



# 30 MINUTE DINNERS

## PORK AND CHICKEN MEAL PLAN 1

[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**

Sheet Pan Hawaiian Sausage, Peppers, and Onions // White Rice

## **Meal 2**

Tortilla Soup

*Optional Protein: Ground Meat*

*Suggested Side Dish: Cheddar Jalapeno Biscuits*

*Note: If dairy-free, just omit the cheddar cheese in the biscuits. They'll still taste great dipped in the soup!*

## **Meal 3**

Greek Marinated Chicken // Hummus // Cucumber, Carrots, and Celery // Flatbread

## **Meal 4**

Southwestern Salad // Homemade Ranch Dressing

*Optional Protein: Ground Meat*

*Suggested Side Dish: Cheddar Jalapeno Biscuits*

## **Meal 5**

Chicken Tikka Masala Pizzas

*Suggested Side Dish: Simple Salad*



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

Meal 1: Sheet Pan Hawaiian Sausage, Peppers, and Onions  
*Suggested Side Dish: White Rice*

Meal 2: Tortilla Soup  
*Optional Protein: Ground Meat*  
*Suggested Side Dish: Cheddar Jalapeno Biscuits (GF/DF)*

Meal 3: Greek Marinated Chicken // Hummus & Veggies // Flatbread

Meal 4: Southwestern Salad // Homemade Ranch Dressing  
*Optional Protein: Ground Meat*  
*Suggested Side Dish: Cheddar Jalapeno Biscuits (GF/DF)*

Meal 5: Chicken Tikka Masala Pizzas  
*Suggested Side Dish: Simple Salad*

## Pantry

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> olive oil, 2 Tbsp + 2 Tbsp          | <input type="checkbox"/> tomatoes (15 oz can diced), 2     | <input type="checkbox"/> red wine vinegar, 1/2 cup + 2 tsp + 1 Tbsp |
| <input type="checkbox"/> pineapple tidbits (20 oz can), 1    | <input type="checkbox"/> baking powder, 1 tsp              | <input type="checkbox"/> spicy brown mustard, 1 tsp                 |
| <input type="checkbox"/> white rice, 1 cup                   | <input type="checkbox"/> baking soda, 1 tsp                | <input type="checkbox"/> sugar, 1 tsp                               |
| <input type="checkbox"/> black beans (15 oz can)*, 1 + 1 cup | <input type="checkbox"/> chickpeas (15 oz can)*, 1 + 1 cup | <input type="checkbox"/> coconut cream, 1 Tbsp                      |
| <input type="checkbox"/> bone broth*, 2 quarts               | <input type="checkbox"/> flour (GF/DF), 4 cups             | <input type="checkbox"/> mayo*, 1 cup                               |
| <input type="checkbox"/> chili verde salsa*, 1 cup           | <input type="checkbox"/> lemon juice, 1 Tbsp               | <input type="checkbox"/> coconut oil, 2 Tbsp                        |
| <input type="checkbox"/> corn (15 oz can), 1 + 1 cup         | <input type="checkbox"/> olive oil, 1 cup + 2 Tbsp         | <input type="checkbox"/> tomato paste (6 oz can), 1                 |

## Produce

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> bell peppers (any), 4     | <input type="checkbox"/> garlic, 6 cloves + 1 clove + 2 cloves | <input type="checkbox"/> cilantro, 1/2 bunch          |
| <input type="checkbox"/> mushrooms, 16 oz          | <input type="checkbox"/> cucumbers, 2                          | <input type="checkbox"/> cilantro or parsley, 1/2 cup |
| <input type="checkbox"/> onions, 3 large + 1 large | <input type="checkbox"/> lettuce, 1 head                       | <input type="checkbox"/> ginger, 1 inch               |
| <input type="checkbox"/> carrots, 2 medium + 3     | <input type="checkbox"/> tomato, 1                             | <input type="checkbox"/> grape tomatoes, 1 cup        |
| <input type="checkbox"/> celery, 3 ribs + 2 ribs   | <input type="checkbox"/> avocado, 1                            |   |

## Cold Case

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> butter (GF/DF), 2 Tbsp       | <input type="checkbox"/> cheddar cheese (shredded), 4 oz       | <input type="checkbox"/> plain Greek yogurt*, 1/2 cup |
| <input type="checkbox"/> milk (GF/DF), 2 cups + 3 tsp | <input type="checkbox"/> mozzarella cheese (shredded), 1/2 cup |   |

