



# 30 MINUTE DINNERS

## CHICKEN MEAL PLAN 4

[DontWastetheCrumbs.com](http://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**

Coconut Lime Chicken // White Rice // Roasted Zucchini

*Suggested Side Dish: Canned Beans*

## **Meal 2**

Creek Vegetable Salad with Chickpeas // Turmeric Rice

*Optional Protein: Ground Beef*

## **Meal 3**

Chicken and Rice Soup

*Suggested Side Dish: Simple Side Salad*

## **Meal 4**

Crunchy Quinoa Bowls with Chicken // Thai Peanut Sauce

*Suggested Side Dish: Cubed Fruit*

## **Meal 5**

Spicy Peanut Noodle Bowls // Thai Peanut Sauce

*Optional Protein: Ground Beef*



## SHOPPING LIST

The shopping list below contains everything you need to make this meal plan as written. The color code is so you know which ingredients go with each meal. Each week Meal 1 starts with red. You may easily cross off items if you decide to skip a particular meal on this menu. Be sure to cross off the ingredients from BOTH the shopping list AND the meal prep mise en place that you don't need!

You'll find the Suggested Sides and Optional Protein listed separately for you to include or skip as desired.

### Notes

- *Items marked with \* can be made from scratch and prepped ahead if you have the time! The recipes can be found at [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com). Simply search and cook!*
- *Items marked with (!) are spicy. Feel free to omit if you have sensitive eaters.*
- *Items marked with (GF/DF) can be substituted for your favorite Gluten Free or Dairy Free ingredient. For easy substitute ideas, check the [Gluten and Dairy Substitute Guide](#) in the Resources section on [CrumbsUniversity.com](http://CrumbsUniversity.com).*

Meal 1: Coconut Lime Chicken // White Rice // Roasted Zucchini  
*Suggested Side Dish: Canned Beans*

Meal 2: Greek Vegetable Salad with Chickpeas // Turmeric Rice  
*Optional Protein: Ground Beef*

Meal 3: Chicken and Rice Soup  
*Suggested Side Dish: Simple Side Salad*

Meal 4: Crunchy Quinoa Bowls with Chicken // Thai Peanut Sauce  
*Suggested Side Dish: Cubed Fruit*

Meal 5: Spicy Peanut Noodle Bowls // Thai Peanut Sauce  
*Optional Protein: Ground Beef*

## Pantry

- |                                                              |                                                      |                                                        |
|--------------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> brown sugar, 1 tsp                  | <input type="checkbox"/> chickpeas (15 oz can)*, 1   | <input type="checkbox"/> quinoa, 2 cups                |
| <input type="checkbox"/> coconut milk (canned), 1/4 cup      | <input type="checkbox"/> olive oil, 2 Tbsp + 6 Tbsp  | <input type="checkbox"/> rice vinegar, 2 Tbsp + 2 Tbsp |
| <input type="checkbox"/> coconut oil, 2 Tbsp                 | <input type="checkbox"/> red wine vinegar, 2 Tbsp    | <input type="checkbox"/> soy sauce, 1 Tbsp + 1 Tbsp    |
| <input type="checkbox"/> fish sauce, 2 Tbsp                  | <input type="checkbox"/> honey, 2 Tbsp + 2 Tbsp      | <input type="checkbox"/> sugar, 2 Tbsp                 |
| <input type="checkbox"/> lemon juice, 1 Tbsp                 | <input type="checkbox"/> lime juice, 2 Tbsp + 2 Tbsp | <input type="checkbox"/> soba noodles (GF/DF), 10 oz   |
| <input type="checkbox"/> white rice, 1 cup + 1 cup + 1 cup   | <input type="checkbox"/> peanut butter, 1/2 cup      |                                                        |
| <input type="checkbox"/> chicken stock*, 1 1/2 cups + 8 cups | <input type="checkbox"/> peanuts, 1 cup              |                                                        |

## Produce

- |                                                                |                                                 |                                                        |
|----------------------------------------------------------------|-------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> mint, 1 bunch                         | <input type="checkbox"/> onion (red), 1/2       | <input type="checkbox"/> bell pepper (orange), 1       |
| <input type="checkbox"/> cilantro, 1 bunch + 1 bunch + 1 bunch | <input type="checkbox"/> cucumbers, 1 + 1       | <input type="checkbox"/> pineapple (diced), 1 1/2 cups |
| <input type="checkbox"/> garlic, 1 clove + 6 cloves            | <input type="checkbox"/> onions, 1 + 1          | <input type="checkbox"/> ginger, 2 inch                |
| <input type="checkbox"/> jalapeno, 1/2 (!)                     | <input type="checkbox"/> spinach, 4 cups        | <input type="checkbox"/> bell pepper (red), 1          |
| <input type="checkbox"/> zucchini, 4                           | <input type="checkbox"/> carrots, 3 + 1         | <input type="checkbox"/> broccoli, 1 head              |
| <input type="checkbox"/> limes, 3                              | <input type="checkbox"/> celery, 3 ribs         | <input type="checkbox"/> cabbage (purple), 1/2 head    |
| <input type="checkbox"/> cherry tomatoes, 2 pints              | <input type="checkbox"/> bell pepper (green), 1 |                                                        |

## Meat

- Whole Chicken (4-5 lb), 1 (reserving for 1/3 each for Meal 1 + Meal 3 + Meal 4.)

