



30 MINUTE DINNERS

BEEF MEAL PLAN 4

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!

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THE MEAL PLAN

Meal 1: Cheeseburger Salad // Creamy Mashed Cauliflower

Suggested Side: Olives + Pickles

Meal 2: Spicy Ground Beef Tacos // Quinoa

Suggested Side: Corn

Meal 3: Asian Ground Beef Bowl // Cauliflower Rice

Suggested: Stir Fry Vegetables

Meal 4: Corn Tostadas // Quinoa

Suggested Side: Bell Peppers

Optional Protein: Ground Meat

Meal 5: Turkish Lentil Salad

Suggested Side: Cauliflower Rice

Optional Protein: Fried Eggs

*Important! Before you start, make sure you have read the “**Before You Begin Guide**” so you understand how to properly use these meal plans.*



SHOPPING LIST

Meal 1: Cheeseburger Salad // Mashed Cauliflower (Suggested Side: Olives + Pickles)

Meal 2: Spicy Ground Beef Tacos // Quinoa (Suggested Side: Corn)

Meal 3: Asian Ground Beef Bowl // Cauliflower Rice (Suggested Side: Stir Fry Vegetables)

Meal 4: Corn Tostadas // Quinoa (Suggested Side Dish: Bell Peppers // Optional Protein: Ground Meat)

Meal 5: Turkish Lentil Salad (Suggested Side: Cauliflower Rice // Optional Protein: Fried Eggs)

Pantry

- | | | |
|---|---|---|
| <input type="checkbox"/> coconut milk (15 oz), 1 can | <input type="checkbox"/> pinto beans (15 oz)*, 1 can | <input type="checkbox"/> mayonnaise*, 1/4 cup |
| <input type="checkbox"/> Thousand Island Dressing | <input type="checkbox"/> beef broth*, 1/4 cup | <input type="checkbox"/> tostada shells*, 12 |
| <input type="checkbox"/> quinoa, 2 cups | <input type="checkbox"/> teriyaki sauce, 2 Tbsp | <input type="checkbox"/> lentils (15 oz)*, 2 can |
| <input type="checkbox"/> olive oil, 2 Tbsp + 1 Tbsp + 4 Tbsp (7 Tbsp total) | <input type="checkbox"/> sesame oil, 1 tsp | <input type="checkbox"/> vinegar (any type), 3 Tbsp |
| <input type="checkbox"/> chipotle peppers (!), 2 | <input type="checkbox"/> refried beans (15 oz)*, 2 cans | <input type="checkbox"/> mustard, 3 Tbsp |
| <input type="checkbox"/> adobo sauce, 1/4 tsp | <input type="checkbox"/> corn (15 oz), 1 can | <input type="checkbox"/> maple syrup, 2 tsp |

Produce

- | | | |
|---|---|---|
| <input type="checkbox"/> garlic, 3 cloves + 1 clove + 4 cloves (8 cloves total) | <input type="checkbox"/> pico de gallo, 8 oz | <input type="checkbox"/> lime, 1/2 |
| <input type="checkbox"/> lettuce, 1 head | <input type="checkbox"/> green onion, 1 Tbsp | <input type="checkbox"/> parsley (fresh), 1 bunch |
| <input type="checkbox"/> cherry tomatoes, 1 cup | <input type="checkbox"/> red onion, 1/2 + 1/2 (1 total) | <input type="checkbox"/> spinach, 5 oz |
| <input type="checkbox"/> onion, 1/2 + 1/2 (1 total) | <input type="checkbox"/> cilantro, 1 bunch | <input type="checkbox"/> bell peppers (any type), 4 |
| <input type="checkbox"/> cabbage or lettuce, 1 head | | |

Cold Case

- cauliflower florets (12 oz frozen), 1 bag
- butter, 2 Tbsp
- cauliflower rice (12 oz frozen), 2 bags

Meat

- ground beef, 1 lb + 1 lb + 1 lb (3 lbs total)

Spices

- salt (all meals)
- pepper (all meals)
- dried parsley
- cumin
- red pepper flakes (!) (meal 2 + meal 3)
- ginger
- sesame seeds
- chili powder (!)

