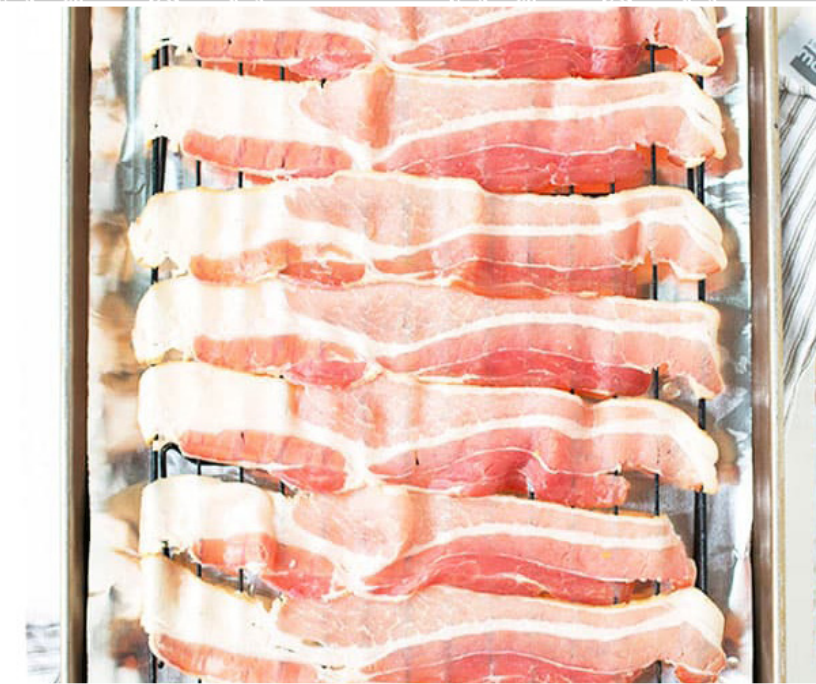




# 30 MINUTE DINNERS

## FISH AND PORK MEAL PLAN 1

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



All Contents Copyright © 2021 by Tiffany Terczak | Crumbs Media, LLC

All Rights Reserved

I am not a doctor, nor have I ever claimed to be, and the information in this book is not intended to diagnose, treat, cure, or prevent any disease. Also, while I have the utmost respect for our government authorities, sometimes the FDA and I don't see eye-to-eye on food and other health issues. Therefore, I have not submitted any statements or claims made in this book about the possible health effects of foods or supplements to the FDA or any other government association.

Although in electronic form, an eBook is meant to be the personal property of you, the purchaser. My team and I worked insanely hard on this eBook, and are continuously trying to make real food and natural living on a budget as easy as possible for you, so we kindly request that no part of this book be reproduced or redistributed in any manner, in any form whatsoever (electronic, photocopying, recording or otherwise) without prior written permission. Also, please don't forward the entire book to another person. It is a violation of copyright and purchase agreement to do any and/or all of the above. The only exception is in the case of a brief quotation, embodied in critical articles or review.

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.

# CONTENTS

<b>The Meal Plan</b> .....	<b>1</b>
<b>Weekly Meal Prep: Overview</b> .....	<b>4</b>
<b>Weekly Meal Prep: Step-by-Step</b> .....	<b>6</b>
How to Store Your Meal Prep.....	11
<b>Maximizing Kitchen Appliances</b> .....	<b>12</b>
<b>Step-by-Step: Meal 1</b> .....	<b>13</b>
BLT Salad // Sweet Potatoes Fries .....	13
<b>Step-by-Step: Meal 2</b> .....	<b>16</b>
White Fish Stew .....	16
<b>Step-by-Step: Meal 3</b> .....	<b>19</b>
Southwestern Corn + Black Beans .....	19
<b>Step-by-Step: Meal 4</b> .....	<b>22</b>
Salmon Piccata // Buttered Peas .....	22
<b>Step-by-Step: Meal 5</b> .....	<b>24</b>
Wedge Salad // Homemade Ranch Dressing .....	24
<b>Recipe Cards</b> .....	<b>27</b>
Meal 1 Recipes .....	27
Meal 2 Recipes.....	29
Meal 3 Recipes.....	31
Meal 4 Recipes .....	33
Meal 5 Recipes.....	34
<b>Personal Notes</b> .....	<b>35</b>



## THE MEAL PLAN

**Meal 1: BLT Salad // Sweet Potato Fries**

*Suggested Side: Pasta*

**Meal 2: White Fish Stew**

*Suggested Side: Sweet Potato Biscuits*

**Meal 3: Southwestern Corn + Black Beans**

*Suggested Side: Lime Crema*

*Optional Protein: Homemade Fish Sticks*

**Meal 4: Salmon Piccata // Buttered Peas**

*Suggested Side: Carrots*

**Meal 5: Wedge Salad**

*Suggested Side: Sweet Potato Biscuits*

*Optional Protein: Bacon*

*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: BLT Salad // Sweet Potato Fries (Suggested Side: Pasta)**