## Cold Case

- butter, 1 Tbsp
- feta cheese, 1/4 cup
- parmesan (optional), 2 oz
- corn (frozen), 1 1/2 cups

## Spices to Have on Hand

- basil
- bay leaf
- garlic powder
- onion powder
- oregano
- pepper
- salt
- thyme
- Turmeric
- crushed red pepper(!)

## Suggested Sides

- Canned beans (black or aduki)
- lettuce, 1 head
- tomatoes, 2
- cucumber, 1
- cubed fruit (canned or fresh)

## Optional Protein

- ground beef, 1 lb + 1 lb



## 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: Coconut Lime Chicken // White Rice // Roasted Zucchini

- **Cook a Whole Chicken.** Cook one whole chicken to use all week.  
*30 minutes*
- **Make Coconut Lime Sauce.** Blend up your sauce so the flavors meld together.  
*5 minutes*
- **Slice the Zucchini.** Cut your zucchini in rounds and store wrapped in a towel to keep them crisp.  
*2 minutes*
- **Cook the Rice.** Make a triple batch of rice to use for three separate meals.  
*20 minutes*



## Meal 2: Greek Vegetable Salad with Chickpeas // Turmeric Rice

- **Chop the Vegetables.** Slice and dice the veggies for your salad.  
*<5 minutes*
- **Combine Dry Greek Dressing.** Mix your spices ahead of time to save some time.  
*<1 minute*
- **Cook the Rice.** Cook the rice in a triple batch (above) but pull out one portion and add spices to meld for Turmeric Rice.

## Meal 3: Chicken and Rice Soup

- **Chop the Vegetables.** Slice and dice vegetables for your soup.  
*5 minutes*
- **Cook the Rice.** Make your rice in a triple batch (above) to mix and match all week.

## Meal 4: Crunchy Quinoa Bowls with Chicken // Thai Peanut Sauce

- **Cook the Quinoa.** You'll need your quinoa cooked ahead of time so it can cool before adding to your dish.  
*20 minutes*
- **Make the Thai Peanut Sauce.** Make a double batch for this meal and the next meal.  
*5 minutes*

## Meal 5: Spicy Peanut Noodle Bowls // Thai Peanut Sauce

- **Make the Thai Peanut Sauce.** As mentioned above, make a double batch of this magic sauce!
- **Chop the Vegetables.** Slice and dice the veggies. Use a food processor to prep the cabbage.  
*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

### Chicken

- 1 (4-5 lb) Whole Chicken
- salt & pepper

### Rice

- 3 cups white rice
- 3 cups water (use more if not using an Instant Pot)

### Quinoa

- 2 cups quinoa
- 4 cups water

### Dry Greek Dressing

- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp black pepper
- 1 tsp salt
- 1 tsp onion powder

### Coconut Lime Sauce

- juice and zest of 2-3 limes (about 1/4 cup)
- 2 Tbsp fish sauce
- 1/4 cup full fat coconut milk (solid / creamy stuff in a can for a creamier sauce)
- 1 tsp brown sugar
- 1 Tbsp lemon juice
- half a jalapeño pepper, ribs and seeds removed (!)
- 1 clove garlic
- small bundle of fresh cilantro
- small bundle of fresh mint

### Thai Peanut Sauce (double batch)

- 1/2 cup peanut butter
- 4 Tbsp rice vinegar
- 4 Tbsp lime juice (about 1 1/2 limes)
- 6 Tbsp olive oil
- 2 Tbsp soy sauce (I use liquid aminos)
- 2 tsp salt
- 1/2 tsp crushed red pepper (!)
- 2 inch fresh ginger, sliced
- 2 Tbsp minced garlic (about 5–6 garlic cloves)
- 2 Tbsp sugar
- 4 Tbsp honey
- 1/2 cup cilantro (1 bunch)

### Vegetables

- 1/2 red onion
- 2 onions
- 3 bell peppers
- 4 carrots
- 3 ribs celery
- 4 zucchinis
- 1 cucumber
- 2 heads broccoli
- 1 head purple cabbage

### Supplies

- Large baking sheet
- 2 medium saucepans (or Instant Pot)
- Small jar
- 16 oz mason jar
- Immersion blender (optional)
- Large cutting board and knife

**Step 1:** Preheat the oven to 450. Then, spatchcock your chicken by placing the chicken breast-side down on a cutting board. Using a pair of sharp kitchen scissors, cut out the spine. Make a 1/2" cut on the edge of the breastbone. Flip the chicken over so it is breast-side up and press down to flatten the chicken. Line a cookie sheet with aluminum foil and a cooling rack. Place the chicken on top of the cooling rack and season with salt and pepper. Place in the oven and set a timer for 25 minutes.

