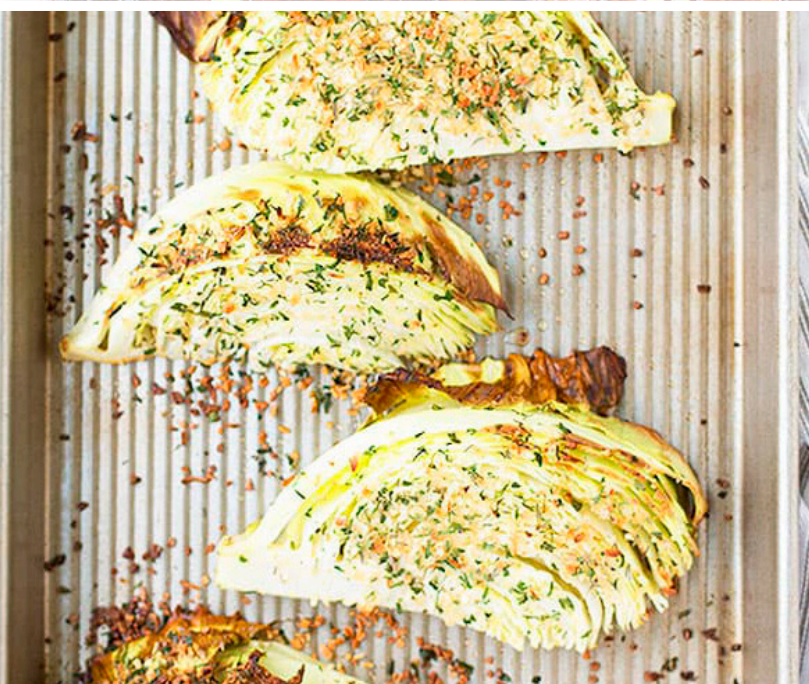




30 MINUTE DINNERS

TURKEY AND PORK MEAL PLAN 1

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

The Meal Plan	1
Weekly Meal Prep: Overview	4
Weekly Meal Prep: Step-by-Step	6
How to Store Your Meal Prep.....	10
Maximizing Kitchen Appliances	11
Step-by-Step: Meal 1	12
Rosemary Turkey // Cauliflower // Sweet Potatoes	12
Step-by-Step: Meal 2	14
Maple Glazed Pork Chops // Roasted Cabbage Wedges // White Rice	14
Step-by-Step: Meal 3	17
Radish Tacos // Pinto Beans // Tortillas	17
Step-by-Step: Meal 4	21
Turkey Meatballs // Spaghetti (Squash)	21
Step-by-Step: Meal 5	25
Greek Couscous // Chickpeas	25
Recipe Cards	28
Meal 1 Recipes	28
Meal 2 Recipes.....	30
Meal 3 Recipes.....	31
Meal 4 Recipes	32
Meal 5 Recipes.....	34
Personal Notes	35



THE MEAL PLAN

Meal 1: Rosemary Turkey // Cauliflower // Sweet Potatoes

Suggested Side: Garlic Bread

Meal 2: Maple Glazed Pork Chops // Roasted Cabbage Wedges // White Rice

Suggested Side: Applesauce

Meal 3: Radish Tacos // Pinto Beans // Tortillas

Suggested Side: Cayenne Rice

Optional Protein: Pork Strips

Meal 4: Turkey Meatballs // Spaghetti (Squash)

Suggested Side: Artichoke and Dip

Meal 5: Greek Couscous // Chickpeas

Suggested Side: Asparagus

Optional Protein: Turkey Meatballs

*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: Rosemary Turkey // Cauliflower // Sweet Potatoes (Suggested Side: Garlic Bread)

Meal 2: Maple Glazed Pork Chops // Roasted Cabbage Wedges // White Rice (Suggested Side: Applesauce)

Meal 3: Radish Tacos // Pinto Beans // Tortillas (Suggested Side: Cayenne Rice // Optional Protein: Pork Strips)

Meal 4: Turkey Meatballs // Spaghetti (Squash) (Suggested Side: Artichoke and Dip)

Meal 5: Greek Couscous // Chickpeas (Suggested Side: Asparagus // Optional Protein: Turkey Meatballs)

Pantry

- cooking spray, meal 1 + meal 2
- olive oil, 2 Tbsp 2 Tbsp
- rice, 1 cup
- maple syrup, 1/4 cup
- coconut oil, 1 Tbsp
- pinto beans (15 oz)*, 2 cans
- corn masa flour, 1 1/2 cups
- flour, 2 Tbsp
- tomato basil sauce, 24 oz
- couscous, 2 cups
- sun-dried tomatoes, 1/2 cup
- kalamata olives, 2/3 cup
- chickpeas (15 oz), 2 cans