**Meal 2: White Fish Stew (Suggested Side: Sweet Potato Biscuits)**

**Meal 3: Southwestern Corn + Black Beans (Suggested Side: Lime Crema // Optional Protein: Fish Sticks)**

**Meal 4: Salmon Piccata // Buttered Peas (Suggested Side: Carrots)**

**Meal 5: Wedge Salad (Suggested Side: Sweet Potato Biscuits // Optional Protein: Bacon)**

## Pantry

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> olive oil, 1/3 cup + 6 Tbsp + 2 Tbsp + 4 Tbsp (about 1 1/4 cups total) | <input type="checkbox"/> Tabasco sauce (!), 1/8 tsp   | <input type="checkbox"/> balsamic vinegar, 1 cup  |
| <input type="checkbox"/> cooking spray  | <input type="checkbox"/> black beans* (15 oz), 2 cans | <input type="checkbox"/> maple syrup, 1/2 cup     |
| <input type="checkbox"/> mayo*, 1 cup + 1 cup (2 cups total)                                    | <input type="checkbox"/> flour (all-purpose), 1/2 cup | <input type="checkbox"/> walnuts, 1 cup           |
| <input type="checkbox"/> tomatoes (whole or crushed 14 oz), 1 can                               | <input type="checkbox"/> chicken stock*, 1/2 cup      | <input type="checkbox"/> dried cranberries, 1 cup |
| <input type="checkbox"/> tomato paste, 2 tsp  | <input type="checkbox"/> lemon juice, 1/4 cup         | <input type="checkbox"/> red wine vinegar, 1 Tbsp |
| <input type="checkbox"/> clam juice, 8 oz   | <input type="checkbox"/> capers, 2 Tbsp               | <input type="checkbox"/> coconut cream, 1 Tbsp    |
| <input type="checkbox"/> dry white wine (or vinegar), 1/2 cup                                   |   |   |

## Produce

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> sweet potatoes, 6          | <input type="checkbox"/> onion, 1 + 1 (2 total)                                  | <input type="checkbox"/> bell pepper (any), 1       |
| <input type="checkbox"/> lettuce (Romaine), 2 heads | <input type="checkbox"/> garlic, 3 cloves + 3 cloves (6 cloves total)            | <input type="checkbox"/> lettuce (iceberg), 2 heads |
| <input type="checkbox"/> grape tomatoes, 1 pint     | <input type="checkbox"/> parsley (fresh), 2/3 cup + 2 Tbsp (about 3/4 cup total) | <input type="checkbox"/> red onion, 1               |

## Meat

- bacon, 1 lb
- white fish (halibut, cod, red snapper, or sea bass), 1 lb
- salmon filets, 4

## Cold Case

- corn (frozen), 16 oz bag
- peas (frozen), 16 oz bag
- milk (GF/DF), 3 tsp
- butter (GF/DF), 6 Tbsp

## Spices

- salt (all meals)
- pepper + meal 2 + meal 3
- oregano
- thyme (meal 2 + meal 5)
- red pepper flakes (!)
- dry minced onions, 5 Tbsp
- dried parsley, 2 Tbsp
- garlic powder, 1 Tbsp
- dill
- basil

## Optional Toppings

- shredded cheese
- blue cheese or gorgonzola, 6-8 oz

## Suggested Sides

- spiral pasta, 8 oz
- apple cider vinegar, 2 tsp
- milk, 2/3 cup
- flour (all-purpose), 4 cups
- baking powder, 2 Tbsp
- salt, 2 tsp
- butter, 12 Tbsp
- sour cream, 16 oz
- limes, 2 large
- garlic powder
- salt
- carrots (frozen), 16 oz bag

## Optional Protein

- cod filets, 1 lb
- flour (all-purpose) (GF/DF), 1 cup
- eggs, 4
- Panko bread crumbs (GF/DF), 2 1/2 cups
- ghee or avocado oil
- bacon, 1 lb

### Notes

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



# WEEKLY MEAL PREP: OVERVIEW

## Meal 1: BLT Salad // Sweet Potato Fries

- Make the Bacon.

*20 minutes*

- Make the Sweet Potato Fries.

*25 minutes*

- Prep the salad.

*2 minutes*

- Make the Pasta

*20 minutes.*

## Meal 2: White Fish Stew

- Chop the vegetables.

*2 minutes*

- Cook the sweet potato ends for the Sweet Potato Biscuits (above).

## Meal 3: Southwestern Corn + Black Beans

- Dice the vegetables for Southwestern Corn.

*2 minutes*

- Make the optional protein of fish sticks.

*30 minutes*

## Meal 4: Salmon Piccata // Buttered Peas

- N/A

## Meal 5: Wedge Salad

- Dice the onion.  
*1 minute*
- Chop the walnuts.  
*1 minute*
- Combine the dry ranch seasoning.  
*2 minutes*
- Cook the sweet potato ends for the Sweet Potato Biscuits (above).





# WEEKLY MEAL PREP: STEP-BY-STEP

## Mise en Place

### Sweet Potato Fries

- 6 sweet potatoes
- 4 tsp kosher salt
- 1/3 cup olive oil
- 1 Tbsp ground black pepper
- cooking spray
- 1 lb bacon (*Or 2 lbs for Meal 5 optional protein*)
- 2 Tbsp oil
- 8 oz spiral pasta
- 1 cup walnuts

### Vegetables

- 4 cups chopped romaine lettuce (about 2 heads)
- 2 onions
- 1 pint grape tomatoes
- 1 red onion
- 1 bell pepper
- 6 cloves garlic

### Dry Ranch Seasoning

- 5 Tbsp minced onions
- 1 tsp dried dill
- 2 Tbsp dried parsley
- 1 tsp dried thyme
- 1 Tbsp garlic powder
- 1 tsp dried basil
- 4 tsp salt

### Suggested Side: Lime Crema

- 16 oz sour cream
- 1/2 tsp granulated garlic
- 2 big limes, about 2 1/4" diameter
- 1/2 tsp salt

### **Optional Protein: Fish Sticks**

- 1 pound cod filets (defrosted if frozen)
- 1 cup all-purpose flour (Can sub GF flour mix)
- 4 large eggs, beaten
- 1 heaping tsp sea salt
- 2 1/2 cups store-bought or homemade seasoned Panko bread crumbs
- melted ghee or avocado oil

## **Supplies**

- 2 Large baking sheets
- Large skillet
- Cutting board and a sharp knife
- Medium pot
- 2 Plates
- Jar with lid
- Strainer
- 2 Roasting pans with wire racks (optional)
- 3 Shallow bowls (optional)

**Step 1:** Preheat the oven to 425F.

**Step 2:** Wash and cut your sweet potatoes. Start by cutting off the ends so you have a flat surface to chop on. Cook the ends with the fries for Meal 2's suggested side of Sweet Potato Biscuits. Then, with the sweet potato upright, make 1/2" slices, keeping the sweet potato together. Then, turn it 90 degrees and cut again to make your fries.

