



30 MINUTE DINNERS

FISH AND SEAFOOD 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.

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THE MEAL PLAN

Meal 1

Lemon Pepper Salmon // Mashed Potatoes // Green Beans

Suggested Side Dish: Fresh Fruit

Meal 2

Three Bean Chili // Cornbread

Suggested Side Dish: Winter Wedge Salad // Homemade Ranch Dressing

Optional Protein: Ground Meat

Meal 3

Easy Fish Tacos // Cilantro Lime Slaw // White Rice

Suggested Side Dish: Canned Beans

Meal 4

Lemon Pappardelle with Shrimp // Steamed Broccoli and Cauliflower

Suggested Side Dish: Cornbread

Meal 5

Clam Chowder

Suggested Side Dish: Simple Side Salad // Homemade Ranch Dressing



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. 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](http://CrumbsUniversity.com) in the Resources section on CrumbsUniversity.com.*

Meal 1: Lemon Pepper Salmon // Mashed Potatoes // Green Beans
Suggested Side Dish: Fresh Fruit

Meal 2: Three Bean Chili // Cornbread
Suggested Side Dish: Winter Wedge Salad // Homemade Ranch Dressing
Optional Protein: Ground Meat

Meal 3: Easy Fish Tacos // Cilantro Lime Slaw // White Rice
Suggested Side Dish: Canned Beans

Meal 4: Lemon Pappardelle with Shrimp // Steamed Broccoli and Cauliflower
Suggested Side Dish: Cornbread

Meal 5: Clam Chowder
Suggested Side Dish: Simple Side Salad // Homemade Ranch Dressing

Pantry

- crushed crackers, 1/4 cup
- cocoa powder, 1 Tbsp
- tomatoes (28 oz can diced), 1
- salmon (canned), 1 lb
- cornmeal, 2 cups
- tortillas, 8
- apple cider vinegar, 4 Tbsp
- flour (all-purpose), 1 cup + 3 Tbsp
- white rice, 2 cups
- baking powder, 2 Tbsp
- kidney beans (15 oz can), 1
- lemon juice, 2 Tbsp
- baking soda, 1 tsp
- olive oil, 1 Tbsp + 1/4 cup
- pasta (pappardell or fettuccini), 8 oz
- black beans (15 oz can), 1
- pinto beans (15 oz can), 1
- chopped clams (6.5 oz can), 2
- bone broth, 1 1/2 cups + 1/2 cup + 1 cup

Produce

- potatoes (russet), 4 medium + 2 large
- cilantro, 1/2 bunch
- cauliflower, 1 head
- garlic, 3 cloves + 2 cloves + 1 clove + 2 cloves
- green onions, 1 bunch
- carrot, 1
- jalapenos (!), 2
- lettuce, 1 head
- celery, 1 rib
- onion, 1 + 1
- limes, 3
- parsley, 2 Tbsp
- avocado, 2
- broccoli, 1 head

Cold Case

- butter (DF/GF), 8 Tbsp + 3/4 cup + 3 Tbsp + 4 Tbsp + 2 Tbsp
- eggs, 1 + 2
- green beans (frozen), 16 oz
- half and half (DF/GF), 3/4 cup + 1 cup
- sour cream, 1/3 cup + 1/2 cup
- milk (DF/GF), 3 cups + 1 cup
- heavy cream, 1/2 cup
- parmesan cheese (grated), 1/4 cup

Meat

- cod or other white fish, 10- 15 oz
- shrimp, 1 lb

Spices to Have on Hand

- cayenne (!)
- dried minced onions
- dried parsley
- pepper (most meals)
- salt (all meals)
- chili powder (meal 2 + meal 3)
- chipotle powder
- garlic powder
- bay leaf
- thyme

Suggested Sides

- balsamic vinegar, 1/2 cup
- blue cheese, 4 oz
- coconut cream, 2 Tbsp
- dried cranberries, 1/2 cup
- green onions (meal 2 + meal 5)
- iceberg lettuce, 1 head
- lime wedges
- maple syrup, 1/4 cup
- mayo, 2 cups
- milk, 6 tsp
- red onion, 1/2
- red wine vinegar, 2 Tbsp
- sour cream
- walnuts, 1/2 cup
- canned beans (pinto or borlotti)
- cucumber, 1
- grape tomatoes, 1 pint
- spinach

Optional Proteins

- ground meat, 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: Lemon Pepper Salmon // Mashed Potatoes // Green Beans

- Prep the potatoes: Cut into 3-4 large chunks.

Time: <1 minute

- If doing egg free, place chia seeds in water to sit overnight.