Produce

- sweet potatoes, 6-8
- cauliflower, 1 head
- cabbage, 1 head
- radishes, 8 oz bag or bunch
- onion, 1
- bell peppers, 2 any color + 1 any color (3 total)
- spaghetti squash, 2 small (or sub spaghetti noodles if preferred)
- greens (kale or spinach), 1 cups

Meat

- ground turkey, 1 lb + 1 lb (2 lbs total)
- pork chops, 4 thick cut

Cold Case

- eggs, 1
- Parmesan cheese, 2 oz (optional)
- feta cheese, 4 oz (optional)

Spices

- salt, (all meals)
- pepper, meal 1 + meal 2 + meal 3 + meal 4
- rosemary
- dry minced onions
- parsley, meal 2 + meal 4
- garlic powder, meal 2 + meal 3 + meal 4
- dill
- thyme
- basil, meal 2 + meal 4
- cayenne pepper (!)
- paprika, meal 2 + meal 3
- chili powder
- cumin
- onion powder, meal 3 + meal 4
- red pepper flakes (!)
- oregano, meal 3 + meal 4

Optional Protein

- pork chops, 4 thick cut
- ground turkey, 1 lb
- greens (kale or spinach), 1 cup
- flour, 2 Tbsp
- eggs, 1
- Parmesan cheese, 4 oz (optional)

Suggested Sides

- garlic bread, 1 loaf
- applesauce*, 1 jar
- rice, 1 cup
- cayenne pepper (!)
- artichokes, 1-4
- olive oil, 1/2-1 cup
- lemons, 1-2
- asparagus, 8 oz
- olive oil, 2 Tbsp

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: Rosemary Turkey // Cauliflower // Sweet Potatoes

- Cut cauliflower and sweet potatoes.

5 minutes

Meal 2: Maple Glazed Pork Chops // Roasted Cabbage Wedges // White Rice

- Cut cabbage wedges.

1 minutes

- Cook the rice.

20 minutes

- Make the ranch seasoning for Roasted Cabbage Wedges.

2 minutes

Meal 3: Radish Tacos // Pinto Beans // Tortillas

- Julienne the veggies.

4 minutes

- Mix the taco seasoning.

1 minute

- Cook the rice (above).

Meal 4: Turkey Meatballs // Spaghetti (Squash)

- Chop the greens.
2 minutes
- Combine the dry meatball ingredients.
1 minute
- Cook the spaghetti squash.
30 minutes

Meal 5: Greek Couscous // Chickpeas

- N/A



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Spaghetti Squash

- 2 small spaghetti squash

Rice

- 1-2 cups rice
- 2-4 cups water

Dry Ranch Seasoning

- 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

Taco Seasoning

- 2 Tbsp chili
- 1 Tbsp cumin
- 2 tsp salt
- 2 tsp pepper
- 1 tsp paprika
- 1/2 tsp garlic
- 1/2 tsp onion
- 1/2 tsp crushed red pepper flakes
- 1/2 tsp oregano

Meatball Dry Ingredients

- 2 1/2 tsp salt
- 1/2 tsp pepper
- 3 tsp onion powder
- 3 tsp garlic powder
- 2 tsp dried oregano
- 2 tsp dried basil

Vegetables

- 6-8 sweet potatoes
- 1 cauliflower head
- 8 oz radish bunch or bag
- 2 bell peppers (any color)
- 1-2 cups greens (spinach or kale)
- 1 onion

Supplies

- Baking sheet or IP
- (Instant) Pot
- 2 jars with lids
- Small container with lid
- Cutting board and sharp knife

Step 1: Cut your spaghetti squash in half (lengthwise for the oven and hamburger style for your IP), and deseed. Then place in the oven flat side down on a baking sheet. Set a timer for 25 minutes.

Step 2: Turn a large burner on high while you fill a pot with 2-4 cups of water to boil. Cover with lid askew.

Step 3: In a jar with a lid mix the dry ranch seasoning:

- 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

And shake to combine!

Note: You may have this seasoning mix in your pantry if you've made homemade ranch dressing recently.

Step 4: When the water boils, add 1-2 cups of rice.

Step 5: Combine your taco seasoning in a jar with a lid:

- 2 Tbsp chili
- 1 Tbsp cumin
- 2 tsp salt

- 2 tsp pepper
- 1 tsp paprika
- 1/2 tsp garlic
- 1/2 tsp onion
- 1/2 tsp crushed red pepper flakes
- 1/2 tsp oregano

Shake to combine!

