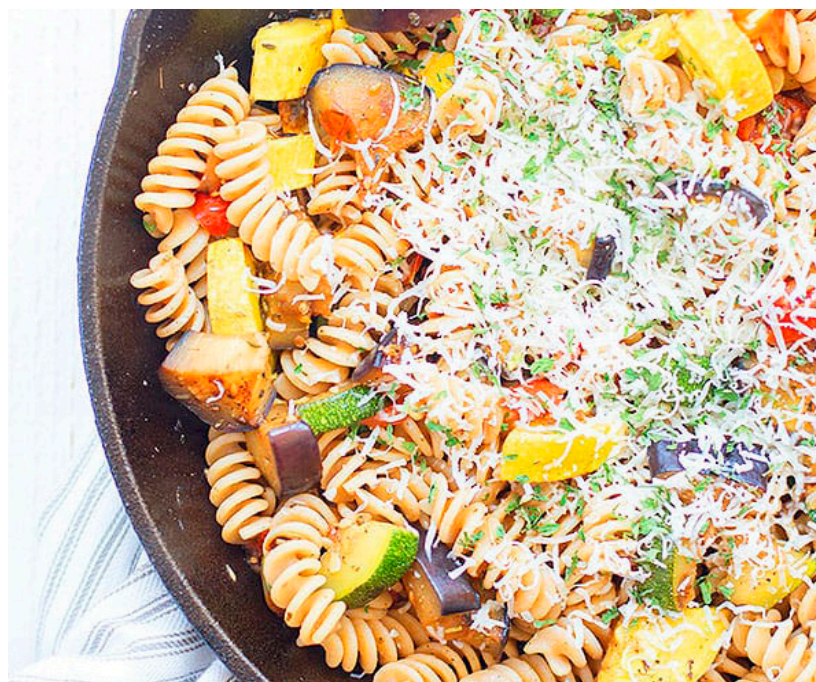




30 MINUTE DINNERS

CHICKEN MEAL PLAN 2

DontWastetheCrumbs.com



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All recipes are my own, kid-tested and picky-husband approved. Any inspirations from other amazing recipe developers have been noted.

Every week we're continuously publishing family-friendly recipes, meal planning hacks, grocery budgeting tips, natural living tutorials and grace-filled encouragement for the real food journey on the blog, <https://dontwastethecrumbs.com>. We encourage you to visit us there and join in the conversations!

30 Minute Dinners is an outreach of <https://dontwastethecrumbs.com> and in turn, Crumbs Media, LLC.

CONTENTS

| | |
|--|-----------|
| The Meal Plan | 1 |
| Weekly Meal Prep: Overview | 4 |
| Weekly Meal Prep: Step-by-Step | 7 |
| How to Store Your Meal Prep..... | 11 |
| Maximizing Kitchen Appliances | 12 |
| Step-by-Step: Meal 1 | 13 |
| Almond Crusted Baked Chicken // Lemon Butter Asparagus // Mashed Potatoes..... | 13 |
| Step-by-Step: Meal 2 | 16 |
| 15 Minute Alfredo // Side Salad | 16 |
| Step-by-Step: Meal 3 | 19 |
| Crispy Buffalo Chicken Salad // Cheddar Biscuits..... | 19 |
| Step-by-Step: Meal 4 | 21 |
| Crispy Chicken Mashed Potato Casserole..... | 21 |
| Step-by-Step: Meal 5 | 24 |
| Pizza Pasta Skillet..... | 24 |
| Recipe Cards | 26 |
| Meal 1 Recipes | 26 |
| Meal 2 Recipes..... | 28 |
| Meal 4 Recipes | 31 |
| Meal 5 Recipes..... | 33 |
| Personal Notes | 34 |



THE MEAL PLAN

Meal 1

Almond Crusted Baked Chicken // Lemon Butter Asparagus // Mashed Potatoes

Meal 2

15 Minute Alfredo // Side Salad

Suggested Side Dish: Buttered Peas

Meal 3

Crispy Buffalo Chicken Salad // Cheddar Biscuits

Meal 4

Crispy Chicken Mashed Potato Casserole

Suggested Side Dish: Pan Roasted Broccoli

Meal 5

Pizza Pasta Skillet

Suggested Side Dish: Side Salad



SHOPPING LIST

Pantry

- almond flour, 1 1/2 cups
- almonds, 2 cups
- baking powder, 4 tsp
- beef broth (14 oz can)*, 1
- buffalo sauce*, 1/2 cup
- dried cranberries, 1/3 cup
- flour (all-purpose), 4 cups + 2 Tbsp
- ketchup, 2 Tbsp
- lemon juice, 2 Tbsp
- mustard (dijon), 2 tsp
- olive oil, 2 Tbsp
- pasta (bow tie), 2 lbs
- pecans, 1/3 cup
- red wine vinegar, 2 Tbsp
- tomatoes (15 oz can diced), 1
- worcestershire sauce, 2 tsp