Optional Toppings

- bacon
- eggs
- avocado
- shredded cheese
- sour cream
- green onion
- cotija cheese

Suggested Sides

- black olives
- pickles
- corn, 1 can
- stir fry vegetables (16 oz frozen), 1 bag
- bell peppers (16 oz frozen), 1 bag
- cumin
- salt
- olive oil
- cauliflower rice (16 oz frozen), 1 bag
- olive oil

Optional Protein

- ground meat (turkey or pork), 1 lb
- eggs

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 in the Resources section on CrumbsUniversity.com.



WEEKLY MEAL PREP: OVERVIEW

Meal 1: Cheeseburger Salad // Creamy Mashed Cauliflower

- Cook the beef.

15 minutes

- Cook the cauliflower.

20 minutes

Meal 2: Spicy Ground Beef Tacos // Quinoa

- Cook the quinoa.

20 minutes

- Cook the beef (above).

Meal 3: Asian Ground Beef Bowl

- Cook the beef (above).

Meal 4: Corn Tostadas // Quinoa

- Cook the quinoa (above).

Meal 5: Turkish Lentil Salad

- Combine the dressing.

2 minutes

- Chop the vegetables.

5 minutes



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Beef

- 1-2 Tbsp olive oil
- 3 lbs ground beef

Quinoa

- 2 cups quinoa
- 2 cups water or broth (4 if doing stove-top)

Mashed Cauliflower

- 1 (16 oz) bag frozen whole cauliflower
- Water

Turkish Lentil Dressing

- 3 Tbsp vinegar
- 4 Tbsp olive oil
- 3 Tbsp mustard
- 2 tsp maple syrup
- salt and pepper

Vegetables

- 4 bell peppers
- 1 large white onion
- 1 red onion
- 8 cloves garlic

Supplies

- Large skillet
- Jar with lid
- Pot or Instant Pot
- Cutting board and a sharp knife
- Medium saucepan

Step 1: Add 1-2 Tbsp olive oil to a large cast iron skillet over medium high heat. Brown all three pounds of ground beef at once. Break apart once it's in the pan. Once cooked, separate the ground beef into three equal portions.

Step 2: Make your 2 cups of quinoa.

If using the Instant Pot, add 2 cups of water and 2 cups of quinoa and set on manual for 1 minute. Quick release when it goes off.

If cooking on the stovetop, boil 4 cups of broth or water on high. When it is boiling add 2 cups of quinoa and cover. Set a timer for 15 minutes!

Step 3: Cook your cauliflower for Creamy Mashed Cauliflower. Boil water and add your 16 oz bag of frozen cauliflower florets when the water comes to a boil. Set a timer for 12 minutes to cook until the cauliflower is fork-tender. Add additional water, if necessary, so the cauliflower is completely submerged. Drain the cauliflower when it is soft.

Step 4: While the water boils, make the Turkish Lentil Salad dressing. In a jar with a lid, combine 3 Tbsp vinegar, 4 Tbsp olive oil, 3 Tbsp mustard, 2 tsp maple syrup, salt and pepper, and shake.

Step 5: Prep the Vegetables:

Bell peppers

- Mince 4 various colored bell peppers for Turkish Lentil Salad

What to chop last:

Red onion

- Mince ½ red onion for Corn Tostadas
- Dice ½ red onion for Turkish Lentil Salad

Onion

- Slice ½ onion for Spicy Ground Beef Tacos
- Slice ½ onion for Asian Ground Beef Bowl

Garlic

- Mince 1 clove for Spicy Ground Beef Tacos
- Mince 4 cloves for Asian Ground Beef Bowl
- Mine 3 cloves for Creamy Mashed Cauliflower

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

How to Store Your Meal Prep

Meal 1: Cheeseburger Salad // Creamy Mashed Cauliflower

- 1 lb ground beef
- Cooked cauliflower + 3 cloves garlic

Meal 2: Spicy Ground Beef Tacos // Quinoa

- 1 lb ground beef
- 2 cups cooked quinoa
- ½ onion + 1 clove garlic

Meal 3: Asian Ground Beef Bowl

- 1 lb ground beef
- ½ onion + 4 cloves of garlic

Meal 4: Corn Tostadas // Quinoa

- 2 cups cooked quinoa
- ½ red onion

Meal 5: Turkish Lentil Salad

- Dressing
- 4 bell peppers
- ½ red onion



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Cheeseburger Salad // Creamy Mashed Cauliflower

- Use an immersion blender or hand mixer to mash your cauliflower.
- Use your electric kettle to expedite boiling water by filling the pot on the stove to only 1 inch and boiling the rest in the electric kettle.