Step 6: Combine the meatball dry ingredients in a small container with a lid:

- 2 1/2 tsp salt
- 1/2 tsp pepper
- 3 tsp onion powder
- 3 tsp garlic powder
- 2 tsp dried oregano
- 2 tsp dried basil
- 4 Tbsp flour

Step 7: Prep the Vegetables:

Sweet potatoes

- Halve 6-8 sweet potatoes for Meal 1.

Cauliflower

- Cut 1 head into florets for Meal 1.

Radishes

- Julienne 8 oz for Radish Tacos.

Bell Peppers

- Julienne 2 for Radish Tacos.

Greens

- Finely chop 1-2 cups for Turkey Meatballs.

What to cut last:

Onion

- Julienne 1 onion for Radish Tacos.

Tip: For both the sweet potatoes and spaghetti squash, store by placing halves back together to prevent oxidation and save money on covering with wrap.

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

How to Store Your Meal Prep

Meal 1: Rosemary Turkey // Cauliflower // Sweet Potatoes

- Sweet potato halves
- Cauliflower florets

Meal 2: Maple Glazed Pork Chops // Roasted Cabbage Wedges // White Rice

- Cabbage wedges
- Ranch seasoning
- 2 cups cooked rice

Meal 3: Radish Tacos // Pinto Beans // Tortillas

- Bell pepper, onion, radishes
- Taco seasoning
- 2 cups cooked rice

Meal 4: Turkey Meatballs // Spaghetti (Squash)

- Finely chopped greens + dry meatball ingredients
- Spaghetti Squash

Meal 5: Greek Couscous // Chickpeas

- N/A



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Rosemary Turkey // Cauliflower // Sweet Potatoes

- N/A

Meal 2: Maple Glazed Pork Chops // Roasted Cabbage Wedges // White Rice

- Make your rice in the Instant Pot for 4 minutes on manual with 1:1 water and rice. Quick release the pressure. Turn the IP to saute mode while grabbing your Mise En Place to help it heat up faster.

Meal 3: Radish Tacos // Pinto Beans // Tortillas

- Use your food processor's shredding disc to shred the radishes, onion, and bell pepper. It's similar enough to a julienne that it's worth saving the time.

Meal 4: Turkey Meatballs // Spaghetti (Squash)

- Use an Instant Pot to cook your spaghetti squash for 7 minutes on manual. Quick release pressure.
- Use your Instant Pot to cook your artichoke for 10 minutes (in advance) on manual in 1" water on the trivet. Quick release the pressure.

Meal 5: Greek Couscous // Chickpeas

- Cook suggested side of asparagus in the Instant Pot with 1 inch of water and a trivet on manual for 1 minute and quickly release the pressure.
- Alternatively use a tall slim asparagus steamer with the basket to steam the artichoke. It's narrow shape cooks more efficiently.



STEP-BY-STEP: MEAL 1

Rosemary Turkey // Cauliflower // Sweet Potatoes

Suggested Side: Garlic Bread

Simply buy a loaf of garlic bread and reheat in your oven or toaster.

Mise en Place

Sweet Potatoes

- 6-8 sweet potatoes
- cooking spray
- salt + pepper

Cauliflower

- 2 Tbsp olive oil
- 1 cauliflower head

Turkey

- 1 lb ground turkey
- 1-2 tsp rosemary
- 1 Tbsp salt

Suggested Side

- 1 loaf garlic bread*

Supplies

- Baking sheet
- Cutting board and a sharp knife
- Large Skillet

Step 1: Preheat the oven to 450F.

Step 2: Slice your sweet potatoes lengthwise. Spray the baking sheet with oil. Place face down on a baking sheet. Spray with cooking oil and generously salt and pepper. Place in the oven and set a timer for 25 minutes.

Step 3: Turn your large burner to medium heat and add 2 Tbsp olive oil in a skillet.

Step 4: Peel leaves off the bottom of the cauliflower and cut into florets. Place into the skillet as you go. Season with ½ Tbsp salt. Cover.

Step 5: Add ground turkey, taking care to break into small pieces. Add 1-2 tsp Rosemary. Stir frequently and cover in between. Season with ½ Tbsp salt before serving.

Step 6: When the timer goes off, ensure you can easily poke a fork into the sweet potato halves.

Step 7: If desired, reheat your loaf of garlic bread in the oven for 2-4 minutes.

Step 8: Enjoy Rosemary Turkey with Cauliflower and halved sweet potatoes and if desired, garlic bread.