Produce

- apple, 1
- asparagus, 1 lb
- bell pepper (any), 1
- carrot, 1
- corn, 1 cup
- eggplant, 1
- garlic, 5 cloves
- green onions, 2
- lettuce (Romaine), 1 head
- potatoes (russet), 4 lbs
- spinach, 3 cups
- zucchini, 2

Spices

- basil, 1 tsp
- dill, 1 tsp
- dry minced onion, 5 Tbsp
- garlic powder, 1 Tbsp + 1/4 tsp
- Italian seasoning*, 1 Tbsp
- onion powder, 1 1/2 tsp
- paprika, 3 tsp
- parsley, 2 Tbsp
- pepper, 3 1/4 tsp + to taste
- salt, 9 tsp + to taste
- thyme, 1 tsp

Cold Case

- butter, 1 3/4 cup + 1 Tbsp
- cheese (Gorgonzola), 2 oz
- cheese (Italian blend), 6 oz
- cheese (shredded cheddar), 2 cups
- eggs, 3
- Greek yogurt, 2 cups
- heavy cream, 2 cups
- milk (almond), 1 cup
- milk, 1 1/3 cup

Meat

- chicken (boneless skinless thighs), 3 lbs

*Note: Did you see the * on the shopping list? These items can be made from scratch and prepped ahead if you have the time! The recipes can be found at DontWastetheCrumbs.com. Simply search and cook!*



WEEKLY MEAL PREP: OVERVIEW

Every meal in this meal plan can be made from start to finish in 30 minutes or less, but for nights when you need dinner done even faster, meal prep can get you ahead for the week.

Here's a quick overview of what can be prepped ahead of time this week. You may not have time to do all this, but it gives you an idea of how even just a few minutes can be used wisely to your advantage.

Meal 1: Almond Crusted Baked Chicken // Lemon Butter Asparagus // Mashed Potatoes

- **Prep Almond Crust:** Combine the crust ingredients in a blender or food processor and pulse until the almonds are in small pieces. You'll need a triple batch of this for the week.

Time: 4 minutes.

- **Bake the Chicken:** Once coated, the chicken will need to bake for 15-18 minutes. This is well within the 30 minute recipe guideline, but if you know you'll be extra short on time this week, baking the chicken ahead of time is a good idea. You'll need a triple batch of baked chicken for the week.

Time: 20 minutes.

- **Bake the Potatoes:** Mashed potatoes take 10-15 minutes on the stove, but you can easily boil the potatoes ahead of time to save a few minutes during the week. You'll need a double batch of mashed potatoes for the week.

Time: 15 minutes.

Meal 2: 15 Minute Alfredo // Side Salad // Ranch Dressing

- **Boil the Pasta:** Cook the pasta al dente according to package directions. You'll need a double batch of pasta for the week.

Time: 7-10 minutes.

- **Make the Salad Dressing:** Combine dry mix ingredients in a glass jar (or bowl) and mix well. Use 4 Tbsp to make a double batch of the dressing.

Time: 4 minutes.

- **Prep the Vegetables:** Cut the lettuce and apple. If you want any other desired toppings for the salad, now is the time to prepare them.

Time: 3 minutes.

Meal 3: Crispy Buffalo Chicken Salad // Cheddar Biscuits

- **Prep the Vegetables:** Cut the lettuce, cut the bell pepper, shred the carrot, slice the green onions.

Time: 5 minutes.

- **Prep the Chicken:** Dice reserved chicken.

Time: 1 minute.

- **Prep the Biscuits:** Shred the cheese (if needed) and combine the dry ingredients for the biscuit recipe and store in the fridge.

Time: 4 minutes.

- **Bake the Biscuits:** Biscuits bake in 12-14 minutes, but you can make these ahead of time if you know you'll be short on time this week. Follow the recipe as written.

Time: 12-14 minutes.

Meal 4: Crispy Chicken Mashed Potato Casserole

- **Prep the Chicken:** Dice reserved chicken.

Time: 1 minute.

Meal 5: Pizza Pasta Skillet

- **Prep the Vegetables:** Cut the zucchini and eggplant.

Time: 4 minutes.



WEEKLY MEAL PREP: STEP-BY-STEP

If you have one hour to spare, here's a step-by-step guide of what we recommend meal prepping in order to save time later on during busy weeknights.

Note: Please read these meal prep instructions in their entirety before starting. You might be multi-tasking - starting one step, then starting another, and then coming back to finish the first step later. The goal is to maximize the one hour we're spending in the kitchen, which means learning how to be efficient with our time.