Meal 2: Spicy Ground Beef Tacos // Quinoa

- Use an Instant Pot to cook the quinoa.

Meal 3: Asian Ground Beef Bowl

- N/A

Meal 4: Corn Tostadas // Quinoa

- Use an Instant Pot to cook the quinoa (above).

Meal 5: Turkish Lentil Salad

- N/A



STEP-BY-STEP: MEAL 1

Cheeseburger Salad // Creamy Mashed Cauliflower

Suggested Side: Olives + Pickles

Enjoy pickles on the side of your Cheeseburger Salad or a can of black olives. These salty side options are really satisfying!

Mise en Place

Ground Beef

- ✓ 3 lbs ground beef OR reserved 1 lb cooked (triple batch for meals 1, 2, + 3)

Mashed Cauliflower

- ✓ 1 (12 oz) bag frozen cauliflower florets
- ✓ 3 cloves garlic
- 1 (16 oz) can of coconut milk, refrigerated overnight
- 2 Tbsp butter
- 1 tsp salt
- 1/2 tsp pepper
- 2 tsp dried parsley

Cheeseburger Salads

- 8 cups lettuce (Romaine, Bibb, or green leaf)
- 1 cup cherry tomatoes, sliced
- ✓ 1/2 onions, diced or sliced
- pinch of salt
- 2 Tbsp Thousand Island Dressing

Optional Toppings

- Crumbled bacon
- Fried eggs
- Avocado
- Shredded cheese

Suggested Side

- Black Olives
- Pickles

Supplies

- Medium saucepan
- Strainer
- Large skillet
- Cutting board and a sharp knife

Step 0: Place your can of coconut milk in the fridge the night before to make it more creamy. (This can also be done when you bring it home from the grocery store.)

Step 1: Fill a medium saucepan halfway with water and bring to a boil to cook your cauliflower.

Tip: If you have an electric kettle, you can expedite this process by only filling the pot to an inch of water and then using your electric kettle to boil the rest of the water faster.

Step 2: Heat 1-2 Tbsp olive oil in a large skillet over medium high heat. Brown 3 lbs ground beef in the hot oil. Be sure to break up large chunks and stir.

OR if you prepped your ground beef, heat 1 lb of cooked ground beef in a skillet over low heat. You may need to add a little water if it starts to dry out.

Step 3: Mince your 3 cloves of garlic.

Step 4: When the water comes to a boil, add cauliflower florets and garlic. Set a timer for 12 minutes or until the cauliflower is fork-tender. Add additional water, if necessary, so the cauliflower is completely submerged.

Step 5: While the cauliflower boils and the ground beef browns, prep the cheeseburger salad. In 4 serving bowls, chop and add 2-3 cups of any lettuce.

Step 6: Add 1/4 cup sliced cherry tomatoes, 1/4 cup shredded cheddar cheese, 1 Tbsp diced or sliced white or red onion, to each bowl.

Tip: Put your cherry tomatoes between 2 plates to slice them all at once.

Step 7: Once the cauliflower is fork tender, drain into a strainer and set aside.

Step 8: Pull the coconut milk from the refrigerator and turn it upside down. Do not shake it! Use a can opener to open the can and pour out the clear water from the can. If there isn't clear liquid, use a spoon to scoop out the firmest chunks inside that are floating.

Step 9: In the same pot you used for the cauliflower, melt 2 Tbsp butter and the solid coconut milk with the 1 tsp salt, ½ tsp pepper and 2 tsp parsley.

Step 10: Add the drained cauliflower and minced garlic to the pot and using an immersion blender, pulse until it's reached your desired consistency. Alternatively, use a potato masher. Cover to keep warm while you finish the other food.

Step 11: When the 3 lbs of ground beef is finished cooking, divide into three portions. You need 1 lb for this meal, 1 lb for meal 2, and 1 lb for meal 3.

Step 12: Add 1/4 of the browned ground beef for tonight's meal on top of the lettuce in each bowl.

Step 13: Add as many pickle slices and olives as you'd like, a sprinkle of salt, and dress with Thousand Island Dressing. If desired, add these additional optional Cheeseburger Salad toppings: sliced avocado, a fried egg, or crumbled bacon.

Step 14: Serve your Cheeseburger Salad with Creamy Mashed Cauliflower on the side.