<1 minute

Meal 2: Three Bean Chili // Cornbread

Suggested Side Dish: Winter Wedge Salad // Homemade Ranch Dressing

- Prep your veggies: Mince your onions and garlic.

2 minutes

- If desired, make your Homemade Ranch Dressing (2x for Meal 5).

5 minutes

Meal 3: Easy Fish Tacos // Cilantro Lime Slaw // White Rice

- Shred your lettuce: Chop lettuce into.

2 minutes

Meal 4: Lemon Pappardelle with Shrimp // Steamed Broccoli and Cauliflower

- Prep Broccoli and Cauliflower: Cut into florets.

<2 minutes

Meal 5: Clam Chowder

Suggested Side Dish: Simple Side Salad // Homemade Ranch Dressing

- Prep the veggies: Slice for soup and salad.

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

Rice

- 2 cups white rice
- 4 cups water or broth

Homemade Ranch Dressing (optional)

- 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
- 2 cup homemade mayo
- 2 Tbsp red wine vinegar
- 2 Tbsp coconut cream
- 4 tsp milk (dairy or non-dairy)

Vegetables

- 6 potatoes
- 2 onions
- 1 head lettuce
- 1 head broccoli
- 1 head cauliflower
- 2 heads garlic
- 2 jalapeno
- 1 rib celery
- 1 large carrot
- 1 bunch green onions (optional topping)

Supplies

- Medium saucepan (or Instant Pot)
- (2) 16 oz mason jar (optional)
- Large cutting board and knife
- Medium bowl (optional)

Step 1: Boil water for your 2 cups of white rice (or cook it in your Instant Pot) and cook according to package instructions.

Step 2: If desired, combine ingredients for suggested side dish: Homemade Ranch Dressing (double batch):

- 5 Tbsp dried 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

Note: If you made ranch dressing from another meal plan, you may already have the dry seasonings mixed up! Feel free to use what you already have instead of making a new dry mix.

Step 3: To make the dressing add 4 Tbsp of dry ranch seasoning into a medium bowl. Add 2 cups mayo, 2 Tbsp red wine vinegar, 2 Tbsp coconut cream, 2–6 tsp milk (dairy or non-dairy). Use more milk to thin if needed. Divide into two 16 oz mason jars.

Step 4: Prep the veggies:

Potatoes

- Cut 4 large potatoes into 3-4 chunks for your Mashed Potatoes
- Cube 2 potatoes into ½ inch chunks for Clam Chowder

Onions

- Mince 1 large onion for Three Bean Chili
- Mince 1 onion for Clam Chowder

Green Onion

- Chop 1/2 bunch of green onions for Cilantro Lime Slaw
- Optional topping: Chop into 1/3 inch chunks as an optional topping for Three Bean Soup and Clam Chowder

Lettuce

- Shred 1/2 head of lettuce for Easy Fish Tacos with Cilantro Lime Slaw.
- Shred 1/2 head lettuce for the Suggested Side Dish: Simple Side Salad

Broccoli

- Cut 1 head into florets for Steamed Broccoli and Cauliflower

Cauliflower

- Cut 1 head into florets for Steamed Broccoli and Cauliflower

Celery

- 1 rib for the Clam Chowder

Carrot

- 1 large stock for Clam Chowder

Tip: Feel free to chop up more celery and carrot and place it in the freezer for another week. Be sure to label what it is and the date!

What to cut last:

Garlic

- Mince 3 cloves for Three Bean Chili
- Mince 1 smallest clove for Lemon Pappardelle with Shrimp
- Mince 2 cloves for Clam Chowder

Jalapeno

- Mince 2 for Three Bean Chili

Tip: Consider using a glove when cutting a jalapeno or hold the stem and only touch the outer skin so as to not get the spiciness on you.

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: Lemon Pepper Salmon // Mashed Potatoes // Green Beans

- Potato chunks

Meal 2: Three Bean Chili // Cornbread

Suggested Side Dish: Winter Wedge Salad // Homemade Ranch Dressing

- Homemade Ranch Dressing seasoning mix in the cupboard
- Homemade Ranch Dressing wet mix in the fridge
- Minced onion, garlic, and jalapeno together with onion on top so it can be cooked first.
- Optional topping: Green onion

Meal 3: Easy Fish Tacos // Cilantro Lime Slaw // White Rice

- Shredded lettuce
- White Rice

Meal 4: Lemon Pappardelle with Shrimp // Steamed Broccoli and Cauliflower

- Broccoli and Cauliflower florets

Meal 5: Clam Chowder

Suggested Side Dish: Simple Side Salad // Homemade Ranch Dressing

- Potato, garlic, onion, celery, and carrot. Put onion on top so you can cook it first.
- Shredded lettuce for suggested side dish
- Optional topping: Green onion



