



30 MINUTE DINNERS

FISH & SEAFOOD MEAL PLAN 1

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.

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THE MEAL PLAN

Meal 1

Spicy Shrimp Tacos // Cilantro-lime Slaw // Corn on the Cob

Meal 2

Potato & Corn Chowder // Simple Side Salad

Meal 3

Blackened Salmon // Mexican Chopped Salad

Meal 4

Vodka Pasta with Pan-fried Cod // Simple Side Salad

Meal 5

Spicy Shrimp Buddha Bowls



SHOPPING LIST

Pantry

- black beans (15 oz can)*, 1
- chicken stock*, 2 1/2 cups
- coconut milk (canned), 1/2 cup
- coconut oil, 2 Tbsp + 1 tsp
- dried cranberries, 2/3 cup
- honey, 2 tsp
- lime juice, 3/4 cup
- olive oil, 3/4 cup + 1 tsp
- pasta (fettuccine), 1 lb
- pecans, 2/3 cup
- quinoa, 2 cups
- red wine vinegar, 2 Tbsp
- tomato sauce (28 oz can), 1
- tortillas (any)*, 8

Produce

- apples, 2
- avocados, 3
- bell peppers (red), 2
- cabbage (green), 1 lb
- cabbage (red), 1/4 lb
- carrots, 1
- celery, 2 ribs
- cilantro, 1/2 cup
- corn, 8 cobs
- corn (frozen), 2 cups
- lettuce (Romaine), 1 head
- mango, 1
- onion, 1
- potatoes, 1 medium
- tomatoes, 2 large

Spices

- basil, 1 Tbsp + 2 tsp
- cayenne, 2 tsp
- chili powder, 4 tsp
- cumin, 4 1/2 tsp
- dill, 1 tsp
- dry minced onions, 5 Tbsp
- garlic powder, 4 Tbsp
- Italian seasoning*, 1/2 Tbsp
- onion powder, 1 Tbsp + 1 tsp
- oregano, 1 tsp
- parsley (dried), 2 Tbsp
- pepper, 1 1/4 tsp + to taste
- salt, 9 1/4 tsp + to taste
- smoked paprika, 1 1/2 Tbsp
- taco seasoning*, 2 Tbsp
- thyme, 1 Tbsp + 1 tsp

Cold Case

- butter, 2 Tbsp
- Greek yogurt, 2 cups
- milk (any), 6 tsp

Meat

- cod, 2 lbs
- salmon filets, 4
- shrimp, 2 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: Spicy Shrimp Tacos // Cilantro-lime Slaw // Corn on the Cob

- **Make the Spice Mix:** Combine the ingredients for a double batch of the shrimp spice mix.

Time: 1 minute.

- **Prep the Shrimp:** If necessary, peel and devein shrimp.

Time: 15 minutes.

- **Prep the Vegetables:** Shred cabbage, julienne carrots, slice limes, chop onions, chop cilantro, mince garlic.

Time: 10 minutes.

- **Make the Dressing:** Combine the ingredients for a double batch of Cilantro Lime Dressing in a jar.

Time: 2 minutes.

Meal 2: Potato & Corn Chowder // Simple Side Salad

- **Prep the Vegetables:** Dice potatoes, onion and celery. If serving with optional toppings (chopped cilantro, shredded cheese, diced bacon, salsa), prepare those at this time.

Time: 4 minutes.

- **Make the Dressing:** Prepare a double batch of Homemade Ranch Dressing as directed.

Time: 4 minutes.

- **Prep the Vegetables:** Chop the lettuce and dice the apple. If serving with optional toppings (diced red onion, shredded chicken), prepare those at this time

Time: 3 minutes.

Meal 3: Blackened Salmon // Mexican Chopped Salad

- **Make the Spice Mix:** Combine the ingredients for the Blackened Seasoning.

Time: 1 minute.

- **Prep the Vegetables:** Cut the peppers, tomatoes, and mango; chop the cilantro for a double batch of Mexican Chopped Salad.

Time: 8 minutes.