STEP-BY-STEP: MEAL 2

Spicy Ground Beef Tacos // Quinoa

Suggested Side: Corn

Mix in a can of corn to this dish to make it more filling and maybe get some leftovers!

Mise en Place

Quinoa

- ✓ 2 cups quinoa (doubled batch for Meal 4)
- ✓ 2 cups water or broth (4 cups if cooking on stovetop)

Tacos

- 1 Tbsp olive oil
 - ✓ ½ onion, chopped
 - 1 garlic clove, minced
 - 1-2 chipotle peppers (!)
 - ¼ tsp adobo sauce
 - 1/2 tsp ground cumin
 - Pinch of red pepper flakes (!)
 - Pinch of salt
 - 1 (15 oz) can pinto beans
 - ✓ Reserved 1 lb ground beef, cooked
 - 1 head green cabbage or 1 head Romaine
- Note: If you have picky eaters, go with the romaine. It's milder than the cabbage.*
- 8 oz pico de gallo

Optional Topping

- Sour cream
- Green onion

Suggested Side

- 1 (15 oz) can corn

Supplies

- Instant Pot or medium saucepan
- Large pan
- Cutting board and a sharp knife

Step 1: Make your 2 cups of quinoa.

If using the Instant Pot, add 2 cups of water and 2 cups of quinoa and set on manual for 1 minute. Quick release when it goes off.

If cooking on the stovetop, boil 4 cups of broth or water on high. When it is boiling add 2 cups of quinoa and cover. Set a timer for 15 minutes!

Step 2: Turn a large pan to medium and add 1 Tbsp olive oil. Chop your onion into slices and mince your clove of garlic. Immediately add to a large pan to saute.

If desired, drain, rinse, and add 1 can of corn for the suggested side dish into the large pan.

Step 3: Add 1-2 chipotle peppers with about 1/4 tsp of the adobo sauce. Add 1/2 tsp ground cumin, a dash of red pepper flakes (if desired), and a pinch of salt. Drain and rinse 1 can of pinto beans and add to warm. Warm reserved ground beef on top.

Step 4: While the beef is cooking, get your “taco shells” ready. Peel apart green cabbage or romaine lettuce leaves.

Step 5: Pile about 1/3 -1/2 cup of warmed ingredients in each lettuce cup. Less is more! (They’re easier to eat and they don’t fall apart when they are less full.)

Step 6: Top with 1 Tbsp pico de gallo each. If desired, top with sour cream or green onion. Serve with 2 cups cooked quinoa on the side (and reserved the other half for Meal 4).

Step 7: Place your bag of cauliflower rice and suggested side dish of stir fry vegetables in the fridge to defrost for Meal 3.



STEP-BY-STEP: MEAL 3

Asian Ground Beef Bowl // Cauliflower Rice

Suggested Side Dish: Frozen Stir Fry Vegetables

To beef up this dish, add a frozen bag of stir fry vegetables.

Mise en Place

Cauliflower Rice

- 1 Tbsp olive oil
- 24 oz frozen cauliflower rice

Ground Beef Bowl

- ✓ 1/2 onion
- ✓ 4 cloves garlic
- ✓ 1 lb reserved ground beef, cooked
- 1/4 cup beef bone broth
- 2 Tbsp Teriyaki sauce
- 1 tsp sesame oil
- 1/2 tsp ground ginger
- 1/4 tsp red pepper flakes (!)
- 1 tsp salt
- 1/2 tsp sesame seeds
- 1 Tbsp green onions, chopped

Suggested Side

- 16 oz frozen stir fry vegetables

Supplies

- Saucepan
- Cutting board and a sharp knife
- Medium skillet

Step 0: Put your cauliflower rice in the fridge the night before to defrost.

Step 1: Heat 1 Tbsp olive oil in a medium saucepan. Then, cut open your defrosted cauliflower rice and squeeze out any water into the sink while holding the top. Add to the pan. If desired, add your bag of stir fry vegetables to saute. Set a timer for 15 minutes.

Note: If you forgot to defrost your cauliflower, do not fret! It will take it about 5 minute longer to cook. Start it on medium to defrost it. Once the pieces are soft, turn it up to medium high to cook the water out.

Tip: Experiment with covering pots with a lid, both sealed and cracked askew. In general it will help your food cook faster. Results vary on each recipe, but you might find it works well for something you cook often.