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: Lemon Pepper Salmon // Mashed Potatoes // Green Beans

- Use your steamer or an Instant Pot to cook your green beans
- Use an immersion blender for your mashed potatoes

Meal 2: Three Bean Chili // Cornbread

- Use a cast iron for your cornbread

Meal 3: Easy Fish Tacos // Cilantro Lime Slaw // White Rice

- Use your Instant Pot to make White Rice
- Use an (immersion) blender to make the Cilantro Lime Slaw sauce

Meal 4: Lemon Pappardelle with Shrimp // Steamed Broccoli and Cauliflower

- Use an Instant Pot to steam your Broccoli and Cauliflower

Meal 5: Clam Chowder

- N/A



STEP-BY-STEP: MEAL 1

Lemon Pepper Salmon // Mashed Potatoes // Green Beans

Suggested Side Dish: Fresh Fruit

Buy whatever fruit is in season in your area. To make it feel extra special, you can serve it like a dessert at the end of the meal.

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

Lemon Pepper Salmon

- 1 lb canned salmon
- 1 Tbsp dried minced onion
- 1/2 tsp salt
- cayenne pepper, to taste (!)
- 1 Tbsp dried parsley
- 1/4 cup crushed crackers (dry oatmeal works too for gluten-free or almond flour for grain-free)
- 1 well-beaten egg (or 3 tbsp ground chia seeds placed in water if egg free)
- 2 Tbsp butter, ghee, tallow or lard

Mashed Potatoes

- 3 lbs Russet potatoes, about 4 large ones
- 1 Tbsp salt
- 5 Tbsp salted butter
- 3/4 cup half and half
- 1/3 cup sour cream
- 1/2 teaspoon black pepper

Green Beans

- 16 oz bag frozen green beans
- 1 Tbsp butter
- Salt and pepper, to taste

Supplies

- Cutting board and a sharp knife
- 6 quart pot
- large pot and steamer basket (or Instant Pot)
- Cast iron skillet
- Mixing bowl
- Colander
- Masher or immersion blender

Step 0: If making egg free, place 3 Tbsp of chia seeds into water to thicken.

Step 1: Bring a 6 quart pot of water to boil on your stove for the potatoes and your next biggest pot that fits your steamer basket to a boil for the green beans.

Tip: When trying to heat up pots and pans quickly, match the burner or flame size to the whole bottom of the pan. The more contact space there is, the faster it will heat up. In this instance, put your large pot on the largest burner.

Step 2: Turn on your cast iron skillet to medium high heat with 2 Tbsp of your high heat oil of choice (butter, ghee, tallow or lard.)

Step 3: Slice each potato into 3-4 large pieces and immediately place into hot water. Sprinkle with salt. Set a kitchen timer for 15 minutes.

Tip: When trying to cook in under 30 minutes, see how your family likes unpeeled vegetables. Keeping the skins on are a nice touch!

Step 4: Pick out any skins and bones and pull salmon apart with a fork in a medium sized bowl. Then add seasonings, crushed crackers/bread crumbs/ etc., onion, egg, and parsley.

Mix well and shape into 2" patties.

Turn the potatoes down to medium heat when it begins to have a rolling boil.

Step 5: Place as many patties that will fit in your skillet and set a timer for 2.5-3 minutes per side.

Tip: For efficiency's sake, try hitting "222 + timer" on your microwave instead of punching in an exact minute.

Step 6: The green bean water should be boiling by now. Place green beans in the steamer basket in the pot and cover with a lid. Set a timer for 5-7 minutes depending on how tender you want them.

Step 7: When the potato timer goes off, see if you can pierce them easily with a fork.

Step 8: Drain the potatoes.

Tip: Try draining the potatoes by putting a hot pad on each hand (so you don't get burned by the steam) and use the lid to let the water escape. This will save you the time of transferring it back and from a colander and washing the extra dish.

Step 9: Add butter, sour cream, and half and half and begin mashing potatoes. Use an immersion blender if desired. Don't over mash. Add salt and pepper as desired.

Continue flipping salmon patties when your timer goes off.

Step 10: When green beans are done, drizzle with butter and add salt and pepper.



STEP-BY-STEP: MEAL 2

Three Bean Chili // Cornbread

Suggested Side Dish: Winter Wedge Salad // Homemade Ranch Dressing

A cold salad will balance this hearty chili and give you a sense of crunch!

Optional Protein: Ground Meat

Any pound of ground meat you have in your freezer will go well in this dish - turkey, bison, lamb, or beef! It will add a savory flavor.