Mise en Place

Almond Chicken (triple batch)

- 3 lbs chicken, boneless skinless thighs
- 1 1/2 cup almond flour
- 2 cup whole almonds
- 3 tsp salt
- 3 tsp paprika
- 3 tsp pepper
- 3 eggs
- 6 Tbsp milk

Mashed Potatoes (double batch)

- 4 lbs potatoes, washed and quartered (peeling optional)
- Water to cover potatoes

Pasta

- 2 lbs bow tie pasta
- Water

Dry Ranch Mix

- 5 Tbsp minced onions
- 2 Tbsp dried parsley
- 1 Tbsp garlic powder
- 4 tsp salt
- 1 tsp dried dill
- 1 tsp dried thyme
- 1 tsp dried basil

Ranch Dressing (double batch)

- 2 cups Greek yogurt
- 6 tsp milk (dairy or non-dairy)

- 2 Tbsp red wine vinegar

Cheddar Biscuits

- 4 cups flour (all-purpose)
- 4 tsp baking powder
- 1 ½ tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 10 Tbsp unsalted butter, cold and cubed
- 1 cup shredded cheddar cheese
- ½ – 1 cup almond milk

Vegetables

- 1 head romaine lettuce
- 3 cups spinach
- 1 apple
- 1 bell pepper
- 1 carrot
- 2 green onions
- 2 zucchini
- 1 small eggplant

Supplies

- Large baking sheet
- Aluminum foil and baking rack
- 2 large pots
- Small jar
- Small bowl
- Large bowl or stand mixer
- Sharp knife and cutting board

Step 1: Preheat the oven to 425F. Line a large baking sheet with aluminum foil and a baking rack for the chicken. Set aside.

Meanwhile...

Step 2: Bring a large pot of water to a boil. Add a couple pinches of salt (for potatoes).

Step 3: Bring a second large pot of water to a boil and add a couple pinches of salt (for pasta).

Meanwhile...

Step 4: Prepare a triple batch of almond crust for the chicken. Coat 3 lbs of chicken and place on the prepared baking rack. When the oven is preheated, bake for 15-18 minutes. Use a kitchen timer!

Step 5: Quarter 4 lbs potatoes and when the water is boiling, add them to the pot. Boil for 10-15 minutes, or until fork tender. Use a kitchen timer!

Step 6: When the second pot of water is boiling, cook 2 lbs pasta until al dente, according to package directions. Use a kitchen timer!

Meanwhile...

Step 7: Make the Homemade Ranch Dressing dry mix by placing ingredients into a jar. Shake well to mix. Make the dressing by adding 4 Tbsp of the dry mix into a small bowl. Add remaining dressing ingredients and stir to combine.

Step 8: Prepare biscuits by mixing all ingredients except milk together. At this point you can either store the dry ingredients in the fridge until ready to cook for Meal 3 or add the milk and bake for 12-14 minutes.

Step 9: Prepare the Vegetables:

Lettuce/Greens

- Cut 4 cups lettuce for Side Salad
- Cut 3 cups lettuce for Crispy Buffalo Chicken Salad
- Cut 3 cups spinach for Crispy Buffalo Chicken Salad

Apple

- Cut 1 apple for Side Salad

Bell Pepper

- Dice 1 bell pepper for Crispy Buffalo Chicken Salad

Carrot

- Shred 1 carrot for Crispy Buffalo Chicken Salad

Green Onions

- Slice 2 green onions for Crispy Buffalo Chicken Salad

Zucchini

- Cut 2 zucchini for Pizza Pasta Skillet.

Eggplant

- Cut 1 eggplant for Pizza Pasta Skillet.

Step 10: When the chicken is cooked and cool enough to handle, dice 2 lb worth. The rest can stay whole.

See How to Store Your Meal Prep below to divide for storage.

How to Store Your Meal Prep

If you follow the step-by-step weekly meal prep, you should have the following items prepped. Items on the same bullet point can be stored together.

Meal 1: Almond Crusted Baked Chicken // Lemon Butter Asparagus // Mashed Potatoes

- 1 lb baked chicken (whole pieces)
- 4 lbs boiled potatoes

Meal 2: 15 Minute Alfredo // Side Salad

- 1 lb cooked pasta
- Chopped lettuce + sliced apple
- Double batch ranch salad dressing

Meal 3: Crispy Buffalo Chicken Salad // Cheddar Biscuits

- 1 lb baked chicken (diced)
- Prepared biscuits (either dry ingredients or fully cooked)
- Chopped lettuce + greens + bell pepper + carrot + green onion

Meal 4: Crispy Chicken Mashed Potato Casserole

- 1 lb baked chicken (diced)
- 1 cups shredded cheese

Meal 5: Pizza Pasta Skillet

- 1 lb cooked pasta
- Zucchini + eggplant



MAXIMIZING KITCHEN APPLIANCES

Using your kitchen appliances is a great way to get things done without you actually doing them. They do much of the work for you, so you can spend your time working on other things.

We recommend using your kitchen appliances as often as possible, and here are a few ways you can use them this week to save more time.

Meal 1: Almond Crusted Baked Chicken // Lemon Butter Asparagus // Mashed Potatoes

- A food processor or blender makes preparing the crust really quick.
- You can make mashed potatoes entirely in an Instant Pot, or bake potatoes in a slow cooker (or oven), and mash in a stand mixer.

