoes*

Bison Tacos

1 tbsp avocado oil
1 lb. ground bison* (use leftovers from last night)
1 yellow onion, diced
1 clove garlic, minced
1 tsp chili powder*
1 head romaine lettuce
1 bunch cilantro
2 tomatoes, diced
1 avocado, diced
1 lime, cut in wedges

**For nightshade-free skip seasoning or sub cumin + coriander*

Heat skillet over medium heat and add avocado oil. Add chili powder and cook about 30 seconds to toast the spices. Add leftover bison and cook a few minutes just to warm up.

Prepare romaine leaves and taco fixins. Dice tomato, avocado and chop cilantro.

To serve, spoon meat into romaine leaf and top with tomato, avocado and cilantro. Finish with a squeeze of lime.

Extras: cauliflower rice or brown rice

Add-to-Any Meal Extras

Use these recipes to substitute or add more food to the meals in this week's meal plan.

Simple Salad Dressing

2-3 tbsp apple cider vinegar (or lemon juice)
1/2 cup extra-virgin olive oil
a squirt of dijon mustard (optional; omit for P/W30/E)
a squirt of honey (optional)
sea salt
black pepper

Combine all ingredients in a container with a lid and shake to combine. Store in airtight container in fridge.

Pesto

2 cups herbs (basil, cilantro, parsley or mixed)
radish greens (these are the green tops from the radishes)*
1 cup walnuts
1 clove garlic
1 lemon, juiced
1/3 cup extra-virgin olive oil
1/2 tsp sea salt

Put radish greens, basil, walnuts, garlic, lemon juice and salt in a food processor. With the processor running, add olive oil, pouring in through the spout in the lid. Continue adding oil to get a smooth consistency. Store in airtight container in fridge.

* If not following the lunch portion, you can omit or substitute spinach

Alternatively, you can purchase pre-made pesto at the store, just be sure to read the ingredients list.

Simple Mixed Greens Salad

mixed greens
red onion, thinly sliced
tomatoes, quartered or diced
carrot, shredded or chopped
celery, diced
cucumber, sliced
simple salad dressing

Place greens in a bowl and top with red onion, tomatoes, carrot, celery, cucumber.
Drizzle with simple salad dressing (recipe above in "Make Ahead Recipes") and toss.
Store leftover dressing in an airtight container in the fridge, will be good for one day.

Simple Fruit Salad

mixed greens
red onion, thinly sliced
any type of fruit: strawberries, blueberries, blackberries, apples, pears, grapes, etc.
walnuts, chopped
Simple Salad Dressing

Place greens in a bowl and top with sliced red onion, fruit of choice and walnuts.
Drizzle with Simple Salad Dressing and toss.
Store leftover dressing in an airtight container in the fridge, will last one day.

Cucumber Tomato Salad

1 cucumber, seeded and diced
1 cup cherry tomatoes, halved
2 tbsp extra-virgin olive oil
1/2 lemon, squeezed
fresh basil, thinly sliced or torn
sea salt
black pepper

In a medium-sized bowl combine cucumber, tomato and basil. Add olive oil, lemon, salt and pepper and stir to combine well.

Roasted Crucifer Trio

(Note: You can use all three cruciferous vegetables or just one or two)

1 head broccoli, cut in florets, stems sliced
1 head cauliflower, cut in florets
1 bunch Brussels sprouts, trimmed
1 onion (yellow or red), cut in crescents
virgin coconut oil, melted
sea salt
black pepper

Preheat oven to 400°.

Line a baking sheet with parchment paper.

Place chopped vegetables on sheet and spread evenly so they're not overcrowded. Drizzle with coconut oil and toss to coat. Sprinkle with salt and pepper.

Place in oven and roast 30-45 minutes until browned.

Simple Steamed Crucifers

broccoli, cut into florets
cauliflower, cut into florets

Place a medium sized pot with some water and a steamer basket on the stove and turn heat to medium high. Add broccoli and cauliflower florets and cover. When the water comes to a boil, reduce heat to medium low and let simmer 4-5 minutes until vegetables are slightly tender.

Sautéed Dark Leafy Greens

1 bunch kale, swiss chard, collards, mustard greens, etc.
1 tbsp extra-virgin olive oil
1/2 yellow onion, cut into crescents
1-2 cloves garlic, minced
sea salt

In a large skillet, heat olive oil over medium heat. Add onion and garlic and saute 3-4 minutes, until translucent and lightly browned. Add greens and stir to coat with oil. Cook 3-5 minutes until wilted. Sprinkle with sea salt.

Simple Baked Potatoes

Any types of potatoes: sweet potatoes, Japanese sweet potatoes, purple sweet potatoes, or regular potatoes

Preheat oven to 400°. Line a baking sheet with parchment paper or foil and place potatoes on the sheet. Pierce each potato with a fork a couple of times on both sides.

Bake at 400° for 40-50 minutes (depending on how many and the size of your potatoes) until soft.

Remove from oven and allow to cool. From here you can either serve as a side baked potato or slice them into rounds and serve that way.

Store them in the fridge either whole or cut into rounds to reheat and add to any meal during the week.

Roasted Mixed Vegetables

any vegetables (sweet potato, zucchini, squash, brussels sprouts, etc.)
onion, cut into thick crescents
extra-virgin olive oil or virgin coconut oil
sea salt
black pepper

Preheat oven to 400°. Chop vegetables so they are close to the same size. Toss with olive oil, salt and pepper on a baking sheet and spread vegetables so they are in a single layer (use two sheets if necessary). Roast 20-30 minutes until soft and lightly browned.