## Meat

- Italian sausages, 6
- chicken breast, 2 lbs

## Spices to Have on Hand

- Italian seasoning\*
- cayenne (!)
- parsley
- pepper (all meals)
- garlic powder (meal 3 + meal 4)
- thyme
- salt (all meals)
- garlic salt
- garam masala
- chili powder
- onion powder
- paprika
- cumin (meal 2 + meal 3)
- oregano
- red chili flakes (!)
- taco seasoning\*
- dill
- turmeric
- basil (meal 3 + meal 4)
- minced onions

## Suggested Sides

- flour (GF/DF), 4 cups
- butter, 10 Tbsp
- shredded cheese
- baking powder, 4 tsp
- jalapenos, 4
- sour cream
- salt
- shredded cheese, 1 cup
- guacamole
- onion powder
- almond milk, 1 cup
- cilantro
- garlic powder
- tortilla chips

## Optional Proteins

- ground meat (beef or turkey), 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: Sheet Pan Hawaiian Sausage, Peppers, and Onions // White Rice

- Prep the vegetables: Slice the bell peppers, onions, and mushrooms.

*5 minutes*

- Cook the rice.

*15 Minutes*

### Meal 2: Tortilla Soup

- Prep the vegetables: Finely chop the onion, celery, carrot, jalapeno, and garlic.

*5 minutes*



### Meal 3: Greek Marinated Chicken // Hummus // Cucumber, Carrots, and Celery // Flatbread

- Make the hummus.  
*5 minutes*
- Chop the vegetables into sticks.  
*5 Minutes*
- Make the Greek Salad Dressing.  
*2 minutes*

### Meal 4: Southwestern Salad // Homemade Ranch Dressing

- Shred your lettuce.  
*2 minutes*
- Make Homemade Ranch Dressing.  
*5 minutes*

### Meal 5: Chicken Tikka Masala Pizzas

- N/A



# 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

- 1 cup white rice
- 2 cups water

### Hummus

- 2 cups chickpeas (cooked from scratch, or 1-15 oz can drained and rinsed 3 times)
- 1/2 - 1 tsp cumin
- 1 clove garlic
- 1/4 - 1 tsp cayenne pepper
- 3 Tbsp olive oil
- 1/2 tsp salt
- 1/2 - 1 Tbsp lemon juice
- 2-4 Tbsp water

### Greek Salad Dressing

- 1/3 cup + 1 Tbsp olive oil
- 3/4 tsp salt
- 1 tsp garlic powder
- 3/4 tsp onion powder
- 1 tsp dried oregano
- 3/4 tsp spicy brown mustard
- 1 tsp dried basil
- 1/2 cup + 2 tsp red wine vinegar (you can substitute up to half white vinegar without altering the taste)
- 3/4 tsp black pepper

### Homemade Ranch Dressing

- 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
- 1 cup homemade mayo
- 1 Tbsp red wine vinegar
- 1 Tbsp coconut cream
- 1-3 tsp milk (dairy or non-dairy)

### Vegetables

- 1 head Lettuce
- 4 bell peppers
- 16 oz mushrooms
- 4 onions
- 5 carrots
- 6 celery ribs
- 3 cucumber
- 1 head garlic
- 4 jalapenos

### Supplies

- Medium saucepan or Instant Pot
- Food processor or blender
- Small spice jar
- 2 (16 oz) mason jars
- Cutting board and a sharp knife

**Step 1:** Cook 1 cup of White Rice for Meal 1 in a medium saucepan or in your Instant Pot.

**Step 2:** Make the Hummus: Put the ingredients into a food processor or blender.

- 2 cups garbanzo beans
- 3 Tbsp olive oil
- 1/2 Tbsp lemon juice
- 1/2 – 1 tsp cumin
- 1/4 – 1 tsp cayenne pepper
- 2 Tbsp of water

Process the beans until they are smooth. You may need to add water, 1

tablespoon at a time and up to 2 additional tablespoons, in order to achieve the right consistency. Taste the hummus and add additional spices or lemon juice if desired. I almost always add a total of 1 tsp of cumin and  $\frac{3}{4}$  tsp of cayenne pepper. Process again and taste again, adjusting the spices as needed.

