



*So Hippin' Easy:
Week Three Meal-Plan*



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Menu: Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	blue mango smoothie	fruit cereal	blue mango smoothie	fruit cereal	blue mango smoothie
Lunch	wild salmon salad	wild salmon salad	quinoa & kale salad	quinoa & kale salad	quinoa & kale salad
Dinner	chana masala with rice	one-pan pork chops with brussels sprouts	leftovers: chana masala with stir fried vegetables	one-pan chicken with sweet potatoes and broccoli	make your own (MYO) pizza

Print out this chart and put it somewhere you'll see it, like on the fridge. This way you'll know exactly what your meals will be, 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
- crackers ([like these](#)) with avocado
- tortilla chips ([like these](#)) with guacamole or salsa
- hardboiled eggs
- unsweetened banana chips
- apple slices with almond butter
- banana with almond butter
- homemade trail mix with dried fruit and nuts
- dates stuffed with almond butter
- a piece of fruit (apple, banana, pear, etc.)
- [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

Here's what you may already have from previous weeks that you'll need again this week. If you don't have it, be sure to add it to the list.

- garlic cloves
- cumin
- curry powder or turmeric powder
- Italian seasoning
- extra-virgin olive oil
- virgin coconut oil
- avocado oil
- honey
- raisins

The List



- kale (1 bunch)
- spinach (3 bunch)
- cilantro (1 bunch)
- Brussels sprouts (1 bunch)
- broccoli (1 head)
- zucchini (1)
- yellow squash (1)
- yellow onion (2)
- red onion
- cherry tomatoes (1 pint)^
- cucumber (1)
- avocado (2)
- shredded carrots (1 bag)
- sweet potatoes (3-4)
- optional: extra toppings for pizza night (bell peppers^, mushrooms, etc.)
- lemon (5)
- bananas (about 12)
- berries (choose at least 2-3: strawberries, blueberries, raspberries, blackberries)



- pork chops (1-2 lbs)

- chicken breasts (1-2 lbs)
- 1 can wild caught salmon



- ground ginger
- garam masala
- whole grain mustard powder
- brown rice^ or cauliflower (for rice or precut)
- chickpeas (1 can)^
- rolled oats (if gf check for GF on label)^
- raw almonds
- coconut flakes (unsweetened)
- diced tomatoes*^
- canned coconut milk (full fat)*
- pizza sauce* (1 small can)^
- vegetable broth*
- pizza crust**
- optional: organic shredded mozzarella cheese for pizza night^
- almond or coconut milk*



- blueberries (3 10 oz bags)
- mango (3 10 oz bags)

- Pink items are for breakfast and lunch; if number is pink it means there are multiples and one is for either breakfast/lunch.

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

** Look for whole grain and watch out for additives and preservatives. For gf, I recommend Ancient Grains (comes frozen) or Simple Mills (boxed mix) for P/W30/E. Many stores carry cauliflower-based crusts now too.

^skip for special diet needs (ie. P/W30/E)

^^ For Paleo/Whole30 sub any vegetable or a mix, cut into pieces (ie. sweet potato, squash, cauliflower, mushrooms) or bag of frozen mixed veggies

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 cooking first. Then prep other ingredients while you wait.

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

Pink items are for breakfast and lunch

MAKE AHEAD

- granola
- quinoa
- salad dressing
- brown rice

CHOP

- 6-8 bananas: peel, break into pieces, store in gallon freezer bags and freeze
- Brussels sprouts, washed, stemmed and halved
- zucchini, squash - halve and slice
- 1 head broccoli, cut in florets, stems sliced into rounds
- 3-4 sweet potatoes - peel and cut into 1 inch pieces

Store chopped veggies in containers or bags in fridge.

WASH GREENS*

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

- 1 bunch kale, wash and dry; tear leaves away from stems and tear or chop into small pieces
- 2 bunches spinach, wash and dry

MAKE AHEAD RECIPES

Granola

4 cups whole rolled oats (if gluten free, look for oats labeled GF)*
1 cup almonds, chopped
1 cup coconut flakes
4 tbsp virgin coconut oil
¼ cup honey
¼ tsp salt

*For P/W30/E sub oats for more nuts (1 cup) and coconut flakes (3 cups)

Preheat oven to 350 and grease a large baking sheet with coconut oil.
Heat a small sauce pan over medium-low heat. Add coconut oil and honey to the pan to melt.
Stir the two together to combine.
In a large mixing bowl, add oats, almonds, coconut flakes and salt. Stir to combine.
Slowly pour coconut oil-honey mixture over the cereal. You want to cover as much of the cereal as possible so drizzle over the surface to cover, then stir to mix evenly.
Pour cereal mix onto baking sheet and spread evenly across sheet.
Bake at 350 for 20-25 minutes.

Simple + Sweet Salad Dressing

3 lemons, juiced
1/2 cup extra virgin olive oil
2 tbsp honey
1 tsp salt
freshly ground black pepper

Combine all ingredients and whisk to combine.

THE RECIPES

BREAKFAST

Blue Mango Smoothie

4-6 cups spinach
2 cups blueberries
2 cups banana
2 cups mango
cilantro (optional)
1.5 - 2 cups water or almond milk

Put spinach and liquid in blender and blend until greens liquified. Add fruit and optional cilantro and blend until smooth.

Fruit Cereal

1 banana, sliced
large handful berries
large handful granola
almond milk

Put banana, berries and granola in a bowl and pour over with almond milk.

LUNCH

Wild Salmon Salad

1 can wild caught salmon
1 cup cherry tomatoes, halved or quartered
1/2 cucumber, quartered and sliced
1 cup shredded carrots
1/4 red onion, diced small
1 avocado, diced
1/2 lemon
spinach

Open canned salmon and drain well. In a large bowl, combine salmon, tomatoes, cucumber, shredded carrots and avocado. Squeeze lemon over and stir to combine.