Meal 2: 15 Minute Alfredo // Side Salad

- Dressing can be made in a mason jar - just seal and shake vigorously!

Meal 3: Crispy Buffalo Chicken Salad // Cheddar Biscuits

- Biscuits can be made in a stand mixer and you can skip rolling out the dough, making drop biscuits instead. This method makes very little mess, and clean-up is easy!

Meal 4: Crispy Chicken Mashed Potato Bowl

- n/a

Meal 5: Pizza Pasta Skillet

- You can make this in an Instant Pot using the saute function. This is especially helpful if you don't want the stove to heat up the house, or if you're traveling.



STEP-BY-STEP: MEAL 1

Almond Crusted Baked Chicken // Lemon Butter Asparagus // Mashed Potatoes

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. When you're in the kitchen, there's always something to do. You should never be idle! If you're waiting on something to cook, look at a future step and start working!

This step-by-step is written with the assumption you have NOT completed any meal prep beforehand. Please adjust the steps accordingly, so you're not preparing food you've already made!

Mise en Place

Almond Crusted Chicken (triple batch)

- 3 lbs chicken, boneless skinless thighs
- 1 1/2 cup almond flour
- 2 cup whole almonds
- 3 tsp salt
- 3 tsp paprika
- 3 tsp pepper
- 3 eggs
- 6 Tbsp water or milk

Mashed Potatoes (double batch)

- 4 lbs potatoes, washed and quartered (peeling optional)
- Water to cover potatoes
- 4-8 Tbsp butter, melted
- 1 cup milk
- Salt, as desired
- Pepper, as desired

Lemon Butter Asparagus

- 1 tbsp butter
- 1 lb asparagus, trimmed
- 1-2 Tbsp lemon juice
- salt and pepper

Supplies

- Baking sheet
- Aluminum foil
- Cooling rack
- Large pot
- Cutting board and knife
- Large skillet
- Potato masher (or stand mixer)
- Measuring cup

Step 1: Preheat the oven to 425F. Line a baking sheet with aluminum foil and place a cooling rack on top. Set aside.

Step 2: Bring a large pot of water to a boil. When the water is boiling, add the potatoes and boil until fork tender, 10-15 minutes. Use a kitchen timer!

You can also use an Instant Pot to make mashed potatoes! Follow the recipe card on page 31 for full instructions.

Meanwhile...

Step 3: Prepare the almond crusted chicken. Place on the prepped baking sheet and when the oven is preheated, bake for 15-18 minutes. Use a kitchen timer!

Meanwhile...

Step 4: Wash and trim the asparagus. In a large skillet, melt butter over medium heat, spreading it around the bottom of the pan to coat.

Step 5: Place asparagus in the pan and cover. Cook for approximately five minutes, stirring or shaking the pan every couple minutes to cook evenly. Asparagus is done when it is fork tender and bright green.

Step 6: Pour over 1 Tbsp of lemon juice. Taste, and add more lemon juice if desired. Turn on low to keep warm while you complete the other dinner items.

Step 7: When the potatoes are done boiling, drain the excess water. While the potatoes are hot, mash with a potato masher until they reach the desired consistency.

Step 8: Add butter and milk. Season with salt and pepper. Taste, add remaining butter if desired and adjust the seasoning. Divide into two portions. Serve one portion tonight and reserve the other portion for future meals this week.

Step 9: When the chicken is done, divide into three portions. Serve one portion tonight and reserve the other two portions for future meals this week.



STEP-BY-STEP: MEAL 2

15 Minute Alfredo // Side Salad

Suggested Side Dish: Buttered Peas

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Mise en Place

Alfredo

- 2 lbs bow tie pasta
- 1/2 cup butter (1 stick)
- 2 garlic cloves, minced (about 3 tsp)
- 2 cups heavy cream
- 1/4 tsp freshly cracked black pepper
- 1 1/2 cups Parmesan cheese, shredded (about 4 oz)
- 1/4 tsp salt

Side Salad

- 4 cups Romaine lettuce, chopped
- 1 large granny smith apple, sliced thin, then halved
- 1/3 cup dried cranberries
- 1/3 cup chopped pecans
- Optional toppings: shredded chicken, diced red onion, bacon, feta cheese or crumbled goat cheese

Dry Ranch Mix

- 5 Tbsp minced onions
- 2 Tbsp dried parsley
- 1 Tbsp garlic powder
- 4 tsp salt
- 1 tsp dried dill
- 1 tsp dried thyme
- 1 tsp dried basil

Ranch Dressing (double batch)

- 2 cups Greek yogurt
- 2 Tbsp red wine vinegar
- 2-6 tsp milk (dairy or non-dairy)

Supplies

- Large stock pot
- Medium saucepan
- Wooden spoon
- Large bowl
- Cutting board and knife
- 16 oz jar with a lid
- Measuring spoons and measuring cups

Step 1: Bring a large pot of water to a boil. Cook 2 lbs pasta al dente according to package directions. Drain in a colander and set aside.