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

Chili

- 1 Tbsp olive oil
- 1 large onion, minced
- 3 cloves garlic, minced (or 1 ½ tsp garlic powder)
- 2 jalapenos, seeds removed and diced (!)
- 3 Tbsp chili powder
- 1 tsp chipotle powder
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) pinto beans, drained and rinsed
- 1 can (28oz) diced tomatoes, with juices
- 1 Tbsp cocoa powder, optional
- 1 ½ cups water or bone broth
- Salt & pepper, to taste

Optional Toppings

- green onions, sliced*
- sour cream*
- lime wedges*

Optional Protein

- 1lb ground meat*

Cornbread

- 2 cups cornmeal
- 1 cup all-purpose flour
- 2 tsp salt
- 2 tbsp baking powder
- 4 tbsp apple cider vinegar
- scant 3 cup milk
- 2 egg
- 1 tsp baking soda
- 1/2 cup butter, melted
- 4 tbsp butter OR bacon grease

Suggested Side: Homemade Ranch Dressing (double batch)

- 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
- 2 cups mayo
- 2 Tbsp red wine vinegar
- 2 Tbsp coconut cream
- 2-6 tsp milk (dairy or non-dairy)

Suggested Side: Wedge Salad

- 1 head iceberg lettuce
- 1/2 cup balsamic vinegar
- 1/4 cup maple syrup
- 1/2 red onion
- 1/2 cup walnuts, chopped
- 3-4 oz blue cheese or Gorgonzola
- 1/2 cup dried cranberries

Supplies

- 12 inch cast iron (plus a second cast iron or a baking pan for the second batch)
- Stock Pot
- Cutting board and a sharp knife

Step 1: Preheat the oven to 450.

Step 2: Heat oil in your stock pot on the biggest burner on medium high heat.

Step 3: Cut your veggies, if you haven't already. Start with onion and place immediately in oil to saute. Add a lid. Set your cutting board aside to use again shortly for the suggested side dish: Winter Wedge Salad.

Step 4: Make your cornbread. Melt 2 Tbsp butter OR bacon grease over medium heat in your cast iron skillet. Meanwhile, in a large glass measuring cup, measure 4 Tbsp apple cider vinegar. Add milk until you reach 3 cups of liquid total. Whisk together and set aside. Then, in a large bowl, combine all dry ingredients and whisk together (you can use the same whisk).

- 2 cup cornmeal
- 1 cup all-purpose flour
- 2 tsp salt
- 2 Tbsp baking powder

Set aside. Add the 2 eggs to the milk and whisk together. Add the 1 tsp baking soda to the milk and whisk to incorporate. Carefully add wet ingredients to dry ingredients and incorporate well using a spatula, taking care not to over-stir. The batter may be lumpy. When the skillet is hot and the fat is sizzling, add the melted butter to the batter while stirring, and then immediately split the batter between your cast iron and your second cast iron or a baking dish. Set the timer for 1 minute and let the batter cook. The edges will get brown and crispy – you want this! When the timer beeps, place the entire skillet in the oven and bake for 20 minutes.

Step 5: Assemble the rest of your chili. If desired, add 1 lb of ground meat and break apart. Then, Add the 3 cloves of garlic, 2 jalapeno, 3 Tbsp chili powder and 1 tsp chipotle powder.

Drain and rinse your beans if using canned. Then, immediately add canned beans, tomatoes, 1 tsp chocolate, and 1 ½ cups water (or bone broth), bring to boil, reduce heat, cover askew, and simmer for 15 – 20 minutes. Set a timer. Stir occasionally. Add more water if needed. Taste for flavor, season with salt and pepper.

Step 6: Assemble your Winter Wedge Salad, if desired. Measure $\frac{1}{2}$ cups of vinegar and $\frac{1}{4}$ cup of maple syrup in a small saucepan and bring just to a simmer. Allow the glaze to cook while chopping the vegetables. The glaze is done when it coats the back of a spoon. Remove from the heat and set aside.

Meanwhile, prepare your lettuce. Remove the outer leaf and cut out the core. Cut into 4 wedges, cutting each wedge in half. Divide between four plates.

Slice the red onion thinly, or dice it.

Now is a good time to chop any optional toppings for your chili like green onion or lime.

Top the wedges evenly with red onion, chopped walnuts, cheese and dried cranberries.

Drizzle homemade ranch dressing and glaze.

Now is a good time to stir your chili!

Step 7: If serving salad, mix your Homemade Ranch Dressing (double batch!) if desired. Prepare the dry ranch seasoning mix by combining all the dry spices in a mason jar:

- 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

Shake well.

Measure 2 Tbsp of the dry ranch seasoning mix into another jar.