Put a couple handfuls spinach on a plate or in a bowl and add half of the salmon salad mix. Drizzle lightly with Simple + Sweet Salad Dressing and toss.

Store remaining salmon salad mix in airtight container in fridge for lunch tomorrow.

Quinoa & Kale Salad

1 bunch kale, leaves torn and roughly chopped, small
1/2 lemon
extra-virgin olive oil
quinoa (pre-made)*
1 cup cherry tomatoes, halved
1/4 cup almonds, chopped
1/4 cup raisins
1 avocado, diced

*Skip for P/W30/E

In a large bowl, place kale and squeeze lemon over and drizzle with EVOO. Using your hands, massage the kale and work the lemon and oil into the leaves. Do this for a few minutes making sure to touch every leaf. Kale will turn a bright green and shrink up.

Add quinoa, tomatoes, almonds, raisins, avocado.

Drizzle with Simple + Sweet Salad Dressing and toss to combine.

Store in an airtight container in the fridge for 3-5 days.

MONDAY

Chana Masala with Rice

1 yellow onion, diced
2 cloves garlic, minced
1/2 tsp ground ginger
2 tsp garam masala
2 tsp curry powder*
1 can diced tomatoes
2/3 cup vegetable broth
1 30oz can chickpeas, drained and rinsed**
1 cup full fat coconut milk
1 bunch spinach, chopped
1/2 tsp sea salt
1/2 tsp black pepper
1 lemon

*For nightshade-free sub turmeric

**For P/W30/E sub any vegetable or a mix, cut into pieces (ie. sweet potato, squash, cauliflower, mushrooms)

Serve with brown rice or cauliflower rice (see recipes in "Add to Any Meal").

Add everything except the spinach and lemon to the slow cooker. Cook on low for 6 hours.

When there's 30 minutes left on slow cooker, add coconut milk and spinach. When done, squeeze lemon over and stir to mix.

Serve on top of rice - brown or cauliflower (recipes at end).

Extras: simple mixed greens salad or cucumber tomato salad, baked potato or sweet potato

TUESDAY

One-Pan Pork Chops and Brussels Sprouts

pork chops (1-2 lbs)
1/2 tsp salt
1/4 tsp black pepper
1/4 tsp cumin
1/4 tsp garlic powder
1 1/2 tbsp whole grain mustard
extra-virgin olive oil
2 cups brussels sprouts, trimmed

Preheat oven to 350°. Season pork with salt, pepper, cumin, garlic powder and mustard. In a cast iron skillet over medium heat, heat olive oil. Add brussels sprouts and cook, stirring frequently, until starting to brown, about 2-3 minutes. Transfer to a plate.

Add a little more olive oil and add pork chops to skillet. Cook until golden brown on the bottom, 2-3 minutes and flip. Add back brussels sprouts.

Transfer skillet to the oven and cook 12-15 minutes, until Brussels sprouts are tender and pork temperature is 145°. Let stand for 5 minutes before serving.

Extras: simple mixed greens salad, sweet potato hash, steamed or roasted veggies

WEDNESDAY

Leftovers: Chana Masala with Stir-Fried Veggies

Use leftover chana masala from Monday night.

For the Stir-Fried Veggies:

- 1 tbsp avocado oil
- 1 zucchini, halved and sliced
- 1 yellow squash, halved and sliced
- 1 yellow onion, cut in crescents
- 1 clove garlic, minced

In a large skillet, heat oil over medium heat. Add onion and sauté until slightly browned, about 3-5 minutes. Add garlic and cook another 30 seconds. Add squash and zucchini and cook, stirring occasionally until tender and slightly golden.

Serve veggies topped with chana masala.

Note: Leftover veggies can be used as pizza toppings Friday night.

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

THURSDAY

One-Pan Chicken with Sweet Potatoes and Broccoli

chicken breasts (1-2 lbs)
1 head broccoli, cut in florets, stems cut into rounds
3-4 sweet potatoes, peel and chop in 1-2 in chunks
Italian seasoning
salt
pepper
lemon
avocado oil

Preheat oven to 400°. Line a baking sheet with parchment paper and place chicken breasts in the middle of the pan. Coat both sides with oil, sprinkle with Italian seasoning, salt and pepper.

On one side place the broccoli florets and stem pieces, drizzle with oil and toss to coat. On the other side, place the sweet potatoes. Drizzle with oil (optional: sprinkle with favorite seasoning or combo, like chili powder, cinnamon, paprika, cayenne). Spread broccoli and sweet potatoes out evenly so they're not over crowded.

If there's too much to fit, use a second foil lined baking sheet. Sprinkle everything with salt and pepper. Bake at 400° for 30-35 minutes until chicken is cooked through and there is no pink or internal temperature is at least 165°.

Note: Leftover veggies can be used as pizza toppings Friday night.

Extras: Simple fruit salad, brown rice or quinoa

FRIDAY

MYO Pizza

pizza crust

1 can pizza or tomato sauce*

any leftover cooked veggies you have from the week

extra toppings: spinach, red onion, peppers, etc.

shredded organic mozzarella cheese (optional)

*For nightshade-free sub pesto from *Extras* section

Follow directions to prepare the crust.

When crust is prepared, spread sauce and top with lots of veggies.

Sprinkle lightly with cheese if you like, or leave it off for a dairy-free pizza.

Bake at 350° for about 10-15 minutes.

Extras: simple mixed greens salad or cucumber tomato salad

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)
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.

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.

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.

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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