Meanwhile...

Step 2: Make the Homemade Ranch Dressing dry mix by placing ingredients into a jar. Shake well to combine. Make the dressing by adding 4 Tbsp of the dry mix into a small bowl. Add remaining dressing ingredients and stir to combine.

Reserve half of the ranch dressing for serving with Meal 3.

Step 3: Cut the lettuce, apple and additional toppings for the side salad. Place in a large bowl and set aside.

Step 4: When the pasta is finished, divide into two portions. Reserve one portion for Meal 5.

Step 5: Prepare the alfredo sauce. In a medium saucepan, melt the butter over medium heat.

Add the garlic, heavy cream and pepper.

Step 6: Bring the sauce to a boil; then reduce to a simmer and cook for 5 minutes.

If cooking the suggested side dish: buttered peas, start them now! They cook fast and you want them hot. Add peas to a small saucepan and cover with water. Bring to a light simmer over medium-high heat.

Cook for 1-2 minutes. Remove from heat and drain excess water. Add butter, salt, and pepper. Cover to keep warm until everything else is finished.

Step 7: Add the cheese, stirring constantly until the cheese has fully melted. Turn the heat to low. Taste and season with salt as desired. Sauce will thicken upon standing.

Step 8: Serve alfredo sauce over pasta with salad on the side. Add peas to the side if desired.



STEP-BY-STEP: MEAL 3

Crispy Buffalo Chicken Salad // Cheddar Biscuits

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This step-by-step is written with the assumption you have NOT completed any meal prep beforehand. Please adjust the steps accordingly, so you're not preparing food you've already made!

Mise en Place

Cheddar Biscuits

- 4 cups flour (all-purpose)
- 4 tsp baking powder
- 1 ½ tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 10 Tbsp unsalted butter, cold and cubed
- 1 cup shredded cheddar cheese
- ½ – 1 cup almond milk

Buffalo Chicken Salad

- 3 cups of Romaine lettuce
- 3 cups of spinach
- 1 cup chopped reserved almond chicken
- 1 bell pepper, diced into 1/2" pieces
- 1 large carrot shredded
- 2 oz Gorgonzola cheese, crumbled
- 2 green onions, white and green parts, sliced thinly
- Reserved homemade ranch dressing
- 1/4 – 1/2 cup buffalo sauce

Supplies

- Baking sheet
- Large bowl
- Cutting board
- Knife

Step 1: Preheat the oven to 425.

Step 2: In a large bowl or stand mixer, combine the flour, baking powder, salt, onion powder, and garlic powder.

Step 3: Add the butter and using the paddle blade attachment, turn the mixer on low. Let the mixer incorporate the butter until the mixture looks like coarse breadcrumbs. (Alternatively, you can use a large bowl and your hands, a pastry mixer or two knives to cut in the butter.)

Step 4: Add the cheese. Then mix again until evenly distributed. Add ½ cup of milk and mix JUST until combined. You want the biscuit dough to become cohesive, and the sides and the bottom of the bowl should be clean. If you need to add additional milk for the dough to come together, add it one tablespoon at a time.

Step 5: Turn the dough out onto a Silpat mat, or a clean counter, dusted with flour. Roll the dough out until it's just under ½" thick and using a large knife, cut the dough into 24 squares.

Step 6: Place the squares of dough onto a baking sheet about ½" apart and bake for 12-15 minutes, or until the tops of the biscuits are golden brown.

Meanwhile...

Step 7: Chop the lettuce, greens, reserved almond chicken and shred the carrot. Slice the green onions.

Step 8: Combine these vegetables and the remaining salad ingredients in a large bowl. Drizzle with reserved ranch dressing and toss well, or serve with dressing at the table. Drizzle buffalo sauce on the salad, as desired. Serve with biscuits and butter!



STEP-BY-STEP: MEAL 4

Crispy Chicken Mashed Potato Casserole

Suggested Side Dish: Pan-Seared Broccoli

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. When you're in the kitchen, there's always something to do. You should never be idle! If you're waiting on something to cook, look at a future step and start working!

This step-by-step is written with the assumption you have NOT completed any meal prep beforehand. Please adjust the steps accordingly, so you're not preparing food you've already made!

Note: This meal is based on food you've already cooked this week. If you make any changes to the meals or the order of your meals, you may need to adjust this recipe.

Mise en Place

Chicken Potato Casserole

- Reserved batch mashed potatoes
- 1 cup corn
- 1 cup cheddar cheese, freshly grated
- Reserved batch of almond chicken

Brown Gravy

- 2 Tbsp unsalted butter
- 2 Tbsp all-purpose flour
- 1 (14 ounce) can beef broth
- 2 Tbsp ketchup
- 2 tsp Worcestershire sauce
- 2 tsp Dijon mustard
- ½ tsp onion powder
- ¼ tsp garlic powder
- salt and pepper, to taste

Supplies

- 9"x13" glass baking dish
- whisk
- Small saucepan

Step 1: Preheat the oven to 400F.