STEP-BY-STEP: MEAL 2

Maple Glazed Pork Chops // Roasted Cabbage Wedges // White Rice

Suggested Side: Applesauce

Make your own (or buy) applesauce to dip your pork into. It's delicious!

Mise en Place

Cabbage Wedges

- ✓ 1 head of cabbage
- 4–6 Tbsp dry homemade ranch seasoning mix (recipe below)
- Cooking spray (or 1 tsp oil)

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

Pork Chops

- 4-8 thick-cut boneless pork chops (double batch of pork for Meal 3 optional protein)
- 1 Tbsp coconut oil
- 1 Tbsp salt

White Rice (doubled batch for Meal 3's suggested side)

- ✓ 1-2 cups rice
- ✓ 2-4 cups water or broth

Maple Glaze

- 1/4 cup maple syrup
- 3/4 tsp cayenne (!)
- 3/4 tsp garlic powder
- 3/4 tsp paprika
- 3/4 tsp salt
- 1/2 tsp pepper
- 2 Tbsp olive oil

Suggested Side

- 1 jar applesauce

Supplies

- Cutting board and sharp knife
- Baking sheet
- 1-2 cast iron pans
- (Instant) Pot

Step 1: Preheat the oven to 425F.

Step 2: Cut your cabbage in half. Place the cabbage cut-side down and cut through the center, top-down, through the core. Cut each half in half again, through the core again. You should now have 4 cabbage wedges. Repeat to have 8. Place the cabbage wedges on a baking sheet and spray the tops and sides with cooking spray. Season liberally with dried ranch mix and roast in the oven until the cabbage is dark brown and caramelized. Set a timer for 25 minutes.

Step 3: Turn 2 large cast iron pans (one can be a heavy bottomed pan) to medium high on your larger burners. (One is for tonight's pork and one is for tomorrow's pork if desired.)

Step 4: Turn a burner on high to boil 4 cups of water or broth in a pot for rice. Cover askew.

Tip: If your burners range in size, use the 2 big ones for the pork so that the meat cooks evenly. It's better for the rice to heat up a little slower than the meat to be unevenly cooked.

Step 5: Combine the 4 pork chops for tonight with the Maple Glaze:

- 1/4 cup maple syrup, 3/4 tsp cayenne
- 3/4 tsp garlic powder, 3/4 tsp paprika, 3/4 tsp salt
- 1/2 tsp pepper, + 2 Tbsp olive oil

in a large bowl.

Step 6: Test the heat of the cast iron pans. When a drop of water sizzles, the pork is ready to go on. Set a timer for 6 minutes while they all cook. Add 1 Tbsp salt to the unseasoned pork.

Step 7: When the water boils, add rice and cover askew. When it boils with the rice, turn down 1-2 notches to keep it from boiling over.

Step 8: When the timer goes off, flip all pork chops. Set a timer for another 6 minutes.

Step 9: When the cabbage timer goes off, ensure the tips are golden brown. Drizzle with more olive oil if desired.

Step 10: Reserve 4 pork chops for Meal 3. If time, cut them into strips against the grain.

Step 11: Reserve half of the rice for the suggested side for Meal 3.

Step 12: Enjoy Maple Glazed Pork Chops, dipped into applesauce if desired, with Cabbage Wedges and White Rice.



STEP-BY-STEP: MEAL 3

Radish Tacos // Pinto Beans // Tortillas

Suggested Side: Cayenne Rice

Cook once, eat twice when you serve these Radish Tacos over rice from Meal 2. Kick up the flavor by adding a pinch (or more!) of cayenne pepper powder.

Optional Protein: Pork Strips

Cook once, eat twice when you make a double batch of pork with Meal 2 to serve with tonight's Radish Tacos.

Mise en Place

Spaghetti Squash (for meal 4)

- 2 small spaghetti squash (for Meal 4)

Note: If you are skipping meal 3, but are still making meal 4, pick another time to make your spaghetti squash in advance.

Taco Filling

- 1 (8 oz) bunch or bag of radishes
- 1 onion
- 2 bell peppers
- 1 Tbsp coconut oil
- 2 (15 oz) cans pinto beans

Taco Seasoning

- 2 Tbsp chili
- 1 Tbsp cumin
- 2 tsp salt
- 2 tsp pepper
- 1 tsp paprika
- 1/2 tsp garlic
- 1/2 tsp onion
- 1/2 tsp crushed red pepper flakes (!)
- 1/2 tsp oregano

Tortillas

- 1 1/2 cups corn masa flour
- scant 1/4 tsp salt
- 1 cup warm water, plus extra as needed

Suggested Side

- Reserved 2 cups cooked White Rice
- Pinch - 1/2 tsp cayenne pepper (!)