**Step 2:** Start 3 cups of rice on the stove or in your Instant Pot and cook according to package directions.

**Step 3:** Boil 2 cups of quinoa in 4 cups of water.

**Step 4:** Make your Greek Salad Dressing by combining the dry ingredients:

- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp black pepper
- 1 tsp salt
- 1 tsp onion powder

**Step 5:** Make your Coconut Lime Sauce with a food processor, blender, or immersion blender by mixing all ingredients in a small bowl or jar:

- juice and zest of 2-3 limes (about 1/4 cup)
- 2 Tbsp fish sauce
- 1/4 cup full fat coconut milk (solid / creamy stuff in a can for a creamier sauce)
- 1 tsp brown sugar
- 1 Tbsp lemon juice
- half a jalapeño pepper (!), ribs and seeds removed
- 1 clove garlic
- small bundle of fresh cilantro
- small bundle of fresh mint

*Tip: Just do a quick rinse on whatever tool you use to combine ingredients since the Coconut Lime Sauce has similar ingredients to the Thai Peanut Sauce. (The Peanut will drastically change the Coconut Lime Sauce so it won't work in reverse order.)*

**Step 6:** Make the Thai Peanut Sauce by combining all ingredients except the cilantro. Stir well or use an (immersion) blender to mix:

- 1/2 cup peanut butter
- 4 Tbsp rice vinegar
- 4 Tbsp lime juice (about 1 1/2 limes)
- 6 Tbsp olive oil
- 2 Tbsp soy sauce (I use liquid aminos)
- 2 tsp salt
- 1/2 tsp crushed red pepper (!)
- 2 inch fresh ginger, sliced
- 2 Tbsp minced garlic (about 5–6 garlic cloves)
- 2 Tbsp sugar
- 4 Tbsp honey
- 1/2 cup cilantro (1 bunch)

**Step 7:** Prep your vegetables:

### **Red Onion**

- Slice 1/2 red onion for Vegetable Greek Salad
- Set end and peel aside to put in bone broth

### **Onion**

- Slice 1 for Chicken and Rice Soup
- Dice 1 for Crunchy Quinoa Bowls with Chicken
- Set ends and peels aside to put in bone broth

*Tip: These are a lot of onions to cut. Save your eyes by wearing swim goggles to prevent irritation, especially if you don't wear contacts.*

### **Bell Pepper**

- Dice 2 for Crunchy Quinoa Bowls
- Dice 1 for Spicy Peanut Noodle Bowls

## Carrots

- Slice 3 for Chicken and Rice Soup
- Dice 1 for Spicy Peanut Noodle Bowls
- Set tips and tops (if you have them) in bone broth.

## Celery

- Slice 3 ribs for Chicken and Rice Soup
- Set base in bone broth.

*Tip: You can add a little more carrots and celery to the Chicken and Rice soup. You can also pack them in lunches with a fun dip like peanut butter or my Homemade Ranch Dressing so you don't waste the rest of the package.*

## Zucchini

- Cut 4 into 1/3 inch slices for Roasted Zucchini

*Tip: For crunchier zucchini, lay zucchini on a kitchen towel and cover by folding the towel in half. Store it on the bottom shelf of your fridge.*

## Cucumber

- Dice 1 for Greek Vegetable Salad
- Dice 1 for Crunchy Quinoa Bowls with Chicken

## Broccoli

- Dice 1 for Spicy Peanut Noodle Bowls

## Purple Cabbage

- Shred 3-4 cups for Spicy Peanut Noodle Bowls

**Step 8:** When the chicken is done (it has reached 165 degrees in the breast), cut off the breasts (about 1/3 of the meat) and pour half of the Coconut Lime Sauce over it to marinate for a day.

**Step 9:** When the chicken has cooled some, pull the meat off the bones, shred, and divide into 2 cup portions for the rest of the week. You need one portion for Meal 3 and one portion for Meal 4.