**Step 3:** Make the Greek Salad Dressing by combining ingredients in a mason jar:

- $\frac{1}{2}$  cup and 2 Tbsp red wine vinegar
- $\frac{1}{3}$  cup and 1 Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp black pepper
- 1 tsp salt
- 1 tsp spicy brown mustard
- 1 tsp onion powder

**Step 4:** Make your Homemade Ranch Dressing by combining all the dry ingredients in a spice 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

**Step 5:** To make the ranch dressing, add 2 Tbsp of the dry seasoning mix in a 16 oz mason jar. Then, add 1 cup mayo, 1 Tbsp red wine vinegar and 1 Tbsp coconut cream and stir well. Thin by adding milk 1 tsp at a time (up to 3 tsp)

and stirring well after each addition.

*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 mix.*

**Step 5:** Prep the Vegetables:

**Bell pepper**

- Slice 4 into ½ inch slices for Sheet Pan Hawaiian Sausage, Peppers, and Onions

**Mushroom**

- Slice 16 oz for Sheet Pan Hawaiian Sausage, Peppers, and Onions

**Onion**

- Slice 3 large onions for Sheet Pan Hawaiian Sausage, Peppers, and Onions
- Finely chop 1 large onion for Tortilla Soup

**Carrot**

- Finely chop 2 carrots for Tortilla Soup
- Cut 3 into 3-4 inch sticks for Greek Marinated Chicken // Hummus // Cucumber, Carrots, and Celery // Flatbread

**Celery**

- Finely chop 3 stalks of celery for Tortilla Soup
- Cut 3 into 3-4 inch sticks for Greek Marinated Chicken // Hummus // Cucumber, Carrots, and Celery // Flatbread

**Cucumber**

- Cut 3 into 3-4 inch sticks for Greek Marinated Chicken // Hummus // Cucumber, Carrots, and Celery // Flatbread

**Lettuce**

- Shred 1 head of lettuce for Southwestern Salad



**Step 7:** Cut Last:

**Garlic**

- Finely chop 1 head of garlic (about 6 cloves) for Tortilla Soup

**Jalapeno**

- Finely chop 4 for Cheddar Jalapeno Biscuits

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: Sheet Pan Hawaiian Sausage, Peppers, and Onions // White Rice

- Bell pepper, onion, and mushrooms
- White Rice

### Meal 2: Tortilla Soup

- Celery, carrot, garlic, and onion with the onion on top so that when you dump it in the pan it's on the bottom and cooks the fastest.
- Jalapeno

### Meal 3: Greek Marinated Chicken // Hummus & Veggies // Flatbread

- Hummus
- Greek Salad Dressing
- Cucumber, carrot, and celery sticks

### Meal 4: Southwestern Salad // Homemade Ranch Dressing

- Ranch Dressing
- Lettuce

### Meal 5: Chicken Tikka Masala Pizzas

- N/A



## 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: Sheet Pan Hawaiian Sausage, Peppers, and Onions // White Rice

- Cook your White Rice in the Instant Pot

### Meal 2: Tortilla Soup

- Cook in your Instant Pot or slow cooker if desired
- Prepare your biscuits with a stand mixer

### Meal 3: Greek Marinated Chicken // Hummus & Veggies // Flatbread

- Blender, immersion blender or food processor for Greek Salad Dressing and Hummus

### Meal 4: Southwestern Salad // Homemade Ranch Dressing

- N/A

### Meal 5: Chicken Tikka Masala Pizzas

- N/A



# STEP-BY-STEP: MEAL 1

## Sheet Pan Hawaiian Sausage, Peppers, and Onions // White Rice

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

#### Rice

- 1 cup white rice
- 2 cups water

#### Sheet Pan Sausage

- 4 bell peppers, sliced (I use a mix of green, red and yellow)
- 1 tsp pepper
- 3 large onions, sliced
- 2 tsp Italian seasoning
- 16 oz mushroom, halved
- 6 whole Italian sausages (sweet, spicy or even bratwurst)
- 2 Tbsp olive oil
- 1 (20 oz) can pineapple tidbits, drained
- 1 tsp salt

### Supplies

- Cutting board and a sharp knife
- Saucepan or Instant Pot
- Sheet pan

**Step 1:** Preheat the oven to 450.

**Step 2:** Start a medium pot of water to boil for your rice.

*Or start rice in your Instant Pot.*

**Step 3:** Slice your 4 bell peppers, 3 onions, and 16 oz of mushrooms into ½ inch sliced strips.

**Step 4:** Cook rice according to package instructions or in your Instant Pot.

**Step 5:** Add all the vegetables to a sheet pan. Drizzle with 2 Tbsp olive oil and sprinkle with 1 tsp salt, 1 tsp pepper, and 2 tsp Italian seasoning.