Optional Protein

- Reserved Pork Chops

Supplies

- Cutting board and a sharp knife
- Large pan
- Baking sheet
- Large bowl
- Skillet
- Glass jar
- Medium saucepan

Step 1: Heat a large pan on medium heat with 2 Tbsp olive oil, preheat your skillet to medium high (or if you can set it, do 400F), and preheat the oven to 450F.

Step 2: Julienne your radishes and onion. Place in the pan and cover.

Tip: Save the radish tops for flavoring in broths.

Step 3: Cook the spaghetti squash for Meal 5. Cut your spaghetti squash in half (lengthwise for the oven and hamburger style for your IP), and deseed. Then place in the oven flat side down on a baking sheet. Set a timer for 25 minutes.

Step 4: Combine 1 1/2 cups corn masa + 1/4 tsp salt + 1 cup warm water in a large bowl.

Step 5: Using your hands, knead the mixture into a dough whose texture resembles play-dough. If necessary, add water to the mixture by wetting your hands and kneading. If you add water directly to the mixture it might become too wet and start sticking to your hands. You will either have to let it sit to dry (approx 5-10 minutes) or add more masa.

Step 6: Pinch a small portion of dough and roll into a ball, 1-2" in diameter. Place in a tortilla press and press into a 6" round tortilla. (Or use a rolling pin and a thin rimmed bowl.)

Step 7: Cook each one individually on a hot skillet for 1 minute per side. Use the recurring timer function on your phone to do so. Place a towel over the cooked ones.

Step 8: In between flips, continue by julienning your 2 bell peppers. Add to a large pan and leave uncovered.

Step 9: Drain and rinse the 2 (15 oz) cans of pinto beans and add to the vegetables.

Tip: Bell peppers release a lot of water so they'll end up soggy if you cover them.

Step 10: Reheat 2 cups reserved cooked white rice in $\frac{1}{4}$ cup of water or broth on medium low. Cover.

Step 11: Then, mix this taco seasoning in a glass jar:

- 2 Tbsp chili
- 1 Tbsp cumin
- 2 tsp salt
- 2 tsp pepper
- 1 tsp paprika
- $\frac{1}{2}$ tsp garlic

- 1/2 tsp onion
- 1/2 tsp crushed red pepper flakes (!)
- 1/2 tsp oregano

Add 2 Tbsp to cooking vegetables.

Step 12: Drain and rinse 2 (15 oz) cans of pinto beans. Add to vegetables.

Step 13: Cut 4 pork chops into strips against the grain and add on top of vegetables to reheat.

Step 14: Enjoy Radish Tacos on Homemade Tortillas and if desired, add pork strips inside and serve over rice.



STEP-BY-STEP: MEAL 4

Turkey Meatballs // Spaghetti (Squash)

Suggested Side: Artichoke and Dip

Simply cut off the ends and steam this seasonal vegetable and dip it in a homemade sauce!

Mise en Place

Spaghetti Squash

- ✓ 2 cooked spaghetti squash (or 16 oz spaghetti pasta)
- ✓ 1 Tbsp olive oil

Meatballs (Doubled batch for Meal 5's optional protein)

- 2 lb ground turkey
- ✓ 2 1/2 tsp salt
- ✓ 1/2 tsp pepper
- ✓ 3 tsp onion powder
- ✓ 3 tsp garlic powder
- ✓ 2 tsp dried oregano
- ✓ 2 tsp dried basil
- ✓ 2 cups greens (fresh spinach or kale), loosely packed
- ✓ 4 tbsp flour
- 2 eggs
- Optional ingredient: 4 oz Parmesan cheese, shredded (using the rind, if possible)
- 24 oz jar tomato basil sauce

Suggested Side

- 1-4 artichokes
- 1-4 cups water
- 1/2-1 cup olive oil
- 1-2 lemons
- 1-2 Tbsp salt

Supplies

- Cutting board and sharp knife
- Stand mixer or large bowl
- Baking sheet
- Aluminum foil or parchment paper
- Medium saucepan
- Instant Pot or Asparagus Steamer with basket or pot*
- Small bowl*

Step 1: Preheat the oven to 375F.

Step 2: If desired, turn a burner on high to boil 1-2 inches of water in a pot for suggested side of artichokes. Cover askew.

Step 3: Trim the top 1-2 inches off the head(s) and a ¼ inch off the stem(s). Spread the leaves and place the flat head down onto a steamer basket in the water. Cover and set a timer for 20 minutes when it reaches a full boil. Turn heat down 1 notch so you don't run out of water.