**Step 3:** When you finish slicing the first three potatoes, spread them out on the baking sheet. Drizzle with about 2 Tbsp of olive oil and 1 tsp salt, 1/2 Tbsp pepper, and finish off with cooking spray. Place them in the oven on the rack that cooks slower (in most ovens it's the top). Then, repeat with the next three potatoes and place on the bottom rack. Set a timer for 10 minutes to stir and swap racks.

**Step 4:** Heat a large skillet on medium high. Separate out your bacon pieces and lay them flat in the pan and cover with a lid askew.

*Tip: Be sure to cook the bacon on your largest burner so that it cooks evenly. Putting a large pan on a small burner will make the centers cook faster than the edges.*

**Step 5:** If desired, start a medium pot of water to boil on high for your suggested side of pasta. When it boils, add the pasta and cook for 8-11 minutes. Set a timer!

**Step 6:** When the timer goes off, stir the sweet potato fries and swap oven racks. Then flip the bacon. Set the timer for 5 minutes to check on the bacon again. Set another timer for 10 minutes for the sweet potatoes.

**Step 7:** Make your Homemade Ranch Dressing dry seasoning by combining in a jar with a lid:

- 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 8:** Prep the Vegetables:

#### **Romaine**

- Chop 4 cups of romaine into 1-2" bite sized pieces for BLT Salad and place in a large bowl.

#### **Grape tomatoes**

- Slice in half for BLT Salad by placing them between 2 plates or lids.

#### **Bell Pepper**

- Slice 1 (any color) for Southwestern Corn.

#### **What to cut last:**

#### **Onion**

- Slice 1 for White Fish Stew.
- Slice 1 for Southwestern Corn.

## Red onion

- Dice 1 for your Wedge Salad.

## Garlic

- Mince 3 cloves for White Fish Stew.
- Mince 3 cloves for Southwestern Corn.

**Step 9:** On the same cutting board, chop your 1 cup of walnuts.

**Step 10:** When the pasta is done cooking, dump it through a strainer and add to a container to store in the fridge. Drizzle with 2 Tbsp olive oil to keep the pieces from sticking together.

**Step 11:** When the bacon is done cooking, hold it over the large bowl with tongs in one hand and use kitchen scissors in the other hand to cut it into chunks. Wait to add the 1 cup of mayo until you serve it. Let it cool and then add the chopped lettuce and tomato.

*Tip: Save the bacon grease in the pan by sticking it in the fridge and use it to cook breakfast tomorrow or saute some vegetables in it.*

**Step 12:** If desired, assemble your Lime Crema. Empty sour cream into a small bowl and set aside. Roll the limes on the counter for about a minute each to loosen up the juices.

Zest both limes, ensuring you are ONLY getting the green part of the peel and not the white part. Cut the limes through the middle (horizontal) and using a juicer, get all the juice out. Add all the zest, juice, ½ tsp granulated garlic and ½ tsp salt to the sour cream and whisk well to combine. Store leftover lime crema in the original sour cream container and label it!

**Step 13:** While the potatoes finish up, start your Homemade Fish Sticks, if desired. Turn the oven down to 400F.

**Step 14:** Meanwhile, prepare 2 roasting pans, each with a wire cooling rack placed inside so fish can cook on top of the rack, while any crumbs fall into the pan. Brush the racks lightly with melted ghee or avocado oil.

**Step 15:** Slice cod (on the same cutting board as your vegetables) into 25-30 thin strips (mine were about 1/2" wide and 3-4" long). Pat dry with paper towels if needed.

**Step 16:** Place flour, egg, and Panko crumbs each in their own shallow bowl. Working in batches, dredge the cod strips in flour (1st bowl), then coat with egg (2nd bowl), then cover in Panko crumbs (3rd bowl).

**Step 17:** Place breaded strips evenly around the wire racks inside the roasting pans.

**Step 18:** Pull the potatoes out of the oven when the timer goes off and sprinkle with 2 more tsp of salt before storing. If you have space, just cover with foil and place in the fridge to reheat for 5 minutes for Meal 1. If making the Sweet Potato Biscuits for Meals 2 and 5, remove the ends and enough fries to make 1 ½ cups of mashed sweet potatoes and store separately.

**Step 19:** Once all fish sticks are breaded and on racks, bake for 8 minutes. Set a timer! Continue with any tasks from above (or start on the dishes!)

**Step 20:** When the fish timer goes off, flip and bake on the other side for another 6 minutes. Set a timer!

**Step 21:** When the fish timer goes off, transfer to the broiler for about a minute (just until some of the crumbs begin turning a darker brown). Watch these very closely to prevent burning.

**Step 22:** Store leftover fish sticks in an airtight container in the fridge for up to a few days. To reheat, place on wire racks in a 350 degree oven for about 15 minutes.