*If desired, try making your own bone broth by setting the carcass in the oven with the recommended veggie scraps (onion peels and ends, carrot tops, celery base and leaves, and zucchini ends) in a deep pan or dutch oven and cover with water. It'll work perfectly for Meal 3's stock. After it has simmered for 24 hours, just put the entire pot in the fridge and reheat it.*

**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: Coconut Lime Chicken // White Rice // Roasted Zucchini

- 1/3 of chicken with Coconut Lime Sauce
- 1/3 of rice White Rice
- Zucchini slices

### Meal 2: Greek Vegetable Salad with Chickpeas // Turmeric Rice

- Onion, tomato, cucumber, dry Greek Salad Dressing ingredients
- 1/3 of White Rice with Turmeric seasonings to meld

### Meal 3: Chicken and Rice Soup

- 1/3 of chicken
- 1/3 of rice
- Carrots, celery, and onion

### Meal 4: Crunchy Quinoa Bowls with Chicken // Thai Peanut Sauce

- 1/3 of chicken
- Quinoa
- Thai Peanut Sauce
- Cucumber, bell pepper, and onion



## Meal 5: Spicy Peanut Noodle Bowls // Thai Peanut Sauce

- Bell pepper, carrot, broccoli, and cabbage
- Thai Peanut Sauce



## 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: Coconut Lime Chicken // Rice // Roasted Zucchini

- Use your Instant Pot or slow cooker to make a whole chicken.
- Use your Instant Pot to make rice.
- Use your (immersion) blender or food processor to make the Coconut Lime Sauce.

### Meal 2: Greek Vegetable Salad with Chickpeas // Turmeric Rice

- Use your Instant Pot to make rice.

### Meal 3: Chicken and Rice Soup

- Use your Instant Pot to make rice.

### Meal 4: Crunchy Quinoa Bowls with Chicken // Thai Peanut Sauce

- Use your Instant Pot to make quinoa.
- Use your (immersion) blender or food processor to make the Thai Peanut Sauce.

## Meal 5: Spicy Peanut Noodle Bowls // Thai Peanut Sauce

- Use your (immersion) blender or food processor to make the Thai Peanut Sauce.
- Use your food processor to shred your cabbage.



# STEP-BY-STEP: MEAL 1

## Coconut Lime Chicken // White Rice // Roasted Zucchini

### *Suggested Side Dish: Canned Beans*

*Canned beans, like black or aduki, will combine well with both the White Rice or the Coconut Lime Chicken for some extra protein.*

Make sure you read through the mise en place 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 that 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

### Chicken

- 1 Whole Chicken (Or reserved chicken breasts if you already cooked it)
- salt & pepper

### Rice

- 3 cups White Rice (Triple batch for Meals 2 + 3)

### Roasted Zucchini

- 4 Zucchini, sliced
- 2 Tbsp Coconut oil

### Coconut Lime Sauce

- juice and zest of 2-3 limes (about 1/4 cup)
- 1 Tbsp lemon juice

- 2 Tbsp fish sauce
- 1/4 cup full fat coconut milk (solid / creamy stuff in a can for a creamier sauce)
- 1 tsp brown sugar
- half a jalapeño pepper, ribs and seeds removed (!)
- 1 clove garlic
- small bundle of fresh cilantro and/or mint

### **Suggested Side**

- canned beans*

## Supplies

- Large cutting board and knife
- Kitchen shears
- 2 Cookie sheets
- Aluminum foil
- Cooling rack
- Large stock pot or Instant Pot
- Food processor or blender
- Meat thermometer

**Step 1:** Preheat the oven to 450. Then, spatchcock your chicken if you haven't cooked it already. Place the chicken breast-side down on a cutting board. Using a pair of sharp kitchen scissors, cut out the spine. Make a 1/2" cut on the edge of the breastbone. Flip the chicken over so it is breast-side up and press down to flatten the chicken. Line a cookie sheet with aluminum foil and a cooling rack. Place the chicken on top of the cooling rack and season with salt and pepper. Place in the oven and set a timer for 25 minutes.

**Step 2:** On a large cutting board, slice your zucchini. Then, oil with a high heat approved oil like coconut or avocado oil (not olive oil.) Place on the top rack of the oven. (If you already made the chicken, set a timer for 20 minutes for the zucchini.)

*Tip: Pour 2 Tbsp of oil and use one piece of zucchini to spread it across the entire baking sheet before setting the rest of the pieces on it.*

**Step 3:** Use your Instant Pot or a stock pot to cook rice according to package directions. Set a kitchen timer!

**Step 4:** Make your Coconut Lime Sauce with a food processor, blender, or immersion blender by mixing all ingredients:

- juice and zest of 2-3 limes (about 1/4 cup)
- 2 Tbsp fish sauce,
- 1/4 cup full fat coconut milk
- 1 tsp brown sugar
- 1 Tbsp lemon juice
- half a jalapeño pepper, ribs and seeds removed (!)
- 1 clove garlic
- small bundle of fresh cilantro
- small bundle of fresh mint

**Step 5:** Flip the zucchini.

*Tip: Be careful to not open the oven all the way so that you don't prevent your chicken from cooking on time by releasing too much heat!*

**Step 6:** When the rice is done, set 1/3 aside for Meal 2 and 1/3 aside for Meal 3.

*Tip: If you have time, gather Turmeric Rice ingredients and let the flavors meld overnight in that container. For your reference, they are:*

- 1 Tbsp butter
- 1 Tbsp olive oil
- 1 Tbsp onion powder
- 2 tsp turmeric
- 1 tsp garlic powder
- 1 tsp thyme
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 bay leaf

**Step 7:** When the timer goes off, pull the chicken out of the oven and ensure the internal temperature has reached 165F. Slice off the outer breasts and place on plates. Immediately pour about half of the Coconut Lime Sauce over it. Let the rest of the chicken rest.