Add the 2 cups of mayo, 2 Tbsp red wine vinegar and 2 tsp coconut cream and stir well. Thin by adding milk 1 teaspoon at a time and stirring well after each addition. Store the seasoning mix in the spice cabinet and the dressing in the fridge!

Tip from my friend Katie who teaches Kids Cook Real Food: If you struggle to get your family to eat their vegetables, try serving the salad as an appetizer. They're more likely to eat their veggies when they're hungry!

Step 8: Serve your Winter Wedge Salad and Homemade Ranch Dressing on the side of your bowl of Chili and Cornbread.

Step 9: Reserve the second batch of cornbread for Meal 4. Reserve extra ranch dressing if making a salad with Meal 5.



STEP-BY-STEP: MEAL 3

Easy Fish Tacos // Cilantro Lime Slaw // White Rice

Suggested Side Dish: Canned Beans

Canned beans, such as Pinto or Borlotti will absorb the taco flavors and add a protein boost to this meal.

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Mise en Place

Fish Tacos

- 3 Tbsp butter, melted (if dairy free use oil)
- juice of 1 lime
- 1 tsp chili powder
- 1/2 tsp garlic powder
- pinch of salt
- 10-15 oz cod or other white fish
- 6-8 Tortillas
- 2 avocados, sliced

Cilantro Lime Slaw

- 1/4 cup oil (olive preferred)
- 1/4 cup water
- 1/2 cup chopped green onions
- 1/2 cup cilantro
- 1-2 cloves garlic
- juice of 2 limes
- 1/2 cup sour cream or Greek yogurt
- a pinch of salt
- 1 head shredded lettuce

Rice

- 2 cups White Rice
- 4 cups water

Suggested Side: Canned Beans

- 1 can beans (*pinto or borlotti work well*)

Supplies

- Small mixing bowl
- Medium large bowl
- Baking pan
- Pot or Instant Pot for rice
- Cutting board and sharp knife

Step 1: Preheat the oven to 400 degrees.

Step 2: Boil water to cook rice according to package instructions (or use your Instant Pot).

Tip: When you do the quick release of steam with your Instant Pot, make sure it's not spraying underneath your cupboards. You don't want to weaken them with moisture or water damage, especially if you use your Instant Pot in the same place.

Step 3: Melt butter in the microwave (I do 7 second intervals). Mix juice of 2 limes, 1 tsp chili powder, ½ tsp garlic powder, and a pinch of salt in a small bowl and add melted butter. Pour mixture over the fish. Place on the bottom rack of your oven and set a timer for 11 minutes.

Make sure you've added your rice to the boiling water if you haven't already.

If serving, heat beans in a small saucepan over medium heat. Stir occasionally to keep them from sticking.

Step 4: While the rice and fish are cooking, start on your slaw. Combine ¼ cup olive oil, ¼ cup water, ½ cup chopped green onions, ½ cup cilantro, 1-2 cloves garlic, juice of 2 limes, ½ cup sour cream or Greek yogurt, and a pinch of salt. If you have a blender or immersion blender use it but you can also use a whisk. Shred your lettuce head if you haven't already. Then, pour the sauce over shredded lettuce to fill your tacos.

Step 5: If desired, place your tortillas in the oven to warm.

Step 6: Slice your avocado to go on tacos.

Tip: Slice the avocado just before. If you mash it or have leftovers, be sure to keep the pit with the avocado to slow down the browning oxidation.

Step 7: Serve tacos with rice on the side!



STEP-BY-STEP: MEAL 4

Lemon Pappardelle with Shrimp // Steamed Broccoli and Cauliflower // Cornbread

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Mise en Place

Lemon Pappardelle

- 1 lb uncooked shrimp
- 4 Tbsp butter, divided
- 1/2 tsp fresh garlic or 1 minced small clove
- 1/4 to 1/2 cup bone broth
- 1/2 cup heavy cream
- 1/2 tsp salt
- 1/4 cup grated Parmesan cheese (or nutritional yeast if dairy free)
- 1-2 Tbsp fresh lemon juice or 1 fresh lemon juiced
- 8 oz pappardelle or fettuccini pasta
- freshly grated black pepper

Broccoli and Cauliflower

- 1 head broccoli, cut into florets
- 1 head cauliflower, cut into florets

- Reserved Cornbread

Supplies

- Medium saucepan
- 2 medium skillet
- Cutting board and a sharp knife
- Steamer basket
- Strainer

Step 1: Boil water for your pasta. Cook according to package directions. Save water to steam your vegetables.

Step 2: Melt 4 Tbsp butter or oil in 2 medium skillet. Mince 1 clove of garlic and add to one pan to saute for 1-2 minutes.

Step 3: Meanwhile, add the cream to the first pan and bring to a simmer. Add the lemon juice, salt, and optional Parmesan; bring down to low heat.