## How to Store Your Meal Prep

### Meal 1: BLT Salad // Sweet Potato Fries

- Bacon, lettuce, + tomato
- Sweet Potato Fries
- Pasta

### Meal 2: White Fish Stew

- Onion + garlic
- Cooked sweet potato ends (add enough fries to make 1 1/2 cups mashed sweet potatoes)

### Meal 3: Southwestern Corn + Black Beans

- Onion, garlic, + bell pepper
- Fish Sticks

### Meal 4: Salmon Piccata // Buttered Peas

- N/A

### Meal 5: Wedge Salad

- Onion + walnuts
- Dry Ranch seasoning



## MAXIMIZING KITCHEN APPLIANCES

### Meal 1: BLT Salad // Sweet Potatoes Fries

- Saute your bacon in your Instant Pot. (The tall sides keep oil from splattering around your kitchen!)

### Meal 2: White Fish Stew

- N/A
- Note: Do not let this dish simmer because the fish will get very, very tough.

### Meal 3: Southwestern Corn + Black Beans

- Use a food processor to dice the vegetables.

### Meal 4: Salmon Piccata // Buttered Peas

- Steam your peas in the Instant Pot for 0 minutes on manual.

### Meal 5: Wedge Salad

- Use an immersion blender to mix your ranch dressing.
- Use your food processor to chop the walnuts.



# STEP-BY-STEP: MEAL 1

## BLT Salad // Sweet Potatoes Fries

### *Suggested Side: Pasta*

*Turn your BLT Salad into a Pasta Salad by serving it on top of spiral pasta!*

### Mise en Place

#### **Sweet Potato Fries**

- ✓ 6 sweet potatoes
- ✓ 4 tsp kosher salt
- ✓ 1/3 cup olive oil
- ✓ 1 Tbsp ground black pepper
- ✓ Cooking Spray

#### **BLT Salad**

- ✓ 1 lb bacon
- ✓ 4 cups chopped romaine lettuce (about 2 heads)
- 1 pint grape tomatoes
- 1 cup mayo

#### **Optional Toppings**

- shredded cheese

#### **Suggested Side**

- 8 oz spiral pasta

### Supplies

- 2 baking sheets
- Large skillet
- Medium pot
- Cutting board and a sharp knife



**Step 1:** Preheat the oven to 425F.

**Step 2:** Wash and cut your sweet potatoes. Start by cutting off the ends so you have a flat surface to chop on. (Cook the ends with the fries for Meal 2 + 5's suggested side of Sweet Potato Biscuits.) Then, with the sweet potato upright, make ½" slices, keeping the sweet potato together. Then, turn it 90 degrees and cut again to make your fries.

When you finish slicing the first three potatoes, spread them out on the baking sheet. Drizzle with about 2 Tbsp of olive oil and 1 tsp salt, ½ Tbsp pepper, and finish off with cooking spray. Place them in the oven on the rack that cooks slower (in most ovens it's the top). Then, repeat with the next three potatoes and place on the bottom rack. Set a timer for 10 minutes to stir and swap racks.

**Step 3:** Heat a large skillet on medium high. Separate out your bacon pieces and lay them flat in the pan and cover with a lid askew.

*Tip: Be sure to cook the bacon on your largest burner so that it cooks evenly. Putting a large pan on a small burner will make the centers cook faster than the edges.*

**Step 4:** If desired, start a medium pot of water to boil on high for your suggested side of pasta. When it boils, add the pasta and cook for 8-11 minutes. Set a timer!

**Step 5:** Meanwhile, chop your romaine into 1-2" bite size pieces and slice your tomatoes in half by placing them between 2 plates or lids. Place in the large bowl.

**Step 6:** When the timer goes off, stir the sweet potato fries and swap oven racks. Then flip the bacon. Set the timer for 5 minutes to check on the bacon again. Set another timer for 10 minutes for the sweet potatoes.

**Step 7:** Add 1 cup of mayo to the large bowl after you finish chopping the lettuce and tomato. When the bacon is done cooking, hold it over the bowl with tongs in one hand and use kitchen scissors in the other hand to cut it into chunks.

*Tip: Save the bacon grease in the pan by sticking it in the fridge and use it to cook breakfast tomorrow or saute some vegetables in it.*

**Step 8:** Pull the potatoes out of the oven when the timer goes off and sprinkle with 2 more tsp of salt before serving. They may need another 2-3 minutes depending on desired doneness. If making the Sweet Potato Biscuits for Meals 2 and 5, reserve ends and any extra fries to make about 1 ½ cups mashed sweet potatoes.

**Step 9:** Enjoy your BLT salad, over pasta if desired, and sweet potato fries on the side.



## STEP-BY-STEP: MEAL 2

### White Fish Stew

#### *Suggested Side: Sweet Potato Biscuits*

*Cook once, eat twice for your suggested side when you make a double batch of these biscuits today and eat the other half for Meal 5.*

### Mise en Place

#### Stew

- 6 Tbsp extra virgin olive oil
- 1 medium onion
- 3 large garlic cloves
- 2/3 cup fresh parsley, chopped
- 1 (14 oz) can of whole or crushed tomatoes with juices
- 2 tsp tomato paste
- 8 oz of clam juice (or stock)
- 1/2 cup dry white wine (vinegar)
- 1 pound white fish fillets (use a firm white fish such as halibut, cod, red snapper, or sea bass),
- Pinch of oregano
- Pinch of thyme
- 1/8 tsp Tabasco sauce (or more to taste) (!)
- 1/8 tsp freshly ground black pepper, plus more to taste
- 1 tsp salt, plus more to taste

#### ***Suggested Side: Sweet Potato Biscuits***

- 1 1/2 cup reserved mashed sweet potato
- 2 tsp apple cider vinegar
- 2/3 cup milk (I used almond milk)
- 4 cups all-purpose flour, plus more for dusting
- 2 Tbsp baking powder
- 2 tsp salt
- 12 Tbsp cold butter, cut into small pieces

## Supplies

- Small bowl (optional)
- Large bowl (optional)
- Biscuit cutter or mason jar (optional)
- Baking mat (optional)
- 2 Baking sheets (optional)
- Cutting board and a sharp knife
- Large pot

*Note: Steps 1-5 are optional if you are having the Suggested Side: Sweet Potato Biscuits. Feel free to skip to step 6 if you are omitting the biscuits.*

**Step 1:** Preheat the oven to 425F.

**Step 2:** Mash and whisk together the sweet potato, 2 tsp apple cider vinegar and  $\frac{2}{3}$  cup milk in a small bowl and place in the fridge.