**Step 8:** Immediately, pull the zucchini out of the oven.

**Step 9:** Serve chicken with rice and zucchini, and drizzle with remaining Coconut Lime Sauce over the rice.

**Step 10:** When the chicken has cooled some, pull the meat off the bones, shred, and divide into 2 cup portions for the rest of the week. You need one portion for Meal 3 and one portion for Meal 4.

*Tip: It's faster to debone a chicken when it's still warm verses when the carcass has been refrigerated.*

*If desired, try making your own bone broth by setting the carcass in a stock pot or Instant Pot with the veggie scraps (like kale stems, onion peels and ends, carrot tops, celery base, and zucchini ends.) It'll work perfectly for Meal 3's stock. After it has simmered for 24 hours, just put the entire pot in the fridge to reheat it.*



## STEP-BY-STEP: MEAL 2

### Greek Vegetable Salad with Chickpeas // Turmeric Rice

#### *Optional Protein: Ground Beef*

Make sure you read through the mise en place 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!

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### Mise en Place

#### **Turmeric Rice**

- ⅓ of reserved rice
- 1 ½ cups chicken stock (or vegetable stock)
- 1 Tbsp butter
- 1 Tbsp olive oil
- 1 Tbsp onion powder
- 2 tsp turmeric
- 1 tsp garlic powder
- 1 tsp thyme
- ½ tsp salt
- ¼ tsp pepper
- 1 bay leaf

#### **Greek Vegetable Salad**

- 1 large English cucumber, sliced (about 2 cups)
- 1 pint cherry tomatoes, halved (about 1 cup)
- 1 Tbsp olive oil
- ¼ cup feta cheese



- ½ red onion, sliced (about ½ cup)
- 2 Tbsp red wine vinegar
- 1 (15 oz) can chickpeas, drained and rinsed

### **Greek Dressing**

- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp black pepper
- 1 tsp salt
- 1 tsp onion powder

### **Suggested Side**

- 2 lbs ground beef (double batch for Meal 5)

## Supplies

- Cutting board and knife
- Large stock pot
- Large bowl
- Optional: Large shallow pan*

**Step 0:** If desired, cook 2 lbs of ground beef in your biggest shallow pan. (1 lb for today and 1 lb for Meal 5.) Be sure to break it apart with a utensil so there aren't large chunks. Put a lid on it.

**Step 1:** Mix your Turmeric Rice spices into the reserved rice (from Meal 1):

- 1 Tbsp butter
- 1 Tbsp olive oil
- 1 Tbsp onion powder
- 2 tsp turmeric
- 1 tsp garlic powder
- 1 tsp thyme
- ½ tsp salt
- ¼ tsp pepper
- 1 bay leaf

Reheat it with 2 Tbsp water in a stock pot.

**Step 2:** Slice your vegetables for the Vegetable Greek Salad:

- 1 large English cucumber
- ½ red onion
- 1 pint cherry tomatoes, halved

Place in a large bowl. Drain and rinse chickpeas before adding.

*Stir your ground beef and break apart any pink pieces.*

**Step 3:** Make your Homemade Greek Salad Dressing. In a small bowl, mix the dry seasoning blend:

- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp black pepper
- 1 tsp salt
- 1 tsp onion powder

Add 2 Tbsp red wine vinegar and 1 Tbsp olive oil to the dry mix. Mix into the Greek Vegetable Salad and toss so the vegetables and chickpeas are coated. Top with feta cheese.

**Step 4:** Stir the rice and serve when it's heated alongside your Greek Vegetable Salad.



## STEP-BY-STEP: MEAL 3

### Chicken and Rice Soup

#### *Suggested Side Dish: Simple Side Salad*

*A simple side salad of lettuce, cucumber, and tomato with whatever dressing you have on hand pairs well with this soup.*

Make sure you read through the mise en place 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 that 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

#### Chicken and Rice Soup

- 3 large carrots, cut into coins (about 2 cups)
- 3 celery ribs, sliced (about 2 cups)
- 1 onion, diced (about 1 cup)
- 6-8 cups chicken stock
- 2 cups cooked rice (use reserved portion)
- 2 cups reserved shredded chicken
- 4 cups loosely packed spinach
- Salt & pepper to taste
- 1 1/2 tsp onion powder
- 1 1/2 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil

#### Optional Topping:

2 oz Parmesan cheese, shredded (using the rind, if possible)

### **Suggested Side Dish**

- 1 head lettuce
- 1 cucumber
- 1 pint cherry or grape tomatoes

### **Make ahead for Meal 4**

- 5-6 cups water or stock
- 1 ½ cups frozen corn
- 2 cups quinoa

*Tip: Make Meal 4's quinoa tonight since this recipe is less involved so it can be cooled for tomorrow. Also, pull out 1 ½ cups frozen corn so it will thaw for tomorrow.*