Meal 4: Vodka Pasta with Pan-fried Cod // Simple Side Salad

- **Make the Pasta:** Cook the pasta al dente according to package directions.

Time: 10 minutes.

- **Prep the Vegetables:** Chop the lettuce and dice the apple. If serving with optional toppings (diced red onion, shredded chicken), prepare those at this time.

Time: 3 minutes.

Meal 5: Spicy Shrimp Buddha Bowls

- **Prepare the Quinoa:** Cook quinoa according to package directions.

Time: 5 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

- 1 lb fettuccine
- 2 lbs shrimp (thawed)
- 2 cups quinoa (any type)

Blackened Seasoning Mix

- See Mise en Place on page 17

Homemade Ranch Dressing (double batch)

- See Mise en Place on page 15

Cilantro Lime Dressing (triple batch)

- See Mise en Place on page 12

Vegetables

- 1 lb green cabbage
- 1 rib celery
- ¼ lb red cabbage
- 2 bell peppers (any type)
- 1 carrot
- 2 tomatoes
- 1 lime
- 1 mango
- 1 onion
- 1 head Romaine lettuce

Supplies

- Large 5-6 qt pot
- Kitchen Timer
- Medium Saucepan
- 2 Small Jars (about 4 oz)
- 1 Large Jar (18 oz or larger)
- 1 Medium Jar (16 oz or larger)
- Cutting Board
- Knife
- Vegetable Peeler
- Small Paring Knife

Step 1: Bring a large pot of water to a boil. Cook fettuccine al dente according to package directions. When the pasta is done, drain in a colander in the sink and toss with ½ tablespoon of olive oil. Use a kitchen timer!

Meanwhile...

Step 2: Cook the quinoa according to package directions. When it's done, fluff with a fork and remove from the heat. Use a kitchen timer!

You can also use an Instant Pot to make quinoa! Follow the recipe card on page 31 for directions.

Meanwhile...

Step 3: Prepare the Blackened Seasoning spice mix by adding all ingredients into a small jar. Shake to mix well. Set it aside.

Step 4: Prepare a double batch of spice mix for the Spicy Shrimp tacos by adding it to a small jar. Shake to mix well. Set it aside.

Step 5: Prepare a double batch of Homemade Ranch Dressing by adding all ingredients into a small bowl. Mix well with a spoon. Place in a medium jar. Set it aside.

Step 6: Prepare a triple batch of Cilantro Lime Dressing by adding ingredients to a blender or food processor. Mix until blended. Place in a large jar and set it aside.

If you don't have a blender or food processor, dice the cilantro into tiny bits and add with other ingredients in a large jar. Shake to mix well.

Step 7: Start prepping the vegetables:

Cabbage

- Shred 3-4 cups green cabbage and ½ cup red cabbage for Cilantro Lime Coleslaw.

Carrots

- Julienne ½ cup carrots for Cilantro Lime Coleslaw.

Limes

- Slice 1 lime into wedges for Spicy Shrimp Tacos (if desired).

Onions

- Dice 1 onion for Potato & Corn Chowder.

Celery

- Dice 2 ribs for Potato & Corn Chowder.

Bell pepper

- Halve 2 peppers for Chopped Mexican Salad.

Tomatoes

- Dice 2 tomatoes for Chopped Mexican Salad.

Mango

- Cut 1 mango into ¼” pieces for Chopped Mexican Salad.

Lettuce

- Wash and cut 1 head of romaine lettuce for two Simple Side Salads.

Optional Toppings as desired.

Step 8: If necessary, peel and devein the shrimp.

Tip: If you didn't thaw your shrimp ahead of time, you can place it in a colander and run cold water over it for a few minutes. The shrimp will thaw quickly!