*Tip: If you didn't make Meal 1 and don't have the sweet potato ends to mash, a can of pureed pumpkin is a great sub!*

**Step 3:** Meanwhile, combine 4 cups flour, 2 Tbsp baking powder, 2 tsp salt, and 12 Tbsp butter in a bowl of a stand mixer and using the paddle attachment, mix the fat into the flour until the largest pieces are no bigger than a pea. Alternatively, use your hands to mix the fat into the flour, taking care not to let the butter melt.

**Step 4:** Pull both the sweet potato and flour out of the fridge. Add the sweet potato to the flour and mix until the flour is just combined. The dough will be sticky. Liberally dust flour on your counter or on a silpat mat and turn out the dough onto the surface. Sprinkle the top with flour and gently shape into a square. Gently fold the dough over itself, pulling from the top and folding over to the bottom. Dust the top with flour and pat again into a square. Turn the dough  $\frac{1}{4}$  turn counter clockwise. Repeat this step until you've completed four folds.

*Tip: If the flour seems dry, sprinkle a little water on it! Leftover sweet potatoes can dry out in the fridge.*

**Step 5:** After you've done four folds, dust the top with flour and carefully press the dough down and out until it's about 1/2" thick. Using a biscuit cutter or a small jar (I used a pint-sized mason jar), cut out 11-13 biscuits. You may need to flour the rim of the jar in between each cut to prevent the dough from sticking to the jar. Place each biscuit onto a baking sheet about 1" apart. Bake for 13-16 minutes (mine took 15 minutes exactly), or until the tops are golden brown. Set a timer for 13 minutes! They may need an additional 2-3 minutes.

**Step 6:** Heat 6 Tbsp olive oil in a large pot over medium high heat. Slice 1 onion and add immediately. Then mince 3 garlic cloves and add. Cover it while you chop 2/3 cup parsley. Stir. Add 1 can of diced tomato and 2 tsp tomato paste, 1 tsp salt, 1/8 tsp pepper, pinch of oregano, pinch of thyme, and 1/8 tsp Tabasco(!).

*Tip: No need to wash your measuring spoon between the pepper and Tabasco sauce!*

**Step 7:** Meanwhile, chop your white fish into 2" pieces.

**Step 8:** Then, add 8 oz clam juice, 1/2 cup dry white wine (vinegar), and fish. Bring to a simmer and simmer until the fish is cooked through and easily flakes apart, about 3 to 5 minutes.

*Tip: Once the fish starts to flake, turn off the burner so that it doesn't get tough.*

**Step 9:** Reserve half of Sweet Potato Biscuits for Meal 5's suggested side in the fridge.

**Step 10:** Enjoy stew with biscuits on the side!

**Step 11:** Place your cod for Meal 3's optional protein in the fridge to defrost overnight.



## STEP-BY-STEP: MEAL 3

### Southwestern Corn + Black Beans

#### *Suggested Side: Lime Crema*

*A smooth lime flavored sour cream complements this crunchy main dish and is great for dipping your optional protein.*

#### *Optional Protein: Homemade Fish Sticks*

*These fish sticks are a great way to practice Cook Once, Eat Twice if you make a double batch of them.*

### Mise en Place

#### **Southwestern Corn**

- 2 Tbsp olive oil
- 3 garlic cloves
- 1 onion
- 1 bell pepper (any color)
- 16 oz frozen corn
- 1 tsp salt
- 1 tsp pepper
- ½ tsp red pepper flakes (!)
- 2 (15 oz) cans black beans

#### **Suggested Side: Lime Crema**

- 16 oz sour cream
- 2 big limes, about 2 1/4" diameter
- 1/2 tsp granulated garlic
- 1/2 tsp salt

#### **Optional Protein**

- 1 pound cod filets (defrosted if frozen)
- 1 cup all-purpose flour
- 4 large eggs, beaten
- 1 heaping tsp sea salt
- 2 1/2 cups Panko bread crumbs
- melted ghee or avocado oil

## Supplies

- 2 Roasting pans with wire racks (optional)
- Cutting boards and 2 sharp knives
- 3 Shallow bowls (optional)
- Large skillet
- Small Bowl (optional)
- Lime Juicer (optional)

*Note: Steps 0-6 are optional if you are having the Suggested Side: Homemade Fish Sticks. Feel free to skip to step 7 and any remaining fish stick instructions if you omit.*

**Step 0:** Place your cod in the fridge to defrost the night before or the morning of.

**Step 1:** Preheat the oven to 400 degrees.

**Step 2:** Prepare 2 roasting pans, each with a wire cooling rack placed inside so fish can cook on top of the rack, while any crumbs fall into the pan. Brush the racks lightly with melted ghee or avocado oil.

**Step 3:** Slice cod into 25-30 thin strips (mine were about 1/2" wide and 3-4" long). Pat dry with paper towels if needed.

**Step 4:** Working in batches, dredge the cod strips in flour (1st bowl), then coat with egg (2nd bowl), then cover in Panko crumbs (3rd bowl).