Step 4: Cut your cauliflower and broccoli into florets if you haven't yet. Set on top of the steamer basket (wait to place in pot until it's boiling).

Step 5: Preheat the oven to 350F degrees to warm your cornbread if desired. Go ahead and place in the oven. It can warm as the oven preheats.

Step 6: Pat shrimp dry with paper towels. Add the shrimp to the second pan, season with salt, and flip when pink. Set a 90 second timer to check it. Cover and set aside.

Step 7: When your pasta is done, use tongs to put into a strainer, keeping the water in the pot.

Step 8: Keep the water boiling and immediately add to the steamer basket with cauliflower and broccoli to the water and cover with a lid. Set a timer for 5 minutes.

Step 9: Mix pasta into the sauce from the first pan. Then top with shrimp and black pepper.

Step 10: Pull cornbread from the oven and top broccoli and cauliflower with salt and butter if desired. Serve alongside Lemon Pappardelle with Shrimp.



STEP-BY-STEP: MEAL 5

Clam Chowder

Suggested Side Dish: Simple Side Salad // Homemade Ranch Dressing

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

Clam Chowder

- 2 Tbsp unsalted butter (or another oil if dairy free)
- 2 cloves garlic, minced
- 1 onion, diced
- 1/2 tsp dried thyme
- 3 Tbsp all-purpose flour (or arrowroot or cornstarch)
- 1 cup milk
- 1 cup chicken or vegetable stock
- 2 (6.5-ounce) cans chopped clams, juices reserved
- 1 bay leaf
- 2 russet potatoes, peeled and diced
- 1 cup half and half (use a can of coconut milk if dairy free)
- Kosher salt and freshly ground black pepper, to taste
- 2 Tbsp chopped fresh parsley leaves or parsley seasoning
- 1 carrot
- 1 celery rib
- Feel free to add in more of these veggies if you won't use them otherwise!*
- Optional Topping: Green Onion*

Suggested Side Dish: Simple Side Salad

- 1 cucumber
- 1 pint cherry or grape tomatoes
- Leftover shredded lettuce
- Spinach
- Homemade Ranch Dressing (Reserved from Meal 2 suggested side dish)

Supplies

- Cutting board and a sharp knife
- Stock pot
- Spoon
- Medium bowl

Step 1: Melt 2 Tbsp butter in the stockpot over medium high heat.

Step 2: Mince 2 cloves of garlic and 1 onion. Immediately, add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in thyme until fragrant, about 1 minute. Cut potatoes into ½ inch cubes.

Step 3: In melted butter, whisk in flour until lightly browned, about 1 minute. Gradually whisk in 1 cup of milk, 1 cup of vegetable stock, clam juice, and 1 bay leaf, and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in potatoes.

Step 4: Bring to a boil; reduce heat and simmer until potatoes are tender. Set a timer for 15 minutes.

Step 5: Meanwhile, for your suggested side dish, shred your lettuce if you haven't already and slice cucumber for your simple side salad. Add whole cherry or grape tomatoes on top.

Tip: To save on dishes, try placing salad ingredients directly into a bowl for each family member instead of putting a big bowl on the table. Let them decide how much dressing to use.

Step 6: When potatoes are tender, Stir in 1 cup half and half (or coconut milk) and clams until heated through, about 1-2 minutes; season with salt and pepper, to taste. If the soup is too thick, add more half and half as needed until desired consistency is reached.

Step 7: Serve immediately, garnished with parsley, if desired, and your salad on the side topped with Homemade Ranch Dressing.



RECIPE CARDS

Meal 1 Recipes

Salmon Patties



INGREDIENTS

~1 lb. canned salmon (make sure it's wild Alaskan salmon)

1/4 cup chopped onion or 1 Tbsp dried minced onion or 2 tsp onion powder

1/2 tsp salt 1 well-beaten egg

cayenne pepper to taste

1 Tbs. chopped parsley (dried is fine)

1/4 c. crushed crackers or bread crumbs (dry oatmeal works too for gluten-free or almond flour for grain-free)

INSTRUCTIONS

1. Remove skin & backbones of salmon. Pull apart the fish with a fork in a medium bowl.
2. Add seasonings, crushed crackers/bread crumbs/etc., onion, egg, and parsley. Mix well.
3. Shape into 2" patties.
4. Saute in hot butter, ghee, coconut oil, tallow, or lard in a cast iron skillet till golden brown on both sides (usually about 2-3 minutes per side).

Recipe inspired by [Kitchen Stewardship](#).