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: Spicy Shrimp Tacos // Cilantro-lime Slaw // Corn on the Cob

- 2x batch spice mix
- 3x batch of Cilantro Lime Dressing
- 3-4 cups shredded green cabbage, ½ cup shredded red cabbage, ½ cup julienne carrots
- 1 lime, cut into wedges
- 2 lbs de-veined shrimp

Meal 2: Potato & Corn Chowder // Simple Side Salad

- 2x batch of Homemade Ranch Dressing
- 1 diced onion, 2 diced celery ribs
- 2 heads romaine, washed and chopped

Meal 3: Blackened Salmon // Mexican Chopped Salad

- One batch Blackened Seasoning spice mix.
- 2 bell peppers, halved
- 2 tomatoes, diced
- 1 mango, diced

Meal 4: Vodka Pasta with Pan-fried Cod // Simple Side Salad

- Cooked fettuccine.

Meal 5: Spicy Shrimp Buddha Bowls

- Cooked quinoa.



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: Spicy Shrimp Tacos // Cilantro-lime Slaw // Corn on the Cob

- Use the Instant Pot or slow cooker to make corn on the cob.
- Use a blender to make the Cilantro Lime Dressing.

Meal 2: Potato & Corn Chowder // Simple Side Salad

- Use the slow cooker to make the Potato & Corn Chowder.
- Use a blender to make the Ranch Dressing OR combine the ingredients in a jar and shake.

Meal 3: Blackened Salmon w/Mexican Chopped Salad

- n/a

Meal 4: Vodka Pasta with Pan-fried Cod // Simple Side Salad w/Ranch

- n/a

Meal 5: Spicy Shrimp Buddha Bowls

- Use the Instant Pot to cook quinoa with one minute of cooking time.



STEP-BY-STEP: MEAL 1

Spicy Shrimp Tacos // Cilantro-lime Slaw // Corn on the Cob

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

Corn on the Cob

- 8 cobs of corn
- water

Spice Mix (double batch)

- 4 tsp chili powder
- 4 tsp cumin
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp cayenne pepper (more or less to taste)
- 2 tsp coarse sea salt

Spicy Shrimp Tacos

- 2 lbs shrimp, peeled and deveined, tails removed
- 2 Tbsp coconut oil
- 8 small tortillas (corn or flour)
- Optional toppings: avocados, Cotija cheese, and lime wedges for serving

Cilantro Lime Dressing (triple batch)

- 12 Tbsp lime juice
- 3 tsp granulated garlic
- 3 tsp honey (or maple syrup)
- 1 1/2 tsp salt
- 12 Tbsp extra virgin olive oil
- 6 Tbsp cilantro leaves

Cilantro Lime Slaw

- 3-4 cups shredded green cabbage
- 1/2 cup shredded red cabbage
- 1/2 cup julienned carrots

Supplies

- Large 5-6 qt Stock Pot
- Tongs or Kitchen Hands
- Large and small bowls
- Paring Knife
- Medium Jar (16oz or larger) for dressing
- Large Skillet

Step 1: Bring a large pot of water to boil. Cook corn for 10-15 minutes. Use a kitchen timer!

Reserve enough corn to make 1 ½ cups of kernels for Meal 3 (about 2 cobs).

Meanwhile...

Step 2: Prepare shrimp spice mix by adding all ingredients into a small jar. Shake to mix well and set aside.

Step 3: Prepare a triple batch of the Cilantro Lime Dressing by adding all ingredients into a blender or food process. Blend until smooth and set aside.

Note: If you do not have a blender or food processor, dice cilantro into tiny bits. Add with all the other ingredients into a large jar. Shake to mix well.

Step 4: Shred the green and red cabbage and julienne the carrots. Add to a large bowl and set aside.

At this point, the corn should be done. Remove from the heat and set aside.

Step 5: In the large bowl with the cabbage and carrots, add ½ cup of Cilantro Lime Dressing with the shredded cabbage and carrots. Toss well to combine. Add additional dressing, 1-2 tablespoons at a time, to ensure the slaw is thoroughly coated. Place in fridge until ready to serve.

Reserve additional dressing for other meals.

Step 6: Peel and devein the shrimp and place in a large bowl. Add the shrimp spice mix and toss to coat well.

Step 7: Drizzle 2 Tbsp of coconut oil in a large skillet over medium heat. Add the shrimp to the hot skillet and cook for 5-8 minutes, flipping occasionally, until the shrimp are cooked through.