Step 2: Warm the reserved mashed potatoes until they're room temperature. Then spread the mashed potatoes on the bottom of a 9"x13" glass baking dish.

Step 3: Shred the cheese if needed and chop the reserved almond chicken. Top the potatoes with corn, cheese and chicken and bake uncovered for 15 minutes.

Meanwhile...

Step 4: Melt butter in a small saucepan over medium heat. Whisk in flour and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Whisk in beef broth gradually.

Step 5: Cook and stir until no lumps remain, about 2 minutes. Add Worcestershire sauce, Dijon mustard, onion powder, garlic powder, salt, and black pepper. Cook and whisk until gravy thickens, about 5 minutes more.

If you're making the suggested side dish: pan-seared broccoli, now is the time to make it! In a cast iron skillet or heavy-bottom pan, heat olive oil over medium-low heat for 2-3 minutes.

Meanwhile, prepare the broccoli by cutting the entire head of broccoli in half. Laying the flat side down, cut off each floret from the base of the floret all the way down to the bottom of the stem.

When the oil is hot, add all the broccoli to the pan, arranging so that as many pieces as possible are touching the bottom of the pan. Season with 1/2 tsp salt plus pepper to taste and allow to cook for 5 minutes, undisturbed.

After 5 minutes, stir and rearrange the broccoli so that the sides that were down are now facing up. Season again with salt and pepper and cover with a lid. Allow to cook for 3 more minutes.

Stir before serving. Best when served hot.

Step 6: When the casserole is done, drizzle with gravy and serve with broccoli, if desired.



STEP-BY-STEP: MEAL 5

Pizza Pasta Skillet

Suggested Side Dish: Side Salad

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. When you're in the kitchen, there's always something to do. You should never be idle! If you're waiting on something to cook, look at a future step and start working!

This step-by-step is written with the assumption you have NOT completed any meal prep beforehand. Please adjust the steps accordingly, so you're not preparing food you've already made!

Note: This meal is based on food you've already cooked this week. If you make any changes to the meals or order of your meals, you may need to adjust this recipe.

Mise en Place

- 3 garlic cloves, minced
- 2 Tbsp olive oil, plus more for drizzling
- 2 zucchini, quartered lengthwise and then cut into 1/2" pieces
- 1 eggplant, cut into rounds and then cut into 1/2" pieces
- 1 (15 oz) can diced tomatoes
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 Tbsp Italian seasoning
- Reserved bow tie pasta
- 6 ounces Italian cheese blend

Supplies

- large skillet with lid
- cutting board and knife

Step 1: Cut the vegetables and mince the garlic.

Step 2: Heat a large saute pan over medium high heat and add 2 tablespoons olive oil. Add garlic and vegetables and stir well to coat with oil. Cover with a lid and cook for about 4 minutes. Use a kitchen timer!

If serving a side salad with this meal, chop lettuce and toppings while the Pizza Pasta is cooking. Use up any remaining veggies and ranch dressing, as desired!

Step 3: Uncover, stir and cover again and cook for another 4 minutes, or until the vegetables are fork-tender.

Step 4: Add the tomatoes, salt, pepper an Italian seasoning and cook uncovered for about 3 minutes. Add the reserved pasta to the vegetables and stir well. Cook until pasta is warmed through. Sprinkle cheese on top just before serving.



RECIPE CARDS

Meal 1 Recipes

Almond Crusted Baked Chicken



Yield: 4-6 servings

INGREDIENTS

| | |
|---|----------------------|
| 1 – 1 1/2 lbs boneless, skinless chicken thighs | 1 tsp paprika |
| 1/2 cup almond flour | 1 tsp pepper |
| 2/3 cup whole almonds | 1 egg |
| 1 tsp salt | 2 Tbsp water or milk |

INSTRUCTIONS

1. Preheat the oven to 425F. Line a cookie sheet with aluminum foil. Place a cooling rack on top.
2. Combine the almond flour, almonds, salt, paprika and pepper in a blender or food processor and pulse until the almonds are in small pieces (half a pea, or smaller), about 4-6 times. Pour this into a shallow dish.
3. In a separate shallow dish, crack the egg and add the water or milk. Whisk well.
4. Working with one piece of chicken at a time, dip the chicken into the egg wash, turning to coat. Then place in the bowl with the crust. Turn the chicken and make sure all sides are coated. Place the chicken on the cooling rack and repeat this process with the remaining chicken.
5. Bake the chicken for 15-18 minutes, or until the juices run clear. Serve warm.

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Lemon Butter Asparagus



Yield: 4 servings

INGREDIENTS

1 tbsp butter

1 lb asparagus, trimmed

1-2 Tbsp lemon juice

salt and pepper, to taste

INSTRUCTIONS

1. In a pan large enough to hold most of the asparagus in a single layer (I recommend this 12" cast iron skillet), melt butter over medium heat, spreading it around the bottom of the pan to coat.
2. Place asparagus in the pan and cover. Cook for approximately five minutes, stirring or shaking the pan every couple minutes to cook evenly. Asparagus is done when it is fork tender and bright green.
3. Squeeze the lemon over the asparagus OR pour over 1 Tbsp of bottled lemon juice. Taste, and add more lemon juice if desired.
4. Season with salt and pepper as desired.