**Step 5:** Place breaded strips evenly around the wire racks inside the roasting pans.

**Step 6:** Once all are breaded and on racks, bake for 8 minutes. Set a timer!

**Step 7:** In a large skillet heat 2 Tbsp olive oil.

**Step 8:** On a different cutting board (or if your cutting board doesn't have feet, simply flip it over (just remember to clean the counter afterwards) dice  $\frac{1}{2}$  onion and add to the pan. Then mince garlic and add it. Dice and add pepper.

**Step 9:** When the fish timer goes off, flip and bake on the other side for another 6 minutes. Set a timer!

**Step 10:** Add corn to the skillet and continue to cook. Drain and rinse the 2 cans of black beans, then add to the skillet.

**Step 11:** When the fish timer goes off, transfer to the broiler for about a minute (just until some of the crumbs begin turning a darker brown). Watch these very closely to prevent burning.

**Step 12:** Add a  $\frac{1}{2}$  tsp red pepper flakes, plus 1 tsp salt and 1 tsp pepper to the Southwestern Corn.

*Tip: Just do a pinch of red pepper flakes if you have sensitive or picky eaters!*

**Step 13:** If desired, assemble your Lime Crema. Empty sour cream into a small bowl and set aside. Roll the limes on the counter for about a minute each to loosen up the juices.

Zest both limes, ensuring you are ONLY getting the green part of the peel and not the white part. Cut the limes through the middle (horizontal) and using a juicer, get all the juice out. Add all the zest, juice,  $\frac{1}{2}$  tsp granulated garlic and  $\frac{1}{2}$  tsp salt to the sour cream and whisk well to combine. Store leftover lime crema in the original sour cream container and label it!

**Step 14:** Store leftover fish sticks in an airtight container in the fridge for up to a few days. To reheat, place on wire racks in a 350 degree oven for about 15 minutes.





## STEP-BY-STEP: MEAL 4

### Salmon Piccata // Buttered Peas

#### *Suggested Side: Buttered Carrots*

*Simple grab a bag of sliced frozen carrots and steam it with your peas.*

### Mise en Place

#### **Salmon Piccata**

- 4 salmon fillets
- ¼ cup flour
- salt, to taste
- 2–4 Tbsp olive oil
- 3–4 Tbsp unsalted butter (or sub all olive oil)
- ½ cup chicken stock
- ¼ cup lemon juice
- 1–2 Tbsp capers
- 2 Tbsp fresh parsley (or 1 Tbsp dried)

#### **Buttered Peas**

- 16 oz frozen peas
- 2 Tbsp butter or olive oil
- 1 Tbsp salt

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

- 16 oz frozen carrots

### Supplies

- Large skillet
- Pot and steamer basket

**Step 1:** Warm 1 Tbsp of butter and 1 Tbsp of oil in a large skillet over medium heat until butter melts.

**Step 2:** Sprinkle 2 fillets of salmon lightly with 1 tsp salt and dredge both sides in flour to coat. Saute covered, turning once, until salmon starts to show white flakes. Set a timer for 8 minutes.

**Step 3:** Meanwhile, steam the 16 oz of frozen peas for 4-6 minutes (and 16 oz of frozen carrots).

**Step 4:** Once the salmon starts to get white flakes, transfer to a plate and cover to keep warm. Repeat with another Tbsp of butter and olive oil and salmon until all pieces are cooked.

**Step 5:** Pour chicken stock and lemon juice into the skillet and bring to a boil, stirring to bring up the cooked-on pieces of salmon. Remove from heat and stir in 2 Tbsp capers, 1-2 Tbsp parsley, and 1 Tbsp of butter, stirring until the butter melts.

**Step 6:** When peas are done, drain, and melt 2 Tbsp butter and 1 Tbsp of salt.

**Step 7:** Enjoy Salmon Piccata with Buttered Peas, and if desired, Carrots.



## STEP-BY-STEP: MEAL 5

### Wedge Salad // Homemade Ranch Dressing

#### *Suggested Side: Sweet Potato Biscuits*

*Simply reheat your reserved Sweet Potato Biscuits from Meal 2.*

#### *Optional Protein: Bacon*

*Use any leftover bacon from earlier this week or cook another package to top your salad.*

### Mise en Place

#### **Wedge Salad**

- 2 heads iceberg lettuce
- 1 cup balsamic vinegar
- 1/2 cup maple syrup
- 1 red onion
- 1 cup walnuts, chopped
- 1 cup dried cranberries

#### **Optional Toppings**

- 6–8 oz blue cheese or Gorgonzola

#### **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

#### **Dressing**

- 1 cup mayo
- 1 Tbsp coconut cream
- 1 Tbsp red wine vinegar
- 1–3 tsp milk

### ***Suggested Side***

- Reserved Sweet Potato Biscuits*

### ***Optional Protein***

- 1 lb bacon*

## **Supplies**

- Skillet (optional)
- Small saucepan
- Cutting board and a sharp knife
- 2 Jars with lids

**Step 1:** If desired, roughly chop the bacon into small pieces and cook in a skillet over medium heat, turning and stirring now and then to ensure the bacon cooks evenly and doesn't burn. Set a timer for 10 minutes to flip it.

**Step 2:** Meanwhile, measure 1 cup balsamic vinegar and ½ cup 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.

**Step 3:** If desired, turn the oven to 350F to warm the suggested side of Sweet Potato Biscuits for 10 minutes. Set a timer!

**Step 4:** 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.

**Step 5:** Slice or dice the red onion and chop the walnuts.

**Step 6:** Top the wedges evenly with red onion, chopped walnuts, cheese and dried cranberries.

**Step 7:** 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

*Note: You may already have this mix if you've been around for a while. :)*

Shake well.