Reserve half of the shrimp for Meal 5.

Step 8: Heat tortillas and prepare toppings (avocados, cheese, lime wedges, etc.) as desired.

Step 9: Assemble tacos by layering smashed avocado, slaw, shrimp, cheese, and lime juice. Serve with buttery corn on the cob. Enjoy!

Step 10: Store reserved corn and shrimp in the fridge until needed.



STEP-BY-STEP: MEAL 2

Potato and Corn Chowder // Simple Side Salad

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Mise en Place

Potato and Corn Chowder

- 1 medium potato, diced (about 2 cups)
- 1 onion, diced (about 1 cup)
- 2 ribs celery, diced (about 1 cup)
- 2 cups frozen corn
- ½ cup canned coconut milk
- 2 ½ cups chicken stock
- 2 Tbsp taco seasoning
- ½ tsp cumin
- ½ tsp garlic powder
- ¼ tsp cayenne
- ¼ tsp salt
- ¼ tsp pepper

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 (double batch)

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

Simple Side Salad (double batch)

- 1 head Romaine lettuce, cut into bite sized pieces
- 2 large granny smith apples, sliced thin, then halved
- 2/3 cup dried cranberries
- 2/3 cup chopped pecans
- Optional toppings: diced red onion, bacon, feta cheese or crumbled goat cheese

Supplies

- Knife & cutting board
- Large 5-6 qt Pot
- Wooden spoon
- Fork

Step 1: Dice the potato, onion and celery ribs.

Step 2: Add the vegetables to a large stock pot. Add the remaining soup ingredients and bring to a boil. Turn the heat to medium high and cook until the potatoes are fork-tender, about 20 minutes.

Meanwhile...

Step 3: Make a double batch of Homemade Ranch Dressing. Place all ingredients into a small bowl. Whisk together until smooth. Add to a medium jar to serve and store. Be sure to reserve half for a meal later in the week.

Step 4: Chop one head of lettuce and two apples and place in a large bowl. Add the dried cranberries and pecans, and any other additional toppings you'd like (bacon, diced red onion, cheese, etc.).

Reserve half the salad for Meal 4.

Either drizzle the salad with Homemade Ranch Dressing and toss to combine well, OR serve the dressing at the table for each person to dress as desired.

Step 5: Test your potatoes in the soup for tenderness. When done, you may either serve as it is, or slightly mash the potatoes with a spoon or potato masher. This will thicken the soup into more of a stew if desired.

Serve hot soup with salads on the side!



STEP-BY-STEP: MEAL 3

Blackened Salmon // Mexican Chopped Salad

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Mise en Place

Blackened Seasoning

- 1 ½ Tbsp smoked paprika
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 Tbsp dried thyme
- 1 tsp black pepper
- 1 tsp cayenne pepper
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 ½ tsp salt

Salmon

- 4 salmon fillets
- 1 tsp olive oil

Mexican Chopped Salad

- 1 tsp coconut oil
- 2 red bell peppers, halved lengthwise, stem/seed core removed
- 1 ½ cups reserved corn
- 2 large tomatoes, cored, seeded, and cut into 1/4-inch dice
- 1 large ripe mango, cut into 1/4-inch dice
- 2 large avocados, peeled, pitted, and cut into 1/4-inch dice
- 1 (15 oz.) can black beans, drained and rinsed
- 1/4 cup coarsely chopped fresh cilantro
- 1/4 cup of reserved Cilantro Lime Vinaigrette

Supplies

- 2 Small Baking Sheets
- Aluminum foil
- Bowl or 4 oz mason jar
- Colander
- Cutting board and knife

Step 1: Preheat the oven to 400F. Line two small baking sheets with aluminum foil and set aside.

Step 2: Prepare the Blackened Seasoning spice mix by adding all ingredients to a small jar. Shake well to mix and set aside.

Step 3: Drain and rinse black beans 3 times in a colander. Leave in the sink to drain while you continue with the next step.

Step 4: Meanwhile, halve the bell peppers and rub them with 1 tsp coconut oil and place on one of the small baking sheets.

