



30 MINUTE DINNERS

CHICKEN AND FISH MEAL PLAN 1

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: Thyme Chicken // Creamy Mashed Cauliflower

Suggested Side: Steamed Carrots

Meal 2: Fish Sticks // Lemon Asparagus

Suggested Side: Quinoa

Meal 3: Kale Salad

Suggested Side: Homemade Croutons

Optional Protein: Shredded Chicken

Meal 4: Coleslaw and Beans

Suggested Side: Corn

Optional Protein: Fish Sticks

Meal 5: Chicken Piccata // Fritters

Suggested Side: Quinoa

*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: Thyme Chicken // Creamy Mashed Cauliflower (Suggested Side: Steamed Carrots)

Meal 2: Fish Sticks // Lemon Asparagus (Suggested Side: Quinoa)

Meal 3: Kale Salad (Suggested Side: Homemade Croutons // Optional Protein: Shredded Chicken)

Meal 4: Coleslaw and Beans (Suggested Side: Corn // Optional Protein: Fish Sticks)

Meal 5: Chicken Piccata // Fritters (Suggested Side: Quinoa)

Pantry

- olive oil, 1 Tbsp + 1 Tbsp + 4 Tbsp + 1 tsp + 1/2 cup + 6 Tbsp (1 1/4 cups total)
- coconut milk (15 oz), 1 can
- flour (all-purpose or GF), 1 cup + 1/4 cup + 2/3 cup (2 cups total)
- Panko bread crumbs (or crushed corn flakes if GF)*, 2 1/2 cups
- lemon juice, 4 Tbsp 1/4 cup + 1/4 tsp
- maple syrup, 1 tsp
- walnuts, 1 cup
- nutritional yeast, 4 tsp
- dried cranberries, 1/2 cup
- sunflower seeds, 1/2 cup
- kidney beans (15 oz)*, 1 can
- chicken stock*, 1/2 cup
- capers, 2 Tbsp
- coconut oil, 1/3 cup
- mayo*, 1/4 cup

Produce

- cauliflower, 1 head
- green onions, 8-10
- carrots, 2 small + 3 medium (5 total)
- garlic cloves, 3 + 3 + 4 (10 cloves total)
- cilantro, 1 bunch
- red cabbage, 1/4 head
- lemon, 1
- limes, 4
- parsley (fresh), 2 Tbsp
- asparagus, 1 lb
- green cabbage, 1 small head
- sweet potatoes, 1 large
- lacinato kale (or curly kale), 1 lb

Meat

- chicken breast, 1 lb + 1 lb (2 lbs total)
- cod, 1 lb

Cold Case

- butter (or ghee), 2 Tbsp
- eggs, 4 + 2 (6 total)
- Greek yogurt, sour cream or mayo, 1 cup

Spices

- salt (all meals)
- thyme
- pepper, meal 1 + meal 3
- parsley
- ginger
- garlic powder
- onion powder

Optional Protein

- chicken breast, 1 lb
- olive oil, 1 Tbsp
- flour (all-purpose or GF), 1 cup
- Panko bread crumbs (or crushed corn flakes if GF), 2 1/2 cups
- eggs, 4
- cod, 1 lb

Suggested Sides

- carrots, 8
- olive oil, 2 Tbsp + 1 Tbsp (3 Tbsp total)
- quinoa, 1 cup + 1 cup (2 cups total)
- bread, 1/2 loaf
- Italian seasoning*, 1 Tbsp
- corn (frozen), 16 oz

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: Thyme Chicken // Creamy Mashed Cauliflower

- Cut the vegetables.

2 minutes

Meal 2: Fish Sticks // Lemon Asparagus

- Cook the quinoa.

20 minutes

Meal 3: Kale Salad

- Chop the kale.

2 minutes

- Make the dressing.

3 minutes

- Make the croutons.

25 minutes

Meal 4: Coleslaw and Beans

- Chop the Coleslaw.