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Mashed Potatoes



INGREDIENTS

3 lbs. Russet potatoes, about 4 large ones. $\frac{3}{4}$ cup half & half
1 Tbsp salt $\frac{1}{3}$ cup sour cream
5 Tbsp salted butter $\frac{1}{2}$ teaspoon black pepper

INSTRUCTIONS

1. Peel the potatoes and cut into 3 slices of equal size. Fill a 6-quart pot with cold water. Add the potatoes.
2. Bring to a rapid boil and sprinkle in the salt. Reduce to a softer boil. Cook for 15-20 minutes, until the potatoes are fork tender. Turn heat off.
3. Drain all of the water. Let them sit in the warm pot for 5 minutes to allow most of the steam to escape.
4. Drizzle the butter over the cooked potatoes, then add the sour cream. Drizzle $\frac{3}{4}$ of the half & half over the mashed potatoes. Add the rest, if preferred, once you begin mashing.
5. Mash with a potato masher until soft and creamy. Don't over mash or the consistency will become gluey. Taste the potatoes and add more salt/pepper if needed.
6. Transfer to a serving dish. Top with freshly cracked pepper and fresh parsley.

Recipe inspired by The Cozy Cook.

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Meal 2 Recipes

Three Bean Chili



INGREDIENTS

1 Tbsp olive oil
1 large onion, diced
3 cloves garlic, minced (or 1 ½ tsp garlic powder)
2 jalapenos, seeds removed and diced
3 Tbsp chili powder
1 tsp chipotle powder
1 can (15 oz) black beans, drained and rinsed
1 can (15 oz) kidney beans, drained and rinsed
1 can (15 oz) pinto beans, drained and rinsed
1 can (28oz) diced tomatoes, with juices
1 Tbsp cocoa powder
1 ½ cups water or vegetable broth, + more if needed
mineral salt & pepper, to taste
To garnish
green onions, sliced
cashew sour cream
lime wedges

INSTRUCTIONS

1. **Saute:** In large pot heat olive oil over medium heat, saute onion for 7 minutes, or until tender and translucent. Add the garlic, jalapeno, chili and chipotle powder, cook for 1 minute, or until fragrant.
2. **Simmer:** Add the beans, tomatoes, chocolate, and liquids, bring to boil, reduce heat, cover askew, and simmer for 15 – 20 minutes or so, stirring occasionally. Add more water as needed. Taste for flavor, season with salt and pepper, and add anything else you feel it needs. Serve with toppings as desired.

Recipe inspired by Simple Veganista.

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Cornbread



INGREDIENTS

Dry Ingredients
1 cup cornmeal
1/2 cup all-purpose flour
1 tsp salt*
1 Tbsp baking powder
Wet Ingredients
2 Tbsp apple cider vinegar
scant 1 1/2 cups milk
1 egg
1/2 tsp baking soda
To Cook
1/4 cup butter, melted
2 Tbsp butter OR bacon grease

INSTRUCTIONS

1. Preheat the oven to 450F.
2. In a large glass measuring cup (I have these), measure apple cider vinegar. Add milk until you reach 1 1/2 cups of liquid total. Whisk together and set aside.
3. In a large bowl, combine all dry ingredients and whisk together (you can use the same whisk). Set aside.
4. When the oven is preheated, melt 2 Tbsp butter OR bacon grease in a 12" cast iron skillet over medium heat. Meanwhile, add the egg to the milk and whisk together. Add the baking soda to the milk and whisk to incorporate.

Recipe continued on next card.

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Cornbread (cont.)



INSTRUCTIONS

5. Carefully add wet ingredients to dry ingredients and incorporate well using a spatula, taking care not to over-stir. The batter may be lumpy.
6. When the skillet is hot and the fat is sizzling, add the melted butter to the batter while stirring, and then immediately add the batter to the skillet.
7. Set the timer for 1 minute and let the batter cook. The edges will get brown and crispy – you want this!
8. When the timer beeps, place the entire skillet in the oven and bake for 20 minutes. Allow the cornbread to cool slightly before serving. Serve warm with lots of butter!

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Winter Wedge Salad



INGREDIENTS

1 head iceberg lettuce
½ – 1 lb bacon
½ cup balsamic vinegar
¼ cup maple syrup
½ red onion

½ cup walnuts, chopped
3–4 oz blue cheese or Gorgonzola
½ cup dried cranberries
homemade ranch dressing

INSTRUCTIONS

1. Roughly chop the bacon into small pieces and cook in a skillet over medium low heat, turning and stirring now and then to ensure the bacon cooks evenly and doesn't burn.
2. Meanwhile, measure vinegar and maple syrup in a small saucepan and bring just to a simmer. Allow the glaze to cook while the bacon cooks. The glaze is done when it coats the back of a spoon. Remove from the heat and set aside.
3. Meanwhile, prepare your lettuce. Remove the outer leaf and cut out the core. Cut into 4 wedges, cutting each wedge in half. Divide between four dinner plates.
4. Slice the red onion thinly, or dice it.
5. Top the wedges evenly with red onion, chopped walnuts, cheese and dried cranberries.
6. When the bacon is done, remove with a slotted spoon and top the salads.
7. Drizzle homemade ranch dressing and glaze.