Step 5: When the oven is preheated, roast the bell peppers until soft, about 20 minutes. Use a kitchen timer!

Meanwhile...

Step 6: Dice the 2 tomatoes, cut the mango, dice the large avocados and chop the cilantro. Cut reserved corn off the cob. Place all these ingredients in a large bowl.

Step 7: Place the salmon filets on the prepared baking sheet and rub coconut oil over the tops and bottom of each filet. Sprinkle the fish liberally with the blackened seasoning and cook for 10 minutes. Use a kitchen timer!

Step 8: Add the black beans to the salad. Add $\frac{1}{4}$ cup of reserved Cilantro Lime Vinaigrette and toss to combine well with the salad.

Step 9: When the timer for the fish goes off, remove the fish from the oven.

Step 10: When the timer for the peppers goes off, carefully dice the hot peppers and stir into the salad. Add additional dressing as needed.

Reserve 1-2 cups of Mexican Chopped Salad for Meal 5.

Step 11: Serve salmon with the Mexican Chopped Salad on the side!



STEP-BY-STEP: MEAL 4

Vodka Pasta with Pan-fried Cod // Simple Side Salad

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Mise en Place

Vodka Pasta with Pan-fried Cod

- 1 lb fettuccine
- 28 oz tomato sauce
- 4 oz cream cheese, room temperature and cubed
- 2 Tbsp butter
- 2 lbs cod, cut into 2" portions
- 1 Tbsp dried basil
- 1/2 Tbsp dried Italian seasoning
- salt and pepper
- Reserved Side Salad
- Reserved Ranch Dressing

Supplies

- Large 5-6qt Stock Pot
- Colander
- Medium Saucepan
- Skillet
- Tongs

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

Meanwhile...

Step 2: Combine tomato sauce, cream cheese, basil and Italian seasoning in a medium pot and bring to a simmer.

Step 3: Stir occasionally, allowing cheese to melt. Season liberally with salt and pepper. Taste, and adjust seasonings as desired.

Step 4: In a skillet, melt the butter over medium-low heat. When the butter is melted, add the fish and season with salt and pepper. Allow fish to cook undisturbed for 3 minutes.

Step 5: Using tongs, flip each portion of fish over individually and season with salt and pepper. Allow to cook until caramel-colored on the outside and cooked through, 2-3 additional minutes.

Step 6: Serve the pasta with the sauce and cod. Serve with reserved salad and Homemade Ranch Dressing.



STEP-BY-STEP: MEAL 5

Spicy Shrimp Buddha Bowls

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

- 2 cups quinoa, dry
- 1 lb reserved shrimp
- Reserved Mexican Chopped Salad
- Reserved Cilantro Lime Dressing
- 1 avocado, diced
- Sour cream as desired
- Optional toppings: shredded cheese, cilantro, corn, diced tomatoes, etc.

Supplies

- Medium Saucepan
- cutting board and knife

Step 1: Prepare the quinoa according to package directions.

If you have an Instant Pot, use it to prepare the quinoa! Follow the directions on the recipe card on page 31.

Meanwhile...

Step 2: Warm the leftover shrimp and prepare any additional toppings as desired (diced avocado, sour cream, shredded cheese, diced red onion, chopped cilantro)

Step 3: When the quinoa is cooked, fluff with a fork.

Step 4: Scoop up to 1 cup of cooked quinoa into a bowl and top with reserved shrimp, Mexican Chopped Salad, Cilantro Lime Dressing, and any additional toppings as desired.