## **Supplies**

- Large Stock Pot
- Medium saucepan or Instant Pot
- Cutting board and knife

**Step 1:** Bring 6-8 cups of chicken stock (or homemade bone broth you made from the chicken carcass) to a boil.

**Step 2:** Slice your 1 onion, 3 carrots, and 3 celery ribs. Add onion immediately to the stock pot.

*Tip: Almost always cut onion first (if everything you're cutting is going into the same dish) because onion takes the longest to cook.*

**Step 3:** Add seasonings to the mixture and cover with a lid. When it is boiling, turn it down to a simmer. Set a timer for 15 minutes.

**Step 4:** Shred the chicken as needed and add to the soup.

**Step 5:** Start the 2 cups of quinoa with 5 cups water for Meal 4 in a medium saucepan or Instant Pot. Remember to set a timer.

*If desired, assemble your simple side salad.*

**Step 6:** When the timer goes off, add the rice to the soup and stir well. Set a timer for 5 minutes.

**Step 7:** Top with parmesan cheese, if desired.

**Step 8:** Set the quinoa in a container to cool and place in the fridge. Pull out 1 ½ cups frozen corn and put in the fridge to thaw overnight.

*Tip: If you have fridge space, put it in the large bowl for tomorrow night to save dishes.*



## STEP-BY-STEP: MEAL 4

### Crunchy Quinoa Bowls with Chicken // Thai Peanut Sauce

#### *Suggested Side Dish: Cubed Fruit*

*Add extra cubed fruit like pineapple to complement the flavors in this dish. Use up the rest of your whole pineapple or buy an extra can.*

Make sure you read through the mise en place 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 that 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

#### **Quinoa Bowls**

- 2 cups reserved shredded chicken
- 4 cups cooked quinoa, cooled
- 1 ½ cups diced pineapple
- 1 ½ cups frozen corn (thawed)
- 1 green bell pepper, diced
- 1 orange bell pepper, diced
- 1 onion, diced
- 1 cucumber, seeded and diced
- 4 oz cherry tomatoes, quartered
- ½ cup peanuts, for topping (optional)
- ½ bunch cilantro, chopped, for topping (optional)

#### **Thai Peanut Sauce (double batch)**

- ½ cup peanut butter
- 4 Tbsp rice vinegar
- ½ tsp crushed red pepper (!)
- 2 inch fresh ginger, sliced

- 4 Tbsp lime juice (about 1 1/2 limes)
- 6 Tbsp olive oil
- 2 Tbsp soy sauce
- 2 tsp salt
- 2 Tbsp minced garlic (about 5–6 garlic cloves)
- 2 Tbsp sugar
- 4 Tbsp honey
- 1/2 cup cilantro (1 bunch)

### ***Suggested Side Dish***

- Cubed Fruit*

## Supplies

- Medium saucepan
- Large cutting board and knife
- 16 oz mason jar
- Immersion blender (optional)
- Large bowl

**Step 0:** Cook 2 cups of quinoa according to package directions or in the Instant Pot (strongly recommended to do on prep day or day before).

**Step 1:** Dice the 2 bell peppers, 1 onion, and 1 cucumber. Quarter the 4 oz of cherry tomatoes and chop the bunch of cilantro.

**Step 2:** Cut the pineapple into 1 inch chunks if not using canned.

**Step 3:** Make the Thai Peanut Sauce by combining all ingredients except the cilantro:

- 1/2 cup peanut butter
- 4 Tbsp rice vinegar
- 4 Tbsp lime juice (about 1 1/2 limes)
- 6 Tbsp olive oil
- 2 Tbsp soy sauce
- 2 tsp salt
- 1/2 tsp crushed red pepper

- 2 inch fresh ginger, sliced
- 4 Tbsp honey
- 2 Tbsp minced garlic (about 5–6 garlic cloves)
- 2 Tbsp sugar

Stir well or use an (immersion) blender. Then, add cilantro. Reserve half the Thai Peanut Sauce for Meal 5.

**Step 4:** Combine the chicken, quinoa, bell pepper, onion, cucumber, pineapple and 1 cup of the Thai Peanut Sauce.

**Step 5:** Serve with 1 cup Thai Peanut Sauce to add more today if desired.





## STEP-BY-STEP: MEAL 5

### Spicy Peanut Noodle Bowls // Thai Peanut Sauce

#### *Optional Protein: Ground Beef*

*Mixing ground beef into this dish will bring out new flavors and make it more filling with extra protein.*

Make sure you read through the mise en place 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 that 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

#### **Noodle Bowls**

- 1 red bell pepper
- 3-4 cups chopped purple cabbage
- 1 carrot
- 2 cups of small broccoli florets
- 10 ounces soba noodles
- fresh cilantro, to taste
- ½ cup crushed peanuts for topping
- Reserved Thai Peanut Sauce

#### **Optional Protein**

- Reserved 1 lb Ground Beef*

## Supplies

- Medium saucepan
- Cutting board and knife
- Serving bowls
- Optional: shallow pan*

**Step 0:** If desired, reheat your ground beef in a shallow pan.

**Step 1:** In a medium saucepan, boil water for your noodles and cook according to package directions.

**Step 2:** Dice your vegetables if you haven't already: 1 red bell pepper, 3-4 cups red cabbage, 1 carrot, and 2 cups of broccoli florets. Pull leaves off of cilantro and chop if desired.