Step 4: If subbing pasta, boil water on high.

Tip: It will not work to cook the artichoke and pasta in the same pan because the artichoke has a longer cook time and needs to be covered tightly.

Step 5: Line a baking sheet with aluminum foil or parchment paper.

Step 6: Chop the 2 cups of greens as finely as possible.

Step 7: Add all the meatball ingredients to the bowl of a stand mixer:

- 2 lb ground turkey
- 2 1/2 tsp salt
- 1/2 tsp pepper
- 3 tsp onion powder

- 3 tsp garlic powder
- 2 tsp dried oregano
- 2 tsp dried basil
- 2 cup fresh spinach or kale, loosely packed
- 2 egg
- 4 tbsp flour

Using the paddle attachment, mix until everything is evenly distributed and mixed well. Alternatively, combine the ingredients in a large bowl and mix using your hands or a wooden spoon. Use a cookie scoop to evenly portion the meat mixture into balls and place the balls on the prepared baking sheet. Gently roll each ball in your hand for about 5 seconds, just to create a uniform ball shape and so that the meatballs retain their shape after cooking. Bake for 15 minutes. Set a timer!

Tip: Remember to wash your hands after handling raw meat!

Step 8: Warm 1 Tbsp olive oil in a medium saucepan. Scrape out spaghetti squash from the skin, separating the noodle chunks and put into the saucepan. Cover. (If subbing pasta, put spaghetti noodles into boiling water and set a timer for 9 minutes.)

Step 9: When the artichoke timer goes off, see if it is easy to pull off an inner leaf. It will likely need 5-7 more minutes. Set a timer. Add a ½ cup of water if needed and recover.

Step 10: Add tomato basil sauce to spaghetti squash pasta.

Step 11: In a bowl, combine ½-1 cup olive oil, juice of 1-2 lemons and 1-2 Tbsp salt for Artichoke dipping sauce.

Step 12: Reserve half of meatballs for meal 5.

Step 13: Enjoy Turkey Meatballs over Tomato Basil Spaghetti Squash, and if desired, Artichoke and dipping sauce.

Tip: Artichokes can be eaten by pulling off outer petals and dipping them, then pulling through teeth to remove soft, pulpy portion of petal. Discard remaining petal. You may also eat the heart of the artichoke, by removing the fuzzy center at the base. The stem tastes great too!



STEP-BY-STEP: MEAL 5

Greek Couscous // Chickpeas

Suggested Side: Asparagus

Steam this easy vegetable and season with salt!

Optional Protein: Turkey Meatballs

Cook once, eat twice when you make a double batch of these meatballs earlier in the week.

Mise en Place

Greek Couscous

- 2 cups couscous
- 3 cups water
- 1 bell pepper
- 1/2 cup diced sun-dried tomatoes
- 2/3 cup chopped kalamata olives
- 2-3 Tbsp juices/oils from tomatoes and olives
- 1 Tbsp parsley
- 2 (15 oz) cans chickpeas

Optional Topping

- 4 oz crumbled feta cheese

Suggested Side

- 8 oz asparagus bunch
- 2 Tbsp olive oil
- salt

Optional Protein

- reserved turkey meatballs

Supplies

- (Instant) Pot
- Medium pot
- Cutting board and a sharp knife
- Strainer
- Large bowl

Step 1: Boil 3 cups water for couscous in a medium pot and if desired, 2 cups in a large pan for asparagus. Cover askew.

Step 2: Meanwhile, dice 1 bell pepper and if desired, cut the bottom 1-2" off asparagus.

Step 3: When the water boils, add 2 cups of couscous and recover. Turn down and simmer for 5-10 minutes. When the other water boils, insert the steamer basket, add asparagus, and cover. Let steam for about 5 minutes. Set a timer!

Step 4: Dice the dried tomatoes, and chop the kalamata olives.

Step 5: Drain and rinse 2 (15 oz) cans chickpeas.

Step 6: Combine chickpeas, diced bell pepper, 1/2 cup diced sun-dried tomatoes, 2/3 cup chopped kalamata olives, and 2-3 Tbsp juices/oils from tomatoes and olives in a large bowl.

Step 7: Check the couscous after 5 minutes. Stir. If desired, add Turkey Meatballs to the couscous to warm when it's almost finished.

Step 8: Ensure asparagus can easily be pierced with a fork when the timer goes off. Add salt and drizzle with olive oil or butter if desired.

Step 9: When couscous is soft, add to the large bowl of vegetables and stir. If desired, top with feta.