Step 2: Chop your onion and mince your 4 cloves of garlic. Heat on medium in a skillet. Reheat ground beef in this pan when onions start to soften.

Step 3: Then, add 1/4 cup beef bone broth, 2 Tbsp Teriyaki Sauce, 1 tsp sesame oil, 1/2 tsp ground ginger, and 1/4 tsp red pepper flakes to the meat. Stir well, and allow to simmer for 3-5 minutes or until the liquid evaporates.

Step 4: When the cauliflower rice timer goes off, stir it well and determine if it needs about 5 (or 10 more minutes if you started with frozen) to saute. Set a timer again.

Step 5: If desired, chop green onions for garnish.

Step 6: Serve the Asian Ground Beef on top of cooked cauliflower rice and stir fry vegetables if desired. Garnish with sesame seeds and chopped green onions.



STEP-BY-STEP: MEAL 4

Corn Tostadas // Quinoa

Suggested Side Dish: Bell Peppers

It's quick and easy to saute a bag of frozen bell peppers or fajita veggies (which typically include onion) to this tasty meal.

Optional Protein: Ground Meat

Beef up your corn tostadas with 1 lb of ground turkey or ground pork.

Mise en Place

Tostadas

- 2 (15 oz) cans refried beans
- 1 (15 oz) can whole kernel corn, drained
- 1/4 cup mayonnaise
- ✓ 1/2 red onion
- 1 bunch chopped cilantro
- Juice of half a lime
- 1 tsp salt
- 12 tostadas*
- 1 tsp chili powder (!)

Optional Topping

- 4 Tbsp cotija cheese, divided

Suggested Side

- 1 (16 oz) bag frozen bell peppers
- 1 Tbsp cumin
- salt
- 1 Tbsp olive oil

Optional Protein

- 1 lb ground meat (turkey or pork)
- 1 Tbsp olive oil

Supplies

- Saucepan
- Large bowl
- Skillet

Step 1: Put 2 cans of refried beans into a small saucepan on the stove to warm on low.

Step 2: If desired, cook optional 1 lb of ground meat on medium heat. Break down any big chunks until the pink disappears.

Step 3: If desired, saute frozen bell peppers in a skillet on medium high heat in 1 Tbsp olive oil. Add 1 Tbsp cumin and a dash of salt.

Step 4: If desired, reheat your quinoa from Meal 2 in a small saucepan with $\frac{1}{4}$ cup of water. (Quinoa tastes great cold too!)

Step 5: Mince 1 small red onion. Chop your cilantro.

Step 6: In a large bowl, add 1 drained can of corn, $\frac{1}{4}$ cup mayonnaise, minced red onion, chopped cilantro, juice of $\frac{1}{2}$ lime, 1 tsp salt and, if desired, 2 Tbsp of cotija cheese.

Step 7: Mix together with a spoon until the corn is evenly coated with all the ingredients. Set aside.

Stir your bell peppers.

Step 8: To assemble, spread about 3-4 Tbsp of refried beans onto each tostada and top with a scoop or two of the street corn mixture. Sprinkle with some cotija cheese if desired and a dash of chili powder. Serve with quinoa on the side and suggested side of sauteed bell peppers, if desired.



STEP-BY-STEP: MEAL 5

Turkish Lentil Salad

Suggested Side: Cauliflower Rice

Add another bag of cauliflower rice to your shopping cart so you can make more food for this meal.

Optional Protein: Fried Eggs

It's fast to fry some eggs to add extra protein to this vegetarian meal.

Mise en Place

Turkish Lentil Salad

- 2 (15 oz) cans lentils
 - ½ red onions
 - 1 bunch fresh parsley
 - 5 oz spinach
 - 4 Tbsp olive oil
 - 3 Tbsp vinegar (choose your favourite, all go well!)
 - 3 Tbsp mustard
 - 2 tsp maple syrup
 - 4 bell pepper, red, yellow, orange, and/or green
- Tip: If not every color is available in your area, limit to only 1 green. It's the least sweet of the bell peppers when uncooked.*
- Salt and pepper to taste

Suggested Side

- 16 oz bag frozen cauliflower rice
- 1 Tbsp olive oil

Optional Protein

- eggs
- salt
- 2 Tbsp olive oil

Supplies

- Large salad bowl
- Cutting board and a sharp knife
- Small bowl
- Pan
- Skillet

Step 1: If desired, saute the suggested side of cauliflower rice in a pan with 1 Tbsp olive oil and cover.