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Homemade Ranch Dressing



INGREDIENTS

Dry Ranch Seasoning 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 homemade mayo
1 Tbsp red wine vinegar
1 Tbsp coconut cream
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, 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

Easy Fish Tacos



INGREDIENTS

3 tablespoons butter, melted
juice of 1 lime
1 teaspoon chili powder
1/2 teaspoon garlic powder

pinch of salt
10-15 oz. cod or other white fish
tortillas
avocados

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Mix butter, lime juice, chili powder, garlic powder, and salt in a small bowl.
3. Pour mixture over the fish. Bake for 10-15 minutes.
4. Flake apart the fish and coat with the extra sauce in the pan.
5. Prep your toppings (mashed avocado, slaw, red onion, mango salsa, whatever you like). Serve fish in tortillas with toppings!

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Cilantro Lime Slaw



INGREDIENTS

1/4 cup oil
1/4 cup water
1/2 cup chopped green onions
1/2 cup cilantro
1-2 cloves garlic

juice of 2 limes
1/2 cup sour cream or Greek yogurt
a pinch of salt
Shredded lettuce

INSTRUCTIONS

1. Blend 1/4 cup oil, 1/4 cup water, 1/2 cup chopped green onions, 1/2 cup cilantro, 1-2 cloves garlic, juice of 2 limes, 1/2 cup sour cream or Greek yogurt, and a pinch of salt.
2. Pour sauce over shredded lettuce to make a slaw!

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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 4 Recipes

Lemon Pappardelle with Shrimp



INGREDIENTS

1 lb. uncooked shrimp	1/2 teaspoon salt
4 tablespoons butter, divided	1/4 cup grated Parmesan cheese (optional)
1/2 teaspoon fresh garlic, grated (less than one clove)	1-2 tablespoons fresh lemon juice
1/4 to 1/2 cup white wine	8 ounces pappardelle or fettuccini pasta (egg pasta or fresh pasta – yum)
1/2 cup heavy cream	freshly grated black pepper

INSTRUCTIONS

1. Pasta: Cook according to package directions). Drain and reserve some water. Toss pasta with olive oil to prevent sticking.
2. Sauce: Melt 2-3 tablespoons butter over medium heat. Add the garlic; sauté for 1-2 minutes (do not brown the garlic). Add the wine; let it sizzle out for a few minutes. Add the cream; bring to a simmer. Add the lemon juice, salt, and optional Parmesan; bring down to low heat.
3. Shrimp: Pat shrimp dry with paper towels. Heat one tablespoon of the butter in a large skillet over medium heat. Add the shrimp, season with salt, and flip when pink (1-2 minutes per side). Cover with foil and set aside.
4. Assemble: Toss your pasta with the warm sauce. Serve alongside a pile of fresh, juicy, hot, buttery shrimp. Serve with freshly cracked black pepper and little wedges of lemon.

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Meal 5 Recipes

Clam Chowder



INGREDIENTS

- | | |
|--------------------------|---|
| 4 slices bacon, diced | 2 (6.5-ounce) cans chopped clams, juices reserved |
| 2 Tbsp unsalted butter | 1 bay leaf |
| 2 cloves garlic, minced | 2 russet potatoes, peeled and diced |
| 1 onion, diced | 1 cup half and half |
| 1/2 tsp dried thyme | Kosher salt and freshly ground black pepper, to taste |
| 3 Tbsp all-purpose flour | 2 Tbsp chopped fresh parsley leaves |
| 1 cup milk | |
| 1 cup vegetable stock | |

INSTRUCTIONS

1. Heat a large stockpot or Dutch oven over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate, reserving 1 tablespoon excess fat; set aside.
2. Melt butter in the stockpot. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in thyme until fragrant, about 1 minute.

Recipe continued on next card.

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Clam Chowder (cont.)



INSTRUCTIONS

3. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk, vegetable stock, clam juice and bay leaf, and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in potatoes.
4. Bring to a boil; reduce heat and simmer until potatoes are tender, about 12-15 minutes.*
5. Stir in half and half and clams until heated through, about 1-2 minutes; season with salt and pepper, to taste. If the soup is too thick, add more half and half as needed until desired consistency is reached.
6. Serve immediately, garnished with bacon and parsley, if desired.

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