**Step 6:** Add the sausages and the drained pineapple tidbits in and around the vegetables.

**Step 7:** Bake until the sausages are cooked through and the vegetables are tender and slightly charred, about 20-25 minutes. Set a timer!

**Step 8:** Enjoy with veggies and sausage served on top or to the side of the rice.





## STEP-BY-STEP: MEAL 2

### Tortilla Soup

#### *Optional Protein: Ground Meat*

*Add 1 lb of any ground meat, like pork, to add a savory twist to this soup.*

#### *Suggested Side Dish: Cheddar Jalapeno Biscuits*

*Dip these quick, yummy biscuits in your tortilla soup. They bake quickly while your soup cooks. Feel free to omit the cheese if dairy free.*

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### Mise en Place

#### **Tortilla Soup**

- 6 garlic cloves, finely chopped
- 1 large onion, finely chopped
- 2 medium carrots, finely chopped
- 2-3 celery stalks, finely chopped
- 2 Tbsp olive oil
- 2 Tbsp butter
- 1 (15oz) can of black beans, drained and rinsed
- 1 (15oz) can corn
- 2 (15oz) cans diced tomatoes, with liquid (any variety)
- 1 cup chili verde salsa
- 2 quarts bone broth
- 2 Tbsp taco seasoning
- 1 tsp cumin
- 1/2 tsp chili powder

### Optional Toppings

- tortilla chips
- shredded cheese
- sour cream
- guacamole

### Optional Protein

- 1lb ground meat

### Suggested Side: Cheddar Jalapeno Biscuits

- 4 cups flour (I use einkorn all-purpose)
- 4 tsp baking powder
- 1 ½ tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 10 Tbsp unsalted butter, cold and cubed
- 4-5 jalapenos, thinly sliced or finely diced
- 1 cup shredded cheddar cheese
- ½ - 1 cup almond milk

## Supplies

- Cutting board and a sharp knife
- Large pot
- Mixer + paddle attachment
- Baking mat
- Rolling pin
- Baking sheet
- Flipper
- Cooling rack

**Step 1:** Preheat the oven to 450.

**Step 2:** In a large sauce pot (or your Instant Pot), heat 4 Tbsp of oil and/or butter on medium high.

**Step 3:** Finely chop the 1 onion, 2-3 celery ribs, 2 carrots, and 6 garlic cloves. Place all of the veggies in the pot and let them saute on medium in the butter or oil while you start the Cheddar Jalapeno Biscuits.

*Tip: Chop the onion first and throw it in the pot immediately because it takes the longest to cook.*

**Step 4:** In the bowl of a stand mixer, combine the 4 cups of flour, 4 tsp baking powder, 1/2 Tbsp salt, 1 tsp onion powder, and 1 tsp garlic powder.

**Step 5:** Add the 10 Tbsp butter and using the paddle blade attachment, turn the mixer on low. Let the mixer incorporate the butter until the mixture looks like coarse breadcrumbs. (Alternatively, you can use a large bowl and your hands, a pastry mixer or two knives to cut in the butter.)

**Step 6:** Cut the 4-5 jalapenos while the mixer works it magic. Then, add the jalapenos and cheese and mix again until they're evenly distributed.

**Step 7:** With the mixer on low, add ½ cup of milk and mix JUST until combined. You want the biscuit dough to become cohesive, and the sides and the bottom of the bowl should be clean. If you need to add additional milk for the dough to come together, add it one tablespoon at a time.

**Step 8:** Turn the dough out onto a baking mat, or a clean counter, dusted with flour. Roll the dough out until it's just under ½" thick and using a large knife, cut the dough into 24 squares. Place the squares of dough onto a baking sheet (this is the set I have) about ½ inch apart and bake for 12-15 minutes, or until the tops of the biscuits are golden brown. Set a timer!