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Instant Pot Mashed Potatoes



Yield: 5-6 cups

INGREDIENTS

2 lbs potatoes, washed and quartered (peeling optional)

1 cup water

2-4 Tbsp butter, melted

½ cup milk

Salt, as desired

Pepper, as desired

INSTRUCTIONS

1. Add potatoes and water to the Instant Pot or Stock pot.
2. On the stove top cook on high for 10-15 minutes or until water is boiling and potatoes are soft.
3. In the Instant Pot cook on high pressure for 10 minutes and then use the Quick Release to release the pressure for the instant pot.
4. Drain the extra water.
5. While the potatoes are hot, mash with a potato masher until they reach the desired consistency.
6. Add 2 Tbsp of melted butter and milk. Season with salt and pepper. Taste, add remaining butter if desired and adjust the seasoning.

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Meal 2 Recipes

15 Minute Alfredo



Yield: 4-6 servings

INGREDIENTS

| | |
|---------------------------------------|---|
| 1 lb pasta | 1/4 tsp freshly cracked black pepper |
| 1/2 cup butter (1 stick) | 1 1/2 cups Parmesan cheese, shredded (about 4 oz) |
| 2 garlic cloves, minced (about 3 tsp) | 1/4 tsp salt |
| 2 cups heavy cream | |

INSTRUCTIONS

1. In a medium saucepan, melt the butter over medium heat.
2. Add the garlic, heavy cream and pepper.
3. Bring the sauce to a boil; then reduce to a simmer and cook for 5 minutes.
4. Add the cheese, stirring constantly until the cheese has fully melted. Turn the heat to low. Taste and season with salt as desired. Sauce will thicken upon standing.

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Simple Side Salad



Yield: 4-6 servings

INGREDIENTS

| | |
|--|--|
| 1/2 head lettuce, loosely packed | dressing as desired (I prefer ranch dressing) |
| 1 large granny smith apple, sliced thin, then halved | Optional toppings: shredded chicken, diced red onion, bacon, feta cheese or crumbled goat cheese |
| 1/3 cup dried cranberries | |
| 1/3 cup chopped pecans | |

INSTRUCTIONS

1. Combine all ingredients in a large bowl and toss to combine. Dress the salad with your choice of dressing and serve immediately.

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Homemade Ranch Dressing



Yield: 8 oz

INGREDIENTS

Dry Ranch Mix:
5 Tbsp minced onions
2 Tbsp dried parsley
1 Tbsp garlic powder
4 tsp salt
1 tsp dried dill
1 tsp dried thyme
1 tsp dried basil

To Make the Dressing:
1 cup Greek yogurt
1 Tbsp red wine vinegar
1-3 tsp milk (dairy or non-dairy)

INSTRUCTIONS

1. Prepare the dry ranch seasoning mix by combining all the dry spices in a mason jar. Shake well.
2. Measure 2 Tbsp of the dry ranch seasoning mix into another jar.
3. Add the mayo (or Greek yogurt) red wine vinegar and coconut cream and stir well. Thin by adding milk 1 teaspoon at a time and stirring well after each addition.
4. Store the seasoning mix in the spice cabinet and the dressing in the fridge!

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Buttered Peas



Yield: 4 servings

INGREDIENTS

16 oz frozen peas
2 Tbsp butter

Salt and pepper, to taste

INSTRUCTIONS

1. Prepare the dry ranch seasoning mix by combining all the dry spices in a mason jar. In a small saucepan, place peas and just enough water to cover. Heat over medium-high.
2. Let cook at a mild simmer for 1-2 minutes. Remove from heat and drain water.
3. Add butter, salt, and pepper. Stir until butter melts. Serve hot.

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Meal 3 Recipes

Crispy Buffalo Chicken Salad



Yield: 4 oz

INGREDIENTS

| | |
|--|--|
| 3 cups of lettuce (romaine, iceberg, spring, bibb, etc.) | 2 oz Gorgonzola cheese, crumbled |
| 3 cups of greens (baby kale, spinach, etc.) | 2 green onions, white and green parts, sliced thinly |
| 1 cup chopped chicken | Homemade ranch dressing |
| 1 bell pepper, diced into 1/2" pieces | 1/4 – 1/2 cup buffalo sauce |
| 1 large carrot shredded | |

INSTRUCTIONS

1. Combine salad ingredients and toppings in a large bowl.
2. Toss with 1/2 cup of homemade ranch dressing. Pass additional homemade ranch dressing at the table.
3. Drizzle buffalo sauce on top of salad, as desired.
4. Enjoy this buffalo chicken ranch salad!