3 minutes

Meal 5: Chicken Piccata // Fritters

- Shred the vegetables.
3 minutes
- Combine the fritter dipping sauce.
2 minutes
- *Cook the quinoa (above).*



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Kale Salad Dressing

- 2 tsp minced garlic
- 4 Tbsp lemon juice
- 3 Tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp maple syrup

Vegetables

- 5 carrots (+ 8 optional)
- 1 large sweet potato
- 1 cauliflower head
- 1 lb lacinato kale (can sub curly kale)
- 1 green cabbage head (6-8 cups, shredded)
- 1/4 red cabbage head (1 cup, shredded)

Fritter Dipping Sauce

- 1/4 cup mayo
- 1/4 tsp lemon juice
- up to 1/4 tsp salt
- up to 1/4 tsp garlic powder
- up to 1/4 tsp onion powder

Quinoa

- 1-2 cups quinoa
- 2-4 cups broth or water

Homemade Croutons

- 1/2 loaf bread (fresh or leftover)
- 1 Tbsp olive oil
- 1 Tbsp Italian Seasoning
- 1/2 tsp salt
- 1/2 tsp pepper

Supplies

- 2 jars with lids
- Cutting board + sharp knife
- Bowl
- Baking sheet
- (Instant) Pot

Step 1: If desired, cook the quinoa. Turn a burner to high to boil 2-4 cups of water in a pot. Cover askew.

Step 2: If desired, make the croutons. Preheat the oven to 375F.

Cut the bread into 1/2" to 3/4" cubes and place in a large bowl. Drizzle the bread with 1 Tbsp olive oil and sprinkle 1 Tbsp Italian Seasoning, 1/2 tsp salt, and 1/2 tsp pepper on top. Toss well until all of the bread cubes are coated. Arrange the bread onto a baking sheet in a single layer. Set a timer for 10 minutes to flip.

Step 3: Make the Kale Salad Dressing. Combine in a blender:

- 2 tsp minced garlic
- 4 Tbsp lemon juice
- 3 Tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp maple syrup

Blend until well mixed. Pour into a small jar with a lid.

Tip: If using a food processor to cut any of the vegetables, just combine this in the food processor afterwards instead of also dirtying the blender!

Step 4: When the water boils, add 1-2 cups of quinoa and cover askew. Turn down 1-2 notches to prevent from boiling over if needed. Set a timer for 15 minutes.

Step 5: Flip the crouton bread when the timer goes off and determine if it needs 5-10 more minutes. Bake until golden brown.

Step 6: Prep the Vegetables:

Carrots

- Cut 8 carrots in half lengthwise and then quarter so they are finger sized sticks for the suggested side of Steamed Carrots.
- Julienne 1 cup (about 2 large carrots) for Coleslaw.
- Shred 3 medium large for Fritters.

Sweet Potato

- Shred 1 large for Fritters.

Cauliflower

- Cut 1 head into florets for Creamy Mashed Cauliflower.

Kale

- Cut 1 lb into bite sized pieces.

Tip: If kale is the only vegetable you are cutting during your weekly prep, use kitchen shears instead over a large bowl.

Green cabbage

- Shred 1 head to make 6-8 cups for Coleslaw.

Red cabbage

- Shred 1/4 head to make 1 cup for Coleslaw.

Tip: You can use an entire head of green cabbage and an entire head of red cabbage and finish the package of carrots (just remember you need 8 for Meal 1's suggested side.) Increase the wet Coleslaw ingredients accordingly. This dish sits well in the fridge for a few days to eat as leftovers.

Step 7: Combine the fritter dipping sauce in a jar.

- 1/4 cup mayo
- 1/4 tsp lemon juice
- up to 1/4 tsp salt
- up to 1/4 tsp garlic powder
- up to 1/4 tsp onion powder

Stir and cover.