Step 2: Dice up the onion and cut the bell pepper into small pieces. Add both to a big salad bowl.

Step 3: Drain and rinse the lentils and add to the bowl along with onion and bell pepper. Mix in the lentils.

Stir the cauliflower rice.

Step 4: Add 5 oz of spinach. Rip up the parsley and add it to the bowl as well.

Step 5: Fry as many eggs as desired in 2 Tbsp of olive oil in a skillet. Sprinkle with 1/2 tsp salt per egg.

Step 6: Combine and add 3 Tbsp vinegar, 4 Tbsp olive oil, 3 Tbsp mustard, 2 tsp maple syrup, salt and pepper in a small bowl. Stir into the salad.

Step 7: Serve lentils and spinach on top of cauliflower rice and top with fried eggs, if desired.



RECIPE CARDS

Meal 1 Recipes

Cheeseburger Salad



Recipe inspired by Mark's Daily Apple.

INGREDIENTS

3 cups lettuce
1/2 cup browned grass-fed ground beef
1/4 cup cherry tomatoes, sliced
1/4 cup cheddar cheese, shredded
1 Tbsp onions, diced or sliced
Pickle slices
Pinch of salt

2 Tbsp Primal Kitchen Thousand Island Dressing
Optional additional toppings:
Crumbled bacon
Fried egg
Avocado slices or guacamole

INSTRUCTIONS

1. In a large bowl, add 3 cups of any lettuce mix you'd like (Bibb, romaine, butter, or green leaf work well in this salad).
2. Add browned ground beef on top of the lettuce.
3. Add 1/4 cup sliced cherry tomatoes, 1/4 cup shredded cheddar cheese, 1 Tbsp diced or sliced white or red onion, as many pickle slices as you'd like, a sprinkle of salt, and dress with Primal Kitchen Thousand Island Dressing.
4. Additional optional Cheeseburger Salad toppings: sliced avocado or 2 Tbsp guacamole, a fried egg, crumbled bacon, etc.

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Mashed Cauliflower



Find the original recipe here.

INGREDIENTS

1 head of cauliflower, cut into florets (or the equivalent of frozen florets, about 4 cups)	2 Tbsp butter (or ghee)
3 cloves garlic, quartered	1 tsp salt
1 can of coconut milk, refrigerated overnight	1/2 tsp pepper
	2 tsp dried parsley

INSTRUCTIONS

1. Fill a large stock pot halfway with water and bring to a boil.
2. Add cauliflower florets and garlic and boil until the cauliflower is fork-tender, about 10-15 min. Add additional water, if necessary, so the cauliflower is completely submerged. Drain the cauliflower.
3. Pull the coconut milk from the refrigerator and turn it upside down. Use a can opener to open the can and pour out the clear water from the can. **IMPORTANT:** If your liquid is not clear, the coconut did not solidify properly. Either it wasn't refrigerated long enough, or your coconut milk didn't contain coconut, or you have a bad can (please see the post for additional information on this and the notes section to fix the recipe).
4. In the same pot, melt the butter (or ghee) and the solid coconut milk with the salt, pepper and parsley. Add the drained cauliflower and garlic to the pot and using an immersion blender, pulse until it's reached your desired consistency. Serve warm.

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Meal 2 Recipes

Spicy Ground Beef Tacos



Recipe inspired.

INGREDIENTS

1 Tbsp Primal Kitchen Avocado Oil or olive oil	Pinch of red pepper flakes
1 pound grass-fed ground beef	Pinch of salt
1-2 chipotle peppers	1/4 cup chopped onion
1/4 tsp adobo sauce	1 garlic clove, minced
1/2 tsp ground cumin	

INSTRUCTIONS

1. Add 1 pound of browned ground beef to a skillet over medium-high heat. Add 1-2 chipotle peppers with about 1/4 tsp of the adobo sauce. Add 1/2 tsp ground cumin, a dash of red pepper flakes (if desired), and a pinch of salt.
2. Stir together and make a little well in the middle of the skillet. To the well, add 1/4 cup chopped onion and 1 clove of minced garlic. Cook for about 5-7 minutes.
3. When the beef is finished cooking, get your “taco shells” ready. We used green cabbage leaves, but you could use any sturdy green like kale, chard, or romaine lettuce.
4. Pile about 1/2 cup of the browned ground beef in each cup. Top with guacamole or avocado slices, a sprinkle of green onion, and 1 Tbsp pico de gallo.
5. If you’re not dairy-free, you could also add a bit of shredded cheese or sour cream to each cup.