RECIPE CARDS

Meal 1 Recipes

Spicy Shrimp Tacos



Yield: 4-6 servings

INGREDIENTS

Shrimp Taco Spice Mix:

2 teaspoons each chili powder and cumin
1/2 teaspoon each onion powder and garlic powder
1/4 teaspoon cayenne pepper (more or less to taste)
1 teaspoon coarse sea salt

Shrimp Tacos:

1 lb. shrimp, peeled and deveined, tails removed
1 Tbsp coconut oil
8 small tortillas (corn or flour)

Optional: avocados, Cotija cheese, and lime wedges for serving

INSTRUCTIONS

1. Spice Mix: Place spice mix ingredients into a medium bowl and mix with a fork.
2. Shrimp: Pat the shrimp dry with paper towels. Toss the shrimp in th bowl with the spice mix to get it coated.
3. Heat a drizzle of oil a large skillet over medium high heat. Add the shrimp to the hot pan and sauté for 5-8 minutes, flipping occasionally, until the shrimp are cooked through.

Recipe inspired by Pinch of Yum.

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Cilantro Lime Dressing



Yield: about 5 oz

INGREDIENTS

4 Tbsp lime juice
1 tsp granulated garlic
1 tsp honey (or maple syrup)

1/2 tsp salt
4 Tbsp extra virgin olive oil
2 Tbsp cilantro leaves

INSTRUCTIONS

1. Combine all the ingredients in a food processor or blender. Pour over your favorite salad and enjoy.

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Cilantro Lime Coleslaw



Yield: 5-6 cups

INGREDIENTS

1/4 cup olive oil
up to 1/4 cup water or apple cider vinegar or lime juice
1/2 cup chopped green onions (4-5 whole green onions)
1/2 cup cilantro leaves (about 1/2 bunch)
1-2 garlic cloves

1/2 tsp salt
2 limes, juiced (about 3 tsp lime juice)
1/2 cup Greek yogurt, regular yogurt, sour cream or mayo (or any combination of these)
3-4 cups shredded green cabbage
1/2 cup julienned carrot (optional)
1/2 cup shredded red cabbage (optional)

INSTRUCTIONS

1. Combine all ingredients except the water and cabbage (and carrots, if using) in a blender. Pulse until the ingredients are combined, yet some green leaves are still visible.
2. The consistency should be similar to salad dressing, so thin using either water, apple cider vinegar or lime juice as desired starting with 1 tablespoon. Stir well after each addition and taste.
3. When the sauce is ready, place the cabbage (and carrots, if using) in a very large bowl and add sauce. Stir well using two forks or a pair of tongs.
4. Let the coleslaw sit in the fridge for about 30 minutes for the flavors to develop. Serve cold.

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Meal 2 Recipes

Potato & Corn Chowder



Yield: 6 servings

INGREDIENTS

1 medium potato, diced (about 2 cups)	2 Tbsp taco seasoning
1 onion, diced (about 1 cup)	½ tsp cumin
2 ribs celery, diced (about 1 cup)	½ tsp garlic powder
2 cups frozen corn	¼ tsp cayenne
½ cup canned coconut milk	¼ tsp salt
2 ½ cups chicken stock	¼ tsp pepper

INSTRUCTIONS

1. Combine all ingredients in a 6-quart pot.
2. Cook for 20-30 minutes or until diced potatoes are cooked.
3. Stir chowder, then taste. Season to taste, as needed. (I generally find the chowder needs about the same amount of seasoning after cooking as I added to it prior to cooking.)
4. If desired, lightly mash a portion of the chowder with a potato masher, pastry knife or with a large fork. This will help to thicken the liquids a bit and make it more of a soup than a stew.
5. Serve with optional toppings (fresh cilantro, diced green chilis, black beans, shredded cheese, sour cream, diced bacon or salsa)

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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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Meal 3 Recipes

Blackened Seasoning



Yield: 4 oz

INGREDIENTS

1 ½ Tbsp smoked paprika	1 tsp cayenne pepper
1 Tbsp garlic powder	1 tsp dried basil
1 Tbsp onion powder	1 tsp dried oregano
1 Tbsp dried thyme	1 ½ tsp salt
1 tsp black pepper	

INSTRUCTIONS

1. Get all the spices out of the cabinet.
2. Measure each spice into a 4 oz jar.
3. Cover, shake the jar, and use liberally!