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Jalapeno Cheddar Biscuits



Yield: 4 servings

INGREDIENTS

| | |
|--|---|
| 4 cups flour (I use einkorn all-purpose) | 10 Tbsp unsalted butter, cold and cubed |
| 4 tsp baking powder | 4 jalapenos, thinly sliced or finely diced (Optional for extra spice) |
| 1 1/2 tsp salt | 1 cup shredded cheddar cheese |
| 1 tsp onion powder | 1/2 – 1 cup almond milk |
| 1 tsp garlic powder | |

INSTRUCTIONS

1. Preheat the oven to 450F.
2. In a large bowl combine the flour, baking powder, salt, onion powder, and garlic powder. Cut in the butter until the mixture looks like coarse breadcrumbs.
3. Add the jalapenos if desired and cheese. Then mix again until they're evenly distributed. Add 1/2 cup of milk and mix JUST until combined.
4. Turn the dough out onto a Silpat mat, or a clean counter, dusted with flour. Roll the dough out until it's just under 1/2" thick and using a large knife, cut the dough into 24 squares.
5. Place the squares of dough onto a baking sheet about 1/2" apart and bake for 12-15 minutes, or until the tops of the biscuits are golden brown.

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Meal 4 Recipes

Crispy Chicken Mashed Potato Casserole



Yield: 6 servings

INGREDIENTS

5-6 cups pre-cooked mashed potatoes
1 cup corn
1 cup cheddar cheese, freshly grated

1 batch of crispy chicken
Brown Gravy, you can also use a packet

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit.
2. Spread the potatoes on the bottom of a 9 x 13 casserole dish.
3. Note: If your mashed potatoes are cold, warm them first.
4. Top with corn and cheese.
5. Carefully slice the chicken strips into pieces of desired size and top the casserole dish with them.
6. Bake uncovered for 15 minutes.

Recipe inspired by The Cozy Cook.

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Brown Gravy



Yield: 4 servings

INGREDIENTS

2 Tbsp unsalted butter
2 Tbsp all-purpose flour
1 (14 ounce) can beef broth
2 Tbsp ketchup
2 tsp Worcestershire sauce

2 tsp Dijon mustard
½ tsp onion powder
¼ tsp garlic powder
salt and ground black pepper, to taste

INSTRUCTIONS

1. Melt butter in a small saucepan over medium heat. Whisk in flour and stir until the mixture becomes paste-like and light golden brown, about 5 minutes.
2. Whisk in beef broth gradually. Cook and stir until no lumps remain, about 2 minutes.
3. Add Worcestershire sauce, Dijon mustard, onion powder, garlic powder, salt, and black pepper.
4. Cook and whisk until gravy thickens, about 5 minutes more.

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Pan-Seared Broccoli



Yield: 4 servings

INGREDIENTS

2 Tbsp olive oil
2 full heads broccoli (stems too, not just the crown)

1/2–1 tsp salt
1/4–1/2 tsp pepper

INSTRUCTIONS

1. In a cast iron skillet or heavy-bottom pan, heat olive oil over medium-low heat for 2-3 minutes.
2. Meanwhile, prepare the broccoli by cutting the entire head of broccoli in half. Laying the flat side down, cut off each floret from the base of the floret all the way down to the bottom of the stem.
3. When the oil is hot, add all the broccoli to the pan, arranging so that as many pieces as possible are touching the bottom of the pan. Season with 1/2 tsp salt plus pepper to taste and allow to cook for 5 minutes, undisturbed.
4. After 5 minutes, stir and rearrange the broccoli so that the sides that were down are now facing up. Season again with salt and pepper and cover with a lid. Allow to cook for 3 more minutes.
5. Stir before serving. Best when served hot.

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Meal 5 Recipes

Pizza Pasta Skillet



Yield: 4-6 servings

INGREDIENTS

| | |
|---|---|
| 12 ounces medium pasta | 1 eggplant, cut into rounds and then cut into 1/2" pieces |
| 3 garlic cloves, minced | 1 can diced tomatoes |
| 2 Tbsp olive oil, plus more for drizzling | 1/2 tsp salt |
| 2 zucchini, quartered lengthwise and then cut into 1/2" pieces | 1/4 tsp pepper |
| 1 yellow squash, quartered lengthwise and then cut into 1/2" pieces | 1 Tbsp Italian seasoning |
| | 6 ounces Italian cheese blend |

INSTRUCTIONS

1. Warm garlic and olive oil in a large saute pan for 1-2 minutes, or until garlic starts to turn light brown. Add in the vegetables, stirring well to coat with oil and garlic. Cover with a lid and cook for 4 minutes.
2. Uncover, stir well, and cover again; cook for another 4 minutes, or until the vegetables are tender.
3. Add tomatoes, salt, pepper and Italian seasoning and cook uncovered for about 3 minutes.
4. Warm up the pasta and add to the vegetables; combine well. Sprinkle cheese on top just before serving.

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PERSONAL NOTES