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

How to Store Your Meal Prep

Meal 1: Thyme Chicken // Creamy Mashed Cauliflower

- Cauliflower Florets
- *Carrots*

Meal 2: Fish Sticks // Lemon Asparagus

- *2 cups cooked quinoa*

Meal 3: Kale Salad

- Kale
- Dressing
- *Croutons*

Meal 4: Coleslaw and Beans

- Cabbage + carrots

Meal 5: Chicken Piccata // Fritters

- Fritter dipping sauce
- Sweet potato + carrots
- *2 cups cooked quinoa*



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Thyme Chicken // Creamy Mashed Cauliflower

- Use your Instant Pot to steam the cauliflower (and carrots). Place the cauliflower head in whole and place 8 whole carrots on top. Cook on manual for 2 minutes. Quick release the pressure. Remove carrots and then cut in half and then into quarters (cutting them before cooking will cause them to overcook.) Then, add other Creamy Mashed Cauliflower ingredients straight to the Instant Pot and puree with an immersion blender.

Tip: You can also puree the cauliflower stem and greens into the dish for extra nutrients!

Meal 2: Fish Sticks // Lemon Asparagus

- *Cook the suggested side of quinoa in the Instant Pot. Add 2 cups water and 2 cups quinoa and set to manual for 1 minute. Quick release the pressure.*

Meal 3: Kale Salad

- Use your food processor slicing disc to shred the kale into the bite sized pieces.
- Use your food processor and s blade to mix the dressing after shredding the kale.
- *Then, use your food processor to shred the optional protein of chicken. (Or use a stand mixer on this if you don't have a food processor.)*

Meal 4: Coleslaw and Beans

- Use your food processor slicing blade to shred the cabbage and use the shredding blade to shred the carrots.

Meal 5: Chicken Piccata // Fritters

- Use your food processor shredding blade to shred the sweet potato and carrot.
- *Cook the suggested side of quinoa in the IP (above).*



STEP-BY-STEP: MEAL 1

Thyme Chicken // Creamy Mashed Cauliflower

Suggested Side: Steamed Carrots

Stack your side dishes by steaming your carrots otop your boiling cauliflower. Less dishes for the win!

Mise en Place

Chicken

- 1-2 lbs chicken breasts (1 lb for Meal 3's optional protein)
- 1-2 tsp salt
- 1-2 Tbsp olive oil
- 1 Tbsp thyme

Mashed Cauliflower

- 1 cauliflower head
- 1 tsp salt
- 3 cloves garlic, quartered
- 1/2 tsp pepper
- 1 (15 oz) can of coconut milk, refrigerated overnight
- 2 tsp dried parsley
- 2 Tbsp butter (or ghee)

Suggested Side

- 8 carrots
- 2 Tbsp olive oil
- 1 tsp salt

Supplies

- (Instant) Pot
- Cutting board and sharp knife
- Baking sheet(s)
- Steamer basket

Step 0: Place coconut milk in the refrigerator at least 24 hours in advance.

Step 1: Turn a burner to high. Fill a large stock pot halfway with water and bring to a boil. Cover askew.

Step 2: Preheat the oven to 425F.

Step 3: Place 1-2 lbs of chicken breasts on a baking sheet. Drizzle with 1-2 Tbsp olive oil. Salt with 1 tsp per pound. Season 1 lb generously with 1 Tbsp thyme. Place in the oven and set a timer for 25 minutes.

Step 4: Cut your cauliflower head into florets.

Step 5: When the water boils, add cauliflower florets and garlic and boil until the cauliflower is fork-tender, about 10-15 min. Set a timer! Add additional water, if necessary, so the cauliflower is completely submerged.

Tip: If you need to add more water partway through, use an Instant Kettle if you have one so it doesn't slow down the cooking process.

Step 6: If desired, cut 8 carrots into large sticks by cutting the carrot in half lengthwise and then quartering so they are finger sized sticks. Place in a steamer basket on top of boiling cauliflower for 3-5 minutes depending on desired doneness. Cover askew. Set a timer!