**Step 3:** When the noodles are done, drain and divide into bowls. Add diced vegetables. Top with cilantro, and Thai Peanut Sauce.



# RECIPE CARDS

## Meal 1 Recipes

### Coconut Lime Chicken



#### INGREDIENTS

##### Coconut Lime Sauce

1/4 cup lime juice  
2 Tbsp fish sauce  
1/4 cup full fat coconut milk  
1 tsp brown sugar  
1 Tbsp lemon juice  
1/2 jalapeño pepper, ribs and seeds removed

1 clove garlic  
small bundle of fresh cilantro  
small bundle of fresh mint

##### Everything Else

1 lb. boneless skinless chicken thighs  
rice for serving

#### INSTRUCTIONS

1. Sauce: Pulse all sauce ingredients together in a food processor until smooth.
2. Chicken: Pour about half of the sauce over the chicken and allow to marinate for 20 minutes. (This 20 minute wait time is a good time to make some rice!)
3. Chicken: Preheat a grill or grill pan to medium high heat. Cook the chicken on both sides until browned and fully cooked. Allow to rest for a few minutes.
4. To finish: Serve grilled chicken with rice and vegetables, and drizzle with remaining sauce.

*Recipe inspired by Pinch of Yum*

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## Instant Pot Whole Chicken



### INGREDIENTS

1 whole chicken (thawed or frozen), about 5-6 lbs  
1 cup water  
1 onion, quartered (optional)  
2 carrots, cut into 2" pieces (optional)  
2 celery ribs, cut into 2" pieces (optional)  
1 tsp salt  
1/2 tsp pepper  
1 tsp dried seasonings as desired (Italian seasoning, oregano, basil and coriander are all good options)

### INSTRUCTIONS

1. Place the vegetables in the bottom of the Instant Pot. Place the wire rack that came with the IP on top. Place the chicken on the wire rack.
2. Add water to the bottom of the Instant Pot.
3. Sprinkle the chicken liberally with seasonings.
4. Turn the pressure valve to "sealed." Press "manual" or "pressure cook," make sure the setting is on "high" and cook for 6 minutes per pound of bird. My bird was just over 5 pounds, so I set the timer for 30 minutes.
5. Make sure the "keep warm" function is NOT set and use the natural pressure release method. When the pressure valve is down, the chicken is done.
6. Shred the chicken with two forks and serve as desired!

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## Spatchcock Whole Chicken



### INGREDIENTS

1 whole chicken, rinsed, patted dry and innards removed  
1 tsp salt  
1/2 tsp pepper  
1 tsp coriander  
1/2 tsp cumin

### INSTRUCTIONS

1. Place the chicken breast-side down on a cutting board. Using a pair of sharp kitchen scissors, cut out the spine. Make a 1/2" cut on the edge of the breastbone.
2. Flip the chicken over so it is breast-side up and press down to flatten the chicken.
3. Line a cookie sheet with aluminum foil and a cooling rack. Place the chicken on top of the cooling rack and season with salt, pepper, coriander and cumin.
4. Bake chicken at 425F for 45-55 minutes, or when the inner thigh close to the bone reads 165F on a meat thermometer. Let the chicken rest for 10 minutes before carving.

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## Instant Pot White Rice



### INGREDIENTS

2 cups white rice (I use Jasmine)  
2 cups water

1 tsp salt (optional)

### INSTRUCTIONS

1. In an Instant Pot, combine the rice, water, salt. Cook on high pressure for 4 minutes. Release the pressure using Quick Pressure Release.
2. Fluff the rice with a large fork. Serve hot or warm. Freeze leftovers in 2 cup portions for a fast meal in the future!

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## Meal 2 Recipes

### Greek Vegetable Salad



#### INGREDIENTS

1 large English cucumber, sliced (about 2 cups)	1/4 cup feta cheese
1 pint cherry tomatoes, halved (about 1 cup)	Dry Homemade Greek Salad Dressing
1/2 red onion, sliced (about 1/2 cup)	1 tsp garlic powder
2 Tbsp dry homemade Greek salad dressing (recipe below)	1 tsp dried oregano
2 Tbsp red wine vinegar	1 tsp dried basil,
1 Tbsp olive oil	1 tsp black pepper
	1 tsp salt
	1 tsp onion powder

#### INSTRUCTIONS

1. Prepare your vegetables and place them in a large bowl.
2. Add the dry seasoning blend, vinegar, and oil and toss so the vegetables are coated well.
3. Serve immediately, or refrigerate to enjoy later.