**Step 9:** Add the remaining ingredients to the Tortilla soup: black beans, garbanzo beans, corn, diced tomatoes, 1 cup of verde salsa, 2 quarts of bone broth, 2 Tbsp taco seasoning, 1 tsp cumin, and ½ tsp chili seasoning. Add more seasonings if desired. Stir!

**Step 10:** If desired, prepare optional toppings: tortilla chips, shredded cheese, sour cream, guacamole and freshly chopped cilantro.

**Step 11:** When biscuits are done, use a flipper to set on a cooling rack. Reserve half of the biscuits for Meal 4.

**Step 12:** Serve Tortilla Soup with Cheddar Jalapeno Biscuits on the side.



## STEP-BY-STEP: MEAL 3

### Greek Marinated Chicken // Hummus & Veggies // Flatbread

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

##### Chicken

- 2 lbs chicken breasts (Double batch for Meal 5)

##### Greek Salad Dressing for Marinade

- ½ cup and 1 Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp spicy brown mustard
- ½ cup and 2 tsp red wine vinegar (you can substitute up to half white vinegar without altering the taste)
- 1 tsp black pepper

##### Veggies

- 2 cucumbers
- 3 carrots
- 3 celery ribs

### Flatbread

- 4 cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon sugar
- 2 cups milk
- 5-6 tablespoons olive oil
- Garlic salt, for sprinkling on finished bread

### Hummus

- 2 cups chickpeas (cooked from scratch, or 1-15 oz can drained and rinsed 3 times)
- 1 clove garlic
- 3 Tbsp olive oil
- 1/2 – 1 Tbsp lemon juice
- 1/2 – 1 tsp cumin
- 1/4 – 1 tsp cayenne pepper
- 1/2 tsp salt
- 2-4 Tbsp water

### Supplies

- Cutting board and a sharp knife
- Large skillet
- Roasting pan
- Food processor, immersion blender, or blender
- Rolling pin
- Baking mat
- Small saucepan
- Baking sheet

**Step 1:** Preheat the oven to 450.

**Step 2:** Make the Greek Salad Dressing by combining in a small bowl:

- 1/3 cup + 1 Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp black pepper
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp spicy brown mustard



- ½ cup + 2 tsp red wine vinegar (you can substitute up to half white vinegar without altering the taste)

**Step 3:** Put chicken breasts in a roasting pan and sprinkle with a pinch of salt. Pour Greek Salad Dressing over half of the chicken breasts and set a timer for 10 minutes for it to marinate. Place in the oven when the timer goes off. Cook for 20 minutes.

**Step 4:** Start your flatbread. Heat oil in a large skillet. Then, in a large bowl, combine 4 cups of flour, 1 tsp baking soda, 1 tsp baking powder, 1 tsp sugar, 1 tsp salt, and 1 tsp garlic powder.

**Step 5:** Add 2 cups of milk and 1 Tbsp of oil to a small saucepan. Warm over medium heat for 3-5 minutes. Stir into flour mixture until small lumps form. Turn onto a floured surface and knead dough until soft and smooth (add more flour as needed). Let the dough rest for about 5 minutes. Set a timer!

**Step 6:** Chop your cucumber, celery, and carrots into 3-4 inch sticks.

*When your timer goes off for the flatbread, pause where you are on veggie sticks and/or hummus and continue on the flatbread.*

**Step 7:** Make your hummus: Put the garbanzo beans, 3 Tbsp olive oil, 1/2 Tbsp lemon juice, ½ – 1 tsp cumin, ¼ – 1 tsp cayenne pepper, and 2 Tbsp of water in a food processor or a high powered blender. Process the beans until they are smooth. You may need to add water, 1 tablespoon at a time and up to 2 additional tablespoons, in order to achieve the right consistency. Taste the hummus and add additional spices or lemon juice if desired. I almost always add a total of 1 tsp of cumin and ¾ tsp of cayenne pepper. Process again and taste again, adjusting the spices as needed.

*Whenever your chicken timer goes off, immediately place the chicken roasting pan in the oven and set a timer for 20 minutes.*

**Step 8:** When your timer goes off, make your flatbread: Add 1 Tbsp oil to a large skillet over medium-high heat. Divide dough into 6 pieces. Roll or flatten each piece into a flat circle, about 1/4 inch thick. Cook flatbread until golden brown, about 2 minutes per side. Add additional oil to the skillet as needed.