Step 10: Serve Greek Couscous with, if desired, Turkey Meatballs and Asparagus.



RECIPE CARDS

Meal 1 Recipes

Rosemary Turkey



Recipe inspired by Team Crumbs.

INGREDIENTS

1 lb ground turkey
1-2 tsp rosemary

1 Tbsp salt

INSTRUCTIONS

1. Turn your large burner to medium heat and add 2 Tbsp olive oil in a skillet.
2. Add ground turkey, taking care to break into small pieces. Add 1-2 tsp rosemary. Stir frequently and cover in between. Season with $\frac{1}{2}$ -1 Tbsp salt before serving.

30 Minute Dinners | DontWastetheCrumbs.com

Roasted Sweet Potato



Recipe inspired by Team Crumbs.

INGREDIENTS

6-8 Sweet potatoes

Salt + pepper

Cooking spray

INSTRUCTIONS

1. Preheat the oven to 450F.
2. Slice your sweet potatoes lengthwise. Spray the baking sheet with oil. Place face down on a baking sheet. Spray with cooking oil and generously salt and pepper. Place in the oven and set a timer for 25 minutes.
3. When the timer goes off, ensure you can easily poke a fork through the sweet potato halves.
4. Serve hot.

30 Minute Dinners | DontWastetheCrumbs.com

Meal 2 Recipes

Homemade Apple Sauce



Find the original recipe here.

INGREDIENTS

2 2/3 lbs apples (I like Jonagold) 6 Tbsp apple juice
1 Tbsp freshly squeezed lemon juice (juice of
about 1/2 lemon)

INSTRUCTIONS

1. Quarter the apples, remove the core, and chop into 1-inch cubes.
2. Place apple cubes and other ingredients in a large pot and stir to mix.
3. Heat over medium-high heat until mixture begins to bubble. Reduce heat to a low simmer and cook, partially covered, for around 15 minutes until apples are tender.
4. Transfer mix to a high powered blender. Blend on lowest speed for about 20 seconds, then gradually increase speed until the entire mix is completely smooth (2-3 minutes total).

30 Minute Dinners | DontWastetheCrumbs.com

Maple Glazed Pork Chops



Find the original recipe here.

INGREDIENTS

1/4 cup maple syrup 3/4 tsp salt
3/4 tsp cayenne 1/2 tsp pepper
3/4 tsp garlic powder 2 Tbsp olive oil
3/4 tsp paprika 4 thick-cut boneless pork chops

INSTRUCTIONS

1. Combine everything in a large bowl.
2. Preheat a cast iron skillet to medium heat. When a drop of water sizzles on the skillet, place the pork chops and the sauce into the skillet in a single layer. Let the pork chops cook undisturbed for 6 minutes.
3. Carefully flip each pork chop over, swirl around in the glaze and re-arrange as necessary so that they're cooking evenly on all the edges. Let the pork cook undisturbed for 4 minutes.
4. Using an instant digital thermometer, test the smallest pork chop for doneness (145F). If the pork chops are done, remove the pan from the stove and set aside for 10 minutes to allow the juices to redistribute.
5. If the pork chops are not done, swirl in the glaze again and continue cooking for an additional 2-3 minutes, or until internal temperature reaches 145F.

30 Minute Dinners | DontWastetheCrumbs.com

Meal 3 Recipes

Corn Tortillas



Find the original recipe here.

INGREDIENTS

1 1/2 cups corn masa flour
scant 1/4 tsp salt

1 cup warm water, plus extra as needed

INSTRUCTIONS

1. Preheat a skillet to 400F.
2. Combine 1 1/2 cups corn masa + 1/4 tsp salt + 1 cup warm water in a large bowl.
3. Using your hands, knead the mixture into a dough whose texture resembles play-dough. If necessary, add water to the mixture by wetting your hands and kneading. If you add water directly to the mixture it might become too wet and start sticking to your hands. You will either have to let it sit to dry (approx 5-10 minutes) or add more masa.
4. Pinch a small portion of dough and roll into a ball, 1-2" in diameter. Place in a tortilla press and press into a 6" round tortilla. (Or use a rolling pin and a glass jar.)
5. Cook on the griddle for 1 minute. Flip and cook again for 1 more minute.
6. Remove from the heat and keep covered. Serve warm.

30 Minute Dinners | DontWastetheCrumbs.com

Homemade Taco Seasoning



Find the original recipe here.