Sweet Potato Hash

1 medium sweet potato
1 Tbsp coconut or olive oil
1-2 cups of spinach or kale
1 medium apple, diced
1 tsp ground cinnamon
1 handful of walnuts or pecans (optional)
Sea salt

Dice sweet potato into small bite-size chunks. Heat coconut or olive oil over medium heat, and add sweet potatoes. Cook for a minute. Add diced apple and cinnamon. (For a more savory flavor, you can use another seasoning, like sage). Add spinach or kale and allow greens to cook down. For an additional crunch, add crushed walnuts, pecans, or another nut of choice. Season with salt to taste.

Steamed or Roasted Beets

To Steam:

4-6 large beets, scrubbed clean and cut into quarters

In a medium sized pot fill with water to about 1-2 inches high.

Place a steamer basket in the pot and add quartered beets to steamer basket and cover.

Heat over high heat and bring water to a boil.

Once boiling, reduce heat and simmer. Return lid to cover and steam about 15 minutes, until desired tenderness.

When done, remove from heat and allow to cool.

Once cool, you can use a small knife to gently peel away the skin (they will easily slip off when cooled) Note: It's safe to eat the skin so feel free to leave them on if you don't want to mess with it.

Store beets in airtight container in fridge.

To Roast:

Preheat oven to 400°

Line a baking sheet with parchment paper. Place quartered beets on pan and toss with avocado oil. Season with sea salt and black pepper.

Roast at 400° for 30 minutes.

Cauliflower "Hummus"

1 head cauliflower, cut in florets

1 tbsp coconut oil, melted

1-2 tsp cumin

1/3 cup tahini

1 clove garlic

1/2-1 lemon, juiced

2 tbsp extra virgin olive oil

salt & black pepper to taste

Preheat oven to 400 degrees. Toss cauliflower florets with coconut oil and cumin. Spread on baking sheet and roast 30-40 minutes, until browned. Remove from oven and cool.

In food processor or blender, combine cauliflower, garlic, tahini, lemon juice, olive oil and salt and pepper in food processor. Process until smooth. Add water if needed to get to desired consistency. Add more to thin.

Cauliflower Rice

1 head cauliflower, cut in florets
1 clove garlic, minced
1 tbsp virgin coconut oil
sea salt
black pepper

For cilantro coconut version:

cilantro, chopped
1/2 cup coconut milk (canned, full fat)

In a food processor, pulse cauliflower florets until they're in small bits like rice.

In a large skillet, heat coconut oil. Add garlic and sauté 30 seconds then add cauliflower rice and sauté 5-10 minutes until it starts to brown.

Season with salt and pepper.

For cilantro coconut version:

When cauliflower rice is done, add cilantro and coconut milk. Stir to mix everything together and heat another minute.

Zoodles

2-3 zucchinis

Wash zucchinis well. Use spiralizer to spin into noodles. Can also use a regular vegetable peeler and shave zucchini into long strips.

In a large sauté pan, add a little bit of water just to wet the pan. Add zucchini noodles and sauté 2-3 minutes until slightly tender.

Herb Baked Chicken

chicken breasts
avocado oil
Italian seasoning
sea salt
black pepper

Preheat oven to 400°. Line a baking sheet with parchment paper. Place chicken breasts on pan and drizzles with avocado oil. Using your hands coat the chicken with oil, front and back. Sprinkle on Italian seasoning, salt and pepper. Bake at 400° for 30 minutes, until chicken internal temp reads at least 165° or there's no pink inside.

Meatballs

1 lb ground meat (or other meat: beef, turkey, chicken or lamb)
2 cloves garlic, minced
1/2 of a small onion, diced
1 tsp dried thyme
1 tsp dried rosemary
1 tsp dried basil
1/4 tsp salt
1/4 tsp pepper
2 tbsp avocado oil
1/4 cup water

Combine ground meat, garlic, onion, thyme, rosemary, basil, salt and pepper in a bowl and mix well using your hands. Form into balls, about 1 inch thickness.

In a medium sauté pan, heat avocado oil over medium heat. Add meatball and cook 1-2 minutes until seared, then flip each one to sear the other side. Cook another 1-2 minutes until lightly browned. Add water, cover pan and let simmer about 5 minutes until meatballs are cooked through.

Brown Rice

1 cup brown rice
2 cups water
pinch of sea salt

In a medium sauce pot, bring 2 cups of salted water to a boil. Add rice and cover. Reduce heat and simmer 30-40 minutes without stirring. Rice is done when all of the water is absorbed. To test, tip pot to the side a bit to see if any water comes up. If not, then you can stir.

Quinoa

1 cup quinoa
2 cups water
pinch sea salt

In a medium sauce pot, bring 2 cups of salted water to a boil. Add quinoa and cover. Reduce heat and simmer 15-20 minutes. Quinoa is done when all of the water is absorbed. To test, tip pot to the side a bit to see if any water comes up. If not, then you can stir.

Disclaimer

This meal plan is an informational resource for people seeking how to eat a whole foods diet and live a healthy lifestyle. The information contained in this document is based on the personal experiences of Megan Adams Brown, shared in the hope that it will inspire and assist others on their own personal journey to better health. Megan Adams Brown is not a medical doctor or nurse, and does not hold licenses as a nutritionist or dietician; she is an American Association of Drugless Practitioners Certified Holistic Health Practitioner.

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The information in this meal plan should not be interpreted as medical advice and cannot substitute for professional medical care. Readers are urged to consult with a medical professional prior to instituting lifestyle changes.

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