**Step 8:** Measure 2 Tbsp of the dry ranch seasoning mix into another jar.

**Step 9:** Add the 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 and stirring well after each addition.

**Step 10:** Store the seasoning mix in the spice cabinet and the dressing in the fridge!

**Step 11:** When the bacon is done, remove with a slotted spoon and top the salads.

**Step 12:** Drizzle homemade ranch dressing and glaze over Wedge Salad.



# RECIPE CARDS

## Meal 1 Recipes

### Sweet Potato Fries



*Recipe inspired by All Recipes.*

#### INGREDIENTS

4 sweet potatoes, or more to taste  
1 tsp kosher salt

$\frac{1}{3}$  cup olive oil  
1 $\frac{1}{2}$  tsp ground black pepper

#### INSTRUCTIONS

1. Preheat the oven to 400F.
2. Cut each sweet potato in half crosswise. Quarter each half lengthwise. Cut each quarter evenly into 2 to 4 pieces. Repeat with remaining sweet potatoes.
3. Place sweet potatoes on a rimmed baking sheet. Add salt. Drizzle olive oil on top. Stir up potatoes to coat with oil; spread out evenly on the baking sheet. Season with pepper.
4. Bake in the preheated oven, stirring every 10 minutes, until browned, 20 to 30 minutes.

30 Minute Dinners | [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com)

## BLT Pasta Salad



*Recipe inspired by Budget Bytes.*

### INGREDIENTS

¾ cup mayo  
¼ cup sour cream  
1 Tbsp milk  
½ tsp pepper  
¼ tsp salt  
¼ tsp garlic powder

8 oz spiral pasta  
3-4 cups chopped romaine lettuce (or 10-oz package pre-cut romaine lettuce)  
1 pint grape tomatoes — halved  
1 ½ cup shredded cheddar cheese  
1 ½ cup bacon bits or pieces

### INSTRUCTIONS

1. Prepare the dressing by stirring together mayo, sour cream, milk, pepper, salt, garlic powder and crushed red pepper (if using) until smooth and well-combined. Set aside.
2. Prepare pasta according to package instructions. When finished cooking, drain well and transfer to a large salad bowl.
3. Add chopped lettuce, grape tomatoes, cheddar cheese, bacon bits/pieces, and your prepared dressing.
4. Toss/stir very well, until ingredients are well-combined.

30 Minute Dinners | [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com)

## Meal 2 Recipes

### Sweet Potato Biscuits



*Original Recipe found here.*

#### INGREDIENTS

3/4 cup mashed sweet potato	1 Tbsp baking powder
1 tsp apple cider vinegar	1 tsp salt
1/3 cup milk (I used almond milk)	6 Tbsp cold butter, cut into small pieces
2 cups all-purpose flour, plus more for dusting	

#### INSTRUCTIONS

1. Preheat the oven to 425F. Whisk together mashed sweet potato, apple cider vinegar and milk in a small bowl and place in the fridge.
2. Meanwhile, combine flour, baking powder, salt and butter in a bowl of a stand mixer and using the paddle attachment, mix the fat into the flour until the largest pieces are no bigger than a pea. Alternatively, use your hands to mix the fat into the flour, taking care not to let the butter melt.
3. Place the flour in the fridge until the oven is preheated.
4. When the oven is ready, pull both the sweet potato and flour out of the fridge. Add the sweet potato to the flour and mix until the flour is just combined. The dough will be sticky.

*Recipe continues on the next card.*

30 Minute Dinners | [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com)

### Sweet Potato Biscuits (continued)



*Original Recipe found here.*

#### INSTRUCTIONS

5. Liberally dust flour on your counter or on a silpat mat and turn out the dough onto the surface. Sprinkle the top with flour and gently shape into a square.
6. Gently fold the dough over itself, pulling from the top and folding over to the bottom. Dust the top with flour and pat again into a square. Turn the dough 1/4 turn counter clockwise.
7. Repeat this step until you've completed four folds.
8. After you've done four folds, dust the top with flour and carefully press the dough down and out until it's about 1/2" thick.
9. Using a biscuit cutter or a small jar (I used a pint-sized mason jar), cut out 11-13 biscuits. You may need to flour the rim of the jar in between each cut to prevent the dough from sticking to the jar.
10. Place each biscuit onto a baking sheet about 1" apart.
11. Bake for 13-16 minutes (mine took 15 minutes exactly), or until the tops are golden brown.
12. Let cool slightly on a cooling rack and then enjoy warm.

30 Minute Dinners | [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com)



## Dad's Fish Stew



*Recipe inspired by Simply Recipes.*

### INGREDIENTS

6 Tbsp extra virgin olive oil	1 1/2 pound fish fillets (use a firm white fish such as halibut, cod, red snapper, or sea bass), cut into 2-inch pieces
1 medium onion, chopped (about 1 1/2 cups)	Pinch of dry oregano
3 large garlic cloves, minced	Pinch of dry thyme
2/3 cup fresh parsley, chopped	1/8 tsp Tabasco sauce (or more to taste)
1 1/2 cups of fresh chopped tomato (about 1 medium sized tomato) OR 1 14-ounce can of whole or crushed tomatoes with their juices	1/8 tsp freshly ground black pepper, plus more to taste
2 tsp tomato paste (optional)	1 tsp of salt, plus more to taste
8 oz of clam juice (or shellfish stock)	
1/2 cup dry white wine (like Sauvignon blanc)	

### INSTRUCTIONS

1. Heat olive oil in a large thick-bottomed pot over medium-high heat. Add onion and sauté 4 minutes, add the garlic and cook a minute more. Add parsley and stir 2 minutes. Add tomato and tomato paste, and gently cook for 10 minutes or so.
2. Add clam juice, dry white wine, and fish. Bring to a simmer and simmer until the fish is cooked through and easily flakes apart, about 3 to 5 minutes. Add seasoning —salt, pepper, oregano, thyme, Tabasco. Add more salt and pepper to taste. Ladle into bowls and serve.