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Blackened Salmon



Yield: 4 servings

INGREDIENTS

Prepared blackened seasoning	1 tsp olive oil
4 salmon fillets	

INSTRUCTIONS

1. Preheat the oven to 400F.
2. Line a small baking sheet with aluminum foil.
3. Cover both sides of the salmon with a small amount of olive oil and place the salmon skin-side down on the baking sheet.
4. Season liberally with blackened seasoning (I use close to 1 tsp of seasoning per fillet).
5. Bake for 10 minutes and remove from the oven. Serve warm!

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Mexican Chopped Salad



Yield: 8 servings

INGREDIENTS

1 tsp coconut oil	1 large ripe mango, diced
2 red bell peppers, halved lengthwise, stem/ seed core removed	2 large avocados, diced
1 1/2 cups corn	1 (15 oz.) can black beans, drained and rinsed
2 large tomatoes, diced	1/4 cup coarsely chopped fresh cilantro
	1/4 cup cilantro lime dressing

INSTRUCTIONS

1. Preheat the oven to 425 degrees F.
2. Line a baking sheet with parchment paper and put the pepper halves on the baking sheet, cut side down. Drizzle with olive oil and rub to coat.
3. Roast until the peppers are soft and lightly browned, about 20 minutes.
4. When the peppers are done roasting and cooled enough to handle, scrape away the skins and cut into 1/2-inch dice.
5. In a large salad bowl, combine bell peppers, corn, tomatoes, mango, avocados, and black beans. Add the reserved dressing to your taste and mix well.
6. Sprinkle with fresh cilantro and chill for 15-30 minutes, covered, in the refrigerator.

Recipe inspired by Little Broken.

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Meal 4 Recipes

Vodka Pasta with Pan-Fried Cod



Yield: 4 servings

INGREDIENTS

1 lb fettuccine	2 lbs cod, cut into 2" portions
28 oz tomato sauce	1 Tbsp dried basil
4 oz cream cheese, room temperature and cubed	1/2 Tbsp dried Italian seasoning
2 Tbsp butter	salt and pepper

INSTRUCTIONS

1. Cook fettuccine al dente as directed on the package.
2. Meanwhile, combine tomato sauce, cream cheese, basil and Italian seasoning in a medium pot and bring to a simmer. Stir occasionally, allowing cheese to melt. Season liberally with salt and pepper. Taste, and adjust seasonings as desired.
3. In a skillet, melt 2 Tbsp butter over medium-low heat. When butter starts to brown, add fish and season with salt and pepper. Allow fish to cook undisturbed for 3 minutes.
4. Using tongs, flip each portion of fish over individually and season with salt and pepper. Allow to cook until caramel-colored on the outside and cooked through, 2-3 additional minutes.
5. Serve pasta with sauce and cod. Best enjoyed hot off the stove.

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Meal 5 Recipes

Spicy Shrimp Buddha Bowls



Yield: 4 servings

INGREDIENTS

4 cups quinoa, cooked
1 lb cooked shrimp
1-2 cups Mexican Chopped Salad
½ cup Cilantro Lime Dressing
1 avocado, diced
Sour cream as desired

INSTRUCTIONS

1. Prepare quinoa according to package directions.
2. Meanwhile, warm the shrimp, if desired.
3. Assemble in a bowl (I prefer mine with the grains on the bottom, then the veggies/protein)
4. Top with the cilantro lime dressing, avocado and sour cream, if desired. This is a great meal to use up any other additional toppings you might have (shredded cheese, diced red onion, cilantro, etc.)

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Instant Pot Quinoa



INGREDIENTS

1 cup quinoa
1 cup water

INSTRUCTIONS

1. Measure the quinoa into a fine mesh sieve and thoroughly rinse the quinoa under running water for one full minute.
2. Then place the rinsed quinoa into the Instant Pot inner pot.
3. Add the water and place the inner pot into the Instant Pot.
4. Place the lid on top and seal it, and turn the venting knob to “sealing.” Press “pressure cook” or “manual” on high and adjust the timer to 1 minute.
5. Let the quinoa cook and when the timer goes off, let the pressure release on its own naturally.
6. Fluff with a fork and serve warm, OR freeze extras in 2 cup portions for future recipes!

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