Set a timer between flipping and continue to make your hummus and/or chop your vegetables.

**Step 9:** When the chicken oven timer goes off, ensure internal temperature has reached 165 degrees. If it needs more, set a 3 minute timer and check again. When chicken is done, reserve the un-marinated chicken for Meal 5.

**Step 10:** Sprinkle finished flatbread with garlic salt or other seasonings, if desired. Reserve half the flatbreads for Meal 5.

**Step 11:** Serve Greek chicken, hummus and veggies, and flatbread together and enjoy!



## STEP-BY-STEP: MEAL 4

### Southwestern Salad // Homemade Ranch Dressing

#### *Optional Protein: Ground Meat*

*Any ground meat will mix well into this salad such as beef, turkey, or bison.*

#### *Suggested Side Dish: Cheddar Jalapeno Biscuits*

*Cook once, eat twice when you make a batch of these earlier in the week.  
The spicy flavor profile pairs well with this filling salad.*

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### Mise en Place

#### Southwestern Salad

- 1 head lettuce
- 1 cup garbanzo beans (preferably from scratch, but drained and rinsed if canned)
- 1 cup black beans (preferably from scratch, but drained and rinsed if canned)
- 1 cup corn (preferably fresh, but thawed if frozen)
- 1 tomato
- 4 ounces of sharp cheddar cheese, shredded
- 1 avocado
- 1/2 bunch cilantro

### Homemade Ranch Dressing

- 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
- 1 cup homemade mayo
- 1 Tbsp red wine vinegar
- 1 Tbsp coconut cream
- 1-3 tsp milk (dairy or non-dairy)

### Suggested Side

- Reserved Jalapeno Cheddar Biscuits

### Optional Protein

- 1 lb ground meat

## Supplies

- Baking Sheet
- Cutting board and a sharp knife
- Small jar and a lid
- Mason jar and a lid
- Large salad bowl

**Step 1:** Preheat oven to 350F and place reserved Jalapeno Cheddar Biscuits in the oven. The biscuits can reheat as the oven warms.

*If desired, on medium high heat, cook your 1 lb of ground meat. Break it apart and cover with a lid.*

**Step 2:** Shred your lettuce and place into a large bowl. Chop your tomato, avocado, and cilantro.

**Step 3:** Make your Homemade Ranch Dressing by combining all the dry ingredients into a spice 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

**Step 4:** To make your dressing, add 2 Tbsp dry seasoning to a 16 oz mason jar. Then, add 1 cup mayo, 1 Tbsp red wine vinegar and 1 Tbsp coconut cream and stir well. Thin by adding milk 1 tsp at a time (up to 3 tsp) and stirring well after each addition.

*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 mix.*

**Step 5:** Add remaining ingredients to the salad: garbanzo beans, black beans, corn, tomato, shredded sharp cheddar cheese, avocado, and cilantro.

*Remember to stir your ground meat, breaking apart any pink pieces.*

**Step 6:** Drizzle dressing over salad and mix well. (Or serve at the table if preferred.)

**Step 7:** Serve the salad with your reheated Jalapeno Cheddar Biscuits on the side.





## STEP-BY-STEP: MEAL 5

### Chicken Tikka Masala Pizzas

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

*While your pizzas cook, it'll be quick and easy to assemble a salad with lettuce, tomato, cucumber, onion, and any other vegetables leftover in the fridge if you slice them thin.*

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

#### **Flatbread Pizza**

- 2 cloves garlic
- 1 inch fresh ginger peeled
- 1 Tbsp garam masala
- 1 tsp dried turmeric
- 1 tsp paprika
- 1/2 tsp salt
- 1/4 tsp red chili flakes
- 1 (6 oz) can tomato paste
- 2 Tbsp coconut oil
- 1 lb reserved chicken
- 1/2 cup plain Greek yogurt
- 6 reserved flatbreads
- 1 cup cherry or grape tomatoes, halved
- 1/2 cup grated mozzarella cheese
- 1/2 cup chopped fresh cilantro or flat leaf parsley (optional)

## Supplies

- Blender or food processor
- Large skillet
- Baking sheet
- Parchment paper or silpat mat

**Step 1:** Preheat the oven to 350 degrees.

**Step 2:** Make your sauce in a blender or food processor by combining:

- 2 cloves garlic
- 1 inch fresh ginger peeled
- 1 Tbsp garam masala
- 1 tsp dried turmeric
- 1 tsp paprika
- 1/2 tsp salt
- 1/4 tsp red chili flakes
- 1 (6 oz) can low sodium tomato paste

Process until smooth.