INGREDIENTS

2 Tbsp chili
1 Tbsp cumin
2 tsp salt
2 tsp pepper
1 tsp paprika

1/2 tsp garlic
1/2 tsp onion
1/2 tsp crushed red pepper flakes
1/2 tsp oregano

INSTRUCTIONS

1. Combine all ingredients in a glass jar.
2. Shake well and use as desired.

30 Minute Dinners | DontWastetheCrumbs.com

Meal 4 Recipes

How to Steam Artichokes



Recipe inspired by The Spruce Eats.

INGREDIENTS

artichokes
water

INSTRUCTIONS

1. The true boiling water and moisture maintained by steaming artichokes on the stove-top more than makes up for the extra time it takes.
2. Bring about 1/2 inch water to a boil in a pan deep enough to hold the artichoke(s) standing up.
3. Add a teaspoon or two of salt (the artichoke will just be sitting in it, not submerged).
4. Set the artichokes in the salted boiling water, cover the pan, reduce the heat to maintain a steady simmer, and cook 20 minutes.
5. Check for done-ness: pull a leaf from close to the center of the thistle. If the leaf comes out easily, the artichokes are done; if there is resistance, continue cooking, checking for doneness every 5 minutes.

30 Minute Dinners | DontWastetheCrumbs.com

Italian Meatballs



Find original recipe here.

INGREDIENTS

1 lb ground turkey	1 cup fresh spinach or kale, loosely packed
1 1/4 tsp salt	1 egg
1/4 tsp pepper	2 Tbsp flour (I used all-purpose and whole wheat)
1 1/2 tsp onion powder	2 oz Parmesan cheese, shredded (using the rind, if possible)
1 1/2 tsp garlic powder	
1 tsp dried oregano	
1 tsp dried basil	

INSTRUCTIONS

1. Preheat the oven to 375F and line a cookie sheet with a silicone mat. Chop the greens as finely as possible.
2. Add all the ingredients to the bowl of a stand mixer and using the paddle attachment, mix until all everything is evenly distributed and mixed well. Alternatively, combine the ingredients in a large bowl and mix using your hands or a wooden spoon.
3. Use a cookie scoop to evenly portion the meat mixture into balls and place the balls on the prepared cookie sheet. Gently roll each ball in your hand for about 5 seconds, just to create a uniform ball shape and so that the meatballs retain their shape after cooking.
4. Bake for 15 minutes.

30 Minute Dinners | DontWastetheCrumbs.com

Fresh Tomato Sauce



Find original recipe here.

INGREDIENTS

1 cup chopped onion (about 1 large)	1 cup bell peppers, chopped (about 2 small)
2 tbsp olive oil	1 tbsp dried basil
3 cloves garlic, quartered	1 tsp salt
10 lbs fresh tomatoes, quartered	1 tsp pepper
2 cups carrots, chopped	

INSTRUCTIONS

5. Measure the olive oil and onions in a very large stockpot. Cook the onions over medium-low heat until they are caramelized and medium golden brown, about 30 minutes.
6. Add as many tomatoes as you can. Using the back of a wooden spoon, gently squish about half of the tomatoes in the pot. Bring the tomatoes to a simmer, cover and cook for 30 minutes.
7. Uncover the pot and add any remaining tomatoes, carrots, and bell peppers. Bring the sauce to a low boil and cook until the sauce is reduced by one quarter, about 2-4 hours.
8. Use an immersion blender to puree the sauce until it's smooth. If the sauce seems too thin, continue to cook until it's the desired consistency. Season with salt, pepper, and dried basil.
9. Serve immediately, or let it cool slightly to can.

30 Minute Dinners | DontWastetheCrumbs.com

Meal 5 Recipes

Greek Couscous



Find the original recipe here.

INGREDIENTS

1 cup couscous	2/3 cup chopped kalamata olives
1 cup water	2-3 Tbsp juices/oils from tomatoes and olives
2/3 cup diced peppers (sweet, bell... whatever suits your fancy)	4oz crumbled feta cheese
1/2 cup diced sun-dried tomatoes	generous sprinkle of parsley (I used dried, but you can use fresh if you have it)

INSTRUCTIONS

1. Prepare Couscous as directed on the package. (Mine says to boil the water, add couscous, stir quickly & remove from heat; let stand for 5 minutes). I skipped on both the butter and salt.
2. In a large bowl, mix peppers, tomatoes, and olives together well.
3. Add couscous and stir, breaking up the large pieces.
4. Add the juices and/or oils from the tomatoes and olive to the couscous as needed to keep the dish moist, but not wet. Couscous will absorb liquid quickly, so be generous and work fast.
5. Once the couscous and vegetables are mixed well, add feta and stir to combine.
6. Sprinkle parsley just before serving. Enjoy!

30 Minute Dinners | DontWastetheCrumbs.com