30 Minute Dinners | [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com)

## Meal 3 Recipes

### Homemade Fish Sticks



*Original recipe found here.*

#### INGREDIENTS

1 pound cod filets (defrosted if frozen)  
1 cup all-purpose flour (place in shallow bowl)  
4 large eggs, beaten (place in a 2nd shallow bowl)  
1 heaping tsp sea salt  
2 1/2 cups store-bought or homemade seasoned Panko bread crumbs (place with salt in a 3rd shallow bowl or gallon-size plastic zipper bag)  
melted ghee or avocado oil

#### INSTRUCTIONS

1. Preheat oven to 400F.
2. Prepare 2 roasting pans, each with a wire cooling rack placed inside so fish can cook on top of rack, while any crumbs fall into the pan.
3. Brush the racks lightly with melted ghee or avocado oil.
4. Slice cod into 25-30 thin strips (mine were about 1/2" wide and 3-4" long). Pat dry with paper towels if needed.
5. Working in batches, dredge the cod strips in flour (1st bowl), then coat with egg (2nd bowl), then cover in Panko crumbs (3rd bowl).
6. Place breaded strips evenly around the wire racks inside the roasting pans.

*Recipe continues on the next card.*

30 Minute Dinners | [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com)

### Homemade Fish Sticks (continued)



*Original recipe found here.*

#### INSTRUCTIONS

7. Once all are breaded and on racks, bake for 8 minutes. Flip and bake on the other side for another 6 minutes, then transfer to the broiler for about a minute (just until some of the crumbs begin turning a darker brown). Watch these very closely to prevent burning.
8. Serve with fresh lemon for squeezing and/or tartar sauce for dipping.
9. Store left over fish sticks in an air tight container in the fridge for up to a few days. To reheat, place on wire racks in a 350 degree oven for about 15 minutes.

30 Minute Dinners | [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com)

## Southwestern Corn



*Original recipe found here.*

### INGREDIENTS

olive oil to saute	kernels)
2-4 garlic cloves, minced (suit your taste)	salt
1/2 onion, diced	pepper
1/2 bell pepper, diced (any color)	red pepper flakes
3-4 ears corn, kernels cut off (or 1lb frozen	

### INSTRUCTIONS

1. In a saute pan on med-low heat, cook garlic and onions in olive oil until onions are not quite translucent.
2. Add pepper and cook until onions are translucent and peppers are soft.
3. Add corn and continue to cook until corn is cooked through.
4. Add a decent shake of red pepper flakes, plus salt and pepper to taste.

30 Minute Dinners | [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com)

## Lime Crema



*Original recipe found here.*

### INGREDIENTS

16 oz sour cream	1/2 tsp granulated garlic
2 big limes, about 2 1/4" diameter	1/2 tsp salt

### INSTRUCTIONS

1. Empty sour cream into a small bowl and set aside.
2. Roll the limes on the counter for about a minute each to loosen up the juices.
3. Zest both limes, ensuring you are ONLY getting the green part of the peel and not the white part.
4. Cut the limes through the middle (horizontal) and using a juicer, get all the juice out.
5. Add all the zest, juice, granulated garlic and salt to the sour cream and whisk well to combine. Place in the refrigerator until it's time to serve. Note that letting the lime crema sit for at least 4 hours helps the flavors to meld together better, but you can enjoy it right away too.
6. Store leftover lime crema in the original sour cream container and label it!

30 Minute Dinners | [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com)

## Meal 4 Recipes

### Chicken Piccata (or Salmon)



*Original recipe found [here](#).*

#### INGREDIENTS

2 chicken breasts, pounded out to approx ½ inch thick and each breast cut in half for a total of 4 pieces of meat	3–4 Tbsp unsalted butter
¼ cup flour	½ cup chicken stock
Salt for seasoning	¼ cup lemon juice
2–4 Tbsp olive oil	1–2 Tbsp capers
	2 Tbsp fresh parsley (or 1 Tbsp dried)

#### INSTRUCTIONS

1. Sprinkle chicken lightly with salt and dredge both sides in flour to coat. Warm 1 Tbsp of butter and 1 Tbsp of oil in a large skillet over medium heat until butter melts.
2. Saute 1-2 breasts (depending on the size of your pan), turning once, until browned on both sides and cooked through. Transfer to a plate and cover to keep warm. Repeat with another Tbsp of butter and olive oil and remaining chicken until all pieces are cooked.
3. Pour chicken stock and lemon juice into the skillet and bring to a boil, stirring to bring up the cooked-on pieces of chicken. Remove from heat and stir in capers, parsley and 1 Tbsp of butter, stirring until the butter melts. Serve immediately.

30 Minute Dinners | [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com)

## Meal 5 Recipes

### Winter Wedge Salad



*Original recipe found here.*

#### 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. Top the wedges evenly with red onion, chopped walnuts, cheese and dried cranberries.
5. When the bacon is done, remove with a slotted spoon and top the salads.
6. Drizzle homemade ranch dressing and glaze.

30 Minute Dinners | [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com)

### Ranch Dressing



*Original recipe found here.*

#### 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 tsp at a time and stirring well after each addition.
4. Store the seasoning mix in the spice cabinet and the dressing in the fridge!

30 Minute Dinners | [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com)