**Step 3:** In a skillet, heat 2 Tbsp coconut oil over medium high. Slice chicken into 1-2 inch strips. Add chicken pieces. Then, add spice and tomato paste mixture and stir. Reduce heat to medium-low and stir in yogurt. Simmer for about 5 minutes. Set a timer!

**Step 4:** Line a large baking sheet with parchment paper or silpat mat. Assemble pizzas: divide chicken tikka masala over each flatbread.

**Step 5:** Top each pizza with tomato halves and cheese.

**Step 6:** Bake for 15 minutes, or until the cheese is bubbling. Set a timer!

**Step 7:** If desired, make your simple side salad. Use any remaining lettuce and veggies in the fridge. Top with leftover Greek or Ranch dressing.

**Step 8:** Garnish pizzas with cilantro or parsley (optional).



# RECIPE CARDS

## Meal 1 Recipes

### Sheet Pan Sausage, Peppers, and Onions



#### INGREDIENTS

4 bell peppers, sliced (I use a mix of green, red and yellow)  
3 large onions, sliced  
16 oz mushroom, halved  
2 Tbsp olive oil  
1 tsp salt  
1 tsp pepper  
2 tsp Italian seasoning  
6 whole Italian sausages (sweet, spicy or even bratwurst)  
1 20 oz can pineapple tidbits, drained

#### INSTRUCTIONS

1. Preheat the oven to 375F.
2. Add all the vegetables to a large sheet pan (I use this large half sheet).
3. Drizzle with olive oil and sprinkle with salt, pepper and Italian seasoning.
4. Add the sausages and the pineapple tidbits in and around the vegetables.
5. Bake until the sausages are cooked through and the vegetables are tender and slightly charred, about 40-45 minutes.

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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

### Tortilla Soup



#### INGREDIENTS

6 garlic cloves, finely chopped  
1 large onion, finely chopped  
2 medium carrots, finely chopped  
2-3 celery stalks, finely chopped  
2 Tbsp olive oil  
2 Tbsp butter  
1 (15oz) can of black beans, drained and rinsed  
1 (15oz) can garbanzo beans, drained and rinsed  
1 (15oz) can corn (or 2 cups fresh kernels or frozen)  
2 (15oz) cans diced tomatoes, with liquid  
1 cup chili verde salsa  
2 quarts bone broth  
2 Tbsp taco seasoning  
1 tsp cumin  
1/2 tsp chili

#### INSTRUCTIONS

1. In a large pot, sauté garlic, onion, carrots and celery with olive oil and butter until onions become translucent.
2. Add remaining ingredients and simmer for at least 30 minutes.
3. A longer simmer will create a more flavorful soup.
4. Serve with optional toppings if desired: tortilla chips, shredded cheese, sliced green onion, avocado, diced tomato

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### Cheddar Jalapeno Biscuits



#### INGREDIENTS

4 cups flour (I use einkorn all-purpose)  
4 tsp baking powder  
1 1/2 tsp salt  
1 tsp EACH onion powder, garlic powder  
10 Tbsp unsalted butter, cold and cubed  
4-5 jalapenos, thinly sliced or finely diced  
1 cup shredded cheddar cheese  
1/2 - 1 cup almond milk

#### INSTRUCTIONS

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

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## Meal 3 Recipes

### Greek Salad Dressing



#### INGREDIENTS

½ cup and 1 Tbsp olive oil  
1 tsp garlic powder  
1 tsp dried oregano  
1 tsp dried basil,  
1 tsp black pepper  
1 tsp salt

1 tsp onion powder  
1 tsp spicy brown mustard  
½ cup and 2 tsp red wine vinegar (you can substitute up to half white vinegar without altering the taste)

#### INSTRUCTIONS

1. Combine all ingredients in a glass jar.
2. Secure the lid and shake vigorously. This dressing can be stored at room temperature for a day, but it should be refrigerated for long term storage.