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Meal 3 Recipes

Asian Ground Beef Bowls



Recipe inspired.

INGREDIENTS

1 Tbsp Primal Kitchen Avocado Oil or olive oil	1/2 tsp ground ginger
1 pound grass-fed ground beef	1/4 tsp red pepper flakes
1/4 cup onion, chopped	1 package cauliflower rice, cooked
4 cloves garlic, minced	Salt to taste
1/4 cup beef bone broth	1/2 tsp sesame seeds, toasted
2 Tbsp Primal Kitchen No-Soy Teriyaki Sauce	1 Tbsp green onions, chopped
1 tsp sesame oil	

INSTRUCTIONS

1. To the ground beef remaining in the skillet, add 1/2 onion, and 4 cloves minced garlic. Cook for about 2 minutes, or until the garlic is fragrant.
2. Add 1/4 cup beef bone broth. Add 2 Tbsp Primal Kitchen No-Soy Teriyaki Sauce, 1 tsp sesame oil, 1/2 tsp ground ginger, and 1/4 tsp red pepper flakes. Stir well, and allow to simmer for 3-5 minutes or until the liquid evaporates.
3. Meanwhile, in a separate skillet over medium-high heat, add 1 Tbsp avocado or olive oil, and 1 package or 1 head of fresh or frozen riced cauliflower. Cook, stirring frequently, until cauliflower is softened, about 5-6 minutes. Season with salt as desired.
4. Serve the Keto Asian Ground Beef on top of cooked cauliflower rice.

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Meal 4 Recipes

Corn Tostadas



Recipe inspired by Isabel Eats.

INGREDIENTS

1 15-ounce can whole kernel corn, drained	1/4 tsp salt
1/4 cup mayonnaise	2 Tbsp cotija cheese, plus more for topping
1/4 cup finely chopped red onion	1 15-ounce can refried beans
1/3 cup finely chopped cilantro	8 tostada shells, store-bought or homemade
Juice of half a lime	chili powder to season for topping, optional

INSTRUCTIONS

1. In a large bowl, add corn, mayonnaise, red onion, cilantro, lime juice, salt and 2 Tbsp of cotija cheese.
2. Mix together with a spoon until the corn is evenly coated with all the ingredients. Set aside.
3. Heat up the refried beans in a glass dish in the microwave for about 2 to 3 minutes, or until fully heated through.
4. To assemble, spread about 3 to 4 Tbsp of refried beans onto each tostada and top with a scoop or two of the street corn mixture.
5. Sprinkle with some cotija cheese and a dash of chili powder.

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Homemade Tostada Shells



Recipe inspired by Mexican Please.

INGREDIENTS

6 corn tortillas	salt (optional)
6 Tbsp olive oil	

INSTRUCTIONS

6. Preheat the oven to 350F.
7. Spread out the corn tortillas on a baking sheet. Drizzle some oil across the tortillas and use your fingers to spread it around, creating a thin layer. Do the same on the second side. I usually eyeball the amount of oil, but a heaping teaspoon is usually enough to coat both sides of all six tortillas.
8. Bake the first side in the oven for 4 minutes. Flip the tortillas and bake for an additional 4 minutes or until they are turning golden brown. If using thicker tortillas they will probably need to bake for an additional 1-2 minutes per side.
9. Serve immediately.

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Meal 5 Recipes

Turkish Lentil Salad



Recipe inspired by Hurry the Food Up.

INGREDIENTS

3 cup brown lentils, cooked	well!)
2 red onion	3 Tbsp mustard
2 handful parsley, fresh (dried will work in a push)	2 tsp maple syrup (or honey for non-vegans)
4 Tbsp olive oil	4 bell pepper, red (green and red)
3 Tbsp vinegar (choose your favourite, all go	salt and pepper to taste

INSTRUCTIONS

1. Dice up the onion and cut the bell pepper into small pieces. Add both to a salad bowl.
2. Mix in the lentils (previously drained and rinsed; if you use dry lentils, cook according to package instructions first).
3. Rip up the parsley and add it to the bowl as well
4. Now in with the vinegar, olive oil, mustard, maple syrup, salt and pepper and stir it all nicely.

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PERSONAL NOTES