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### Instant Pot Yellow Rice



#### INGREDIENTS

1 cup white rice (I like jasmine rice)	1 tsp garlic powder
1 1/2 cups chicken stock (or vegetable stock)	1 tsp thyme
1 Tbsp butter	1/2 tsp salt
1 Tbsp olive oil	1/4 tsp pepper
1 Tbsp onion powder	1 bay leaf
2 tsp turmeric	

#### INSTRUCTIONS

1. In a fine-mesh sieve, rinse the rice under running water for 1 full minute.
2. Put all the ingredients in the Instant Pot and stir.
3. Secure the lid and turn the knob to "sealing."
4. Cook on high pressure for 2 minutes and release the pressure using the quick release.
5. Fluff the rice with a large fork (spatulas make the rice gummy) and serve warm.

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## Meal 3 Recipes

### Chicken and Rice Soup



#### INGREDIENTS

3 large carrots, cut into coins (about 2 cups)	Salt & pepper to taste
3 celery stalks, sliced (about 2 cups)	1 1/2 tsp onion powder
1 onion, diced (about 1 cup)	1 1/2 tsp garlic powder
6-8 cups chicken stock	1 tsp dried oregano
2 cups cooked rice	1 tsp dried basil
2 cups shredded chicken	Optional Topping:
4 cups loosely packed spinach	2 oz Parmesan cheese, shredded

#### INSTRUCTIONS

1. Combine carrots, celery, onion and stock in a large stock pot; bring to boil, then simmer for 10 minutes.
2. Add seasonings and chicken to the soup, let simmer for 10 minutes.
3. Add rice and spinach to the soup and simmer for 5 minutes until warmed through and spinach is wilted.
4. Season with salt & pepper.

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## Meal 4 Recipes

### 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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### Crunchy Quinoa Salad



#### INGREDIENTS

4 cups cooked quinoa, cooled

1 ½ cups diced pineapple (how to cut a pineapple)

1 ½ cups corn kernels (thawed if frozen)

1 green bell pepper, diced

1 orange bell pepper, diced

1 onion, diced

1 cucumber, seeded and diced

4 oz cherry tomatoes, quartered

½ cup peanuts, for topping (optional)

½ bunch cilantro, chopped, for topping (optional)

1 batch of Thai peanut sauce

#### INSTRUCTIONS

1. Chop all of the vegetables as necessary. Combine the quinoa and vegetables in a large bowl and toss together well so everything is evenly distributed.
2. Pour about half of the sauce over the salad and toss again very well.
3. Taste, adding more sauce if desired. Sprinkle with peanut and cilantro and serve.

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## Thai Peanut Sauce



### INGREDIENTS

1/4 cup peanut butter	1/4 tsp crushed red pepper
2 Tbsp rice vinegar	1" fresh ginger, sliced
2 Tbsp lime juice (about 1 1/2 limes)	1 Tbsp minced garlic (about 2-3 garlic cloves)
3 Tbsp olive oil	1 Tbsp sugar
1 Tbsp soy sauce	2 Tbsp honey
1 tsp salt	1/4 cup cilantro

### INSTRUCTIONS

1. Add all the ingredients, except the cilantro, to the blender or food processor. Blend until all the ingredients are smooth and creamy.
2. Add the cilantro and pulse until the cilantro is in very small pieces.
3. Use as a dressing on your favorite salad, or as a dipping sauce.

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## Meal 5 Recipes

### Spicy Peanut Noodle Bowls



#### INGREDIENTS

For the Spicy Peanut Sauce:

5 Tbsp peanut butter  
5 Tbsp water  
5 Tbsp soy sauce, or tamari for gluten free  
2 Tbsp sesame oil (optional – for flavor)  
2 Tbsp honey  
juice of 1 lime  
1 clove garlic  
1/4 cup chili sauce like sriracha

1/2 cup peanuts

For the Salad:

1 lb. chicken breast  
1 red bell pepper  
3–4 cups chopped purple cabbage  
10 ounces soba noodles, cooked  
fresh cilantro or basil to taste  
crushed peanuts for topping

#### INSTRUCTIONS

1. Spicy Peanut Sauce: Puree sauce ingredients in a food processor or blender. Add the peanuts last so you can control how chunky it is.
2. Chicken: Cook the chicken in a skillet over medium high heat. Season with salt and pepper. When the chicken is cooked through, set aside until cool enough to handle and shred the meat.
3. Vegetables: Chop the red pepper, cabbage, and cilantro to your desired size for the salad.
4. Assemble: Toss everything together with enough dressing to generously coat everything. Serve hot or cold!

*Recipe inspired by Pinch of Yum*

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