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### Homemade Hummus



#### INGREDIENTS

2 cups chickpeas (cooked from scratch, or 1-15 oz can drained and rinsed 3 times)  
1 clove garlic  
3 Tbsp olive oil  
1/2 – 1 Tbsp lemon juice

½ – 1 tsp cumin  
¼ – 1 tsp cayenne pepper  
½ tsp salt  
2-4 Tbsp water

#### INSTRUCTIONS

1. Put the garbanzo beans, olive oil, 1/2 Tbsp lemon juice, spices and 2 Tbsp of water in a food processor OR a high powered blender.
2. Process the beans until they are smooth. You may need to add water, 1 tablespoon at a time and up to 2 additional tablespoons, in order to achieve the right consistency.
3. Taste the hummus and add additional spices or lemon juice if desired. I almost always add a total of 1 tsp of cumin and ¾ tsp of cayenne pepper. Process again and taste again, adjusting the spices as needed.
4. Serve with raw vegetables or homemade pita bread!

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## No Yeast Flatbread



### INGREDIENTS

2 cups flour  
1/2 tsp baking soda  
1/2 tsp baking powder  
1/2 tsp salt  
1/2 tsp garlic powder

1/2 tsp sugar  
1 cup milk  
2-3 Tbsp olive oil  
Garlic salt, for sprinkling on finished bread (optional)

### INSTRUCTIONS

1. In a large bowl, combine flour, baking soda, baking powder, sugar, salt and garlic powder.
2. Add milk and 1 tablespoon of oil to a small saucepan. Warm over medium heat for 3-5 minutes. Stir into flour mixture until small lumps form. Turn onto a floured surface and knead dough until soft and smooth (add more flour as needed).
3. Let dough rest for about 5 minutes.
4. Divide dough into 6 pieces. Roll or flatten each piece into a flat circle, about 1/4 inch thick.
5. Add one tablespoons oil to a large skillet over medium-high heat. Cook flatbread until golden brown, about 2 minutes per side. Add additional oil to the skillet as needed.
6. Sprinkle finished flatbread with garlic salt or other seasonings, if desired

*Recipe inspired by Let's Dish Recipes.*

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## Meal 4 Recipes

### Southwestern Salad



#### INGREDIENTS

1 head lettuce  
1 cup garbanzo beans (preferably from scratch, but drained and rinsed if canned)  
1 cup black beans (preferably from scratch, but drained and rinsed if canned)  
1 cup corn (fresh or frozen, thawed)  
1 tomato, chopped  
4 ounces of sharp cheddar cheese, shredded  
1 avocado, diced  
1/2 bunch cilantro, chopped  
1/2 cup homemade ranch dressing

#### INSTRUCTIONS

1. Wash lettuce. Tear or chop lettuce into 1"-2" pieces and place into a large bowl.
2. Add remaining ingredients.
3. Drizzle dressing over salad and mix well.

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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 5 Recipes

### Tikka Masala Pizzas



#### INGREDIENTS

2 cloves garlic	1 lb boneless skinless chicken thighs, cut into bite sized pieces
1 inch fresh ginger peeled	1/2 cup plain Greek yogurt
1 tbsp garam masala	6 naan breads
1 tsp dried turmeric	1 cup cherry or grape tomatoes halved
1 tsp paprika	1/2 cup grated mozzarella cheese
1/2 tsp salt	1/2 cup chopped fresh cilantro or flat leaf parsley
1/4 tsp red chili flakes	
1 156 ml can low sodium tomato paste	
2 tbsp peanut or vegetable oil	

#### INSTRUCTIONS

1. In a blender or food processor, combine garlic, ginger, garam masala, turmeric, paprika, salt, chilli flakes and tomato paste. Process until smooth.
2. In a skillet, heat oil over medium high. Add chicken pieces, cooking until browned, about 5 minutes.
3. Add spice and tomato paste mixture, stirring until fragrant. Reduce heat to medium-low and stir in yogurt. Simmer about 5 minutes.

*Recipe continued on next card.*

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### Tikka Masala Pizzas (cont.)



#### INSTRUCTIONS

4. Preheat oven to 350°. Line a large baking sheet with parchment.
5. Assemble pizzas: divide chicken tikka masala over each naan bread. Top each pizza with tomato halves, then cheese.
6. Bake for 15 minutes, or until cheese is bubbling.
7. Garnish pizzas with cilantro or parsley.

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## PERSONAL NOTES

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