Step 7: When the carrots are done, drizzle with 2 Tbsp olive oil and 1 tsp salt and cover until dinner is served.

Step 8: Drain the cauliflower when the timer goes off.

Step 9: Pull the 1 (15 oz) can of coconut milk from the refrigerator and turn it upside down. Use a can opener to open the can and pour out the clear liquid from the can. In the same pot, melt the 2 Tbsp butter and the solid coconut milk with the 1 tsp salt, 1/2 tsp pepper, and 2 tsp parsley.

Step 10: Add the drained cauliflower and garlic to the pot and using an immersion blender, pulse until it's reached your desired consistency. (Or use a potato masher if you don't have an immersion blender.)

Step 11: When the chicken timer goes off, ensure the internal temperature has reached 165F.

Step 12: If you have the time now, shred your chicken for Meal 3's optional protein, especially if you are doing it by hand. It is easier to do while warm. The chicken hardens some after being refrigerated.

Step 13: Enjoy Thyme Chicken with Creamy Mashed Cauliflower, and if desired, Steamed Carrots.

Step 14: Defrost your cod for Meal 2 in the fridge.



STEP-BY-STEP: MEAL 2

Fish Sticks // Lemon Asparagus

Suggested Side: Quinoa

Add more grains and protein to this meal with a batch of Quinoa!

Mise en Place

Fish Sticks (doubled batch for Meal 4's optional protein)

- 1-2 pound cod filets (defrosted if frozen)
- 1-2 cup all-purpose flour
- 4-8 large eggs, beaten
- 1-2 heaping tsp sea salt
- 2 1/2-5 cups Panko bread crumbs
- melted ghee or avocado oil

Lemon Asparagus

- 1 lemon
- 1 lb asparagus
- 1 Tbsp olive oil
- 1 tsp salt

Suggested Side

- √ 1-2 cups Quinoa (doubled batch for Meal 5's suggested side)
- √ 2-4 cups water or broth

Supplies

- Roasting pans + wire racks
- Cutting board and sharp knife
- 3 bowls
- Large skillet
- (Instant) Pot

Note: If you are wanting the optional protein for Meal 4, follow the larger numbers on the fish stick instructions. If you are omitting the optional protein, follow the smaller numbers.

Step 1: Preheat the oven to 400F.

Step 2: If making quinoa, turn a burner to high and fill a medium pot with 2-4 cups of water or broth.

Step 3: 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.

Step 4: Brush the racks lightly with melted ghee or avocado oil.

Step 5: Slice cod into 25-50 thin strips (mine were about 1/2" wide and 3-4" long). Pat dry with paper towels if needed.

Step 6: Fill the three bowls.

- 1-2 cups all-purpose flour (place in shallow bowl)
- 4-8 large eggs and beat them (place in a 2nd shallow bowl)
- 2 1/2-5 cups store-bought or homemade seasoned Panko bread crumbs and 1-2 tsp salt (place in a 3rd shallow bowl)

Step 7: 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 8: Place breaded strips evenly around the wire racks inside the roasting pans.

Step 9: Once all are breaded and on racks, bake for 8 minutes. Set a timer!

Step 10: When the water boils, add 1-2 cups quinoa and cover askew. Set a timer for 15 minutes. Turn the burner down 1-2 notches if needed to prevent it from boiling over.

Step 11: Turn a large skillet to medium high and add 1 Tbsp olive oil.

Step 12: Cut 1-3 inches off the asparagus ends. Place asparagus in the pan, add 1 tsp salt, and cover. Cook for approximately five minutes, stirring or shaking the pan every couple minutes to cook evenly. Asparagus is done when it is fork tender and bright green. Keep covered while other food finishes.

Tip: If your pan isn't big enough for asparagus to lay flat after trimming the ends, cut them in half.

Step 13: Cut the lemon in half while the asparagus and fish sticks cool. Stir the quinoa, if desired.

Step 14: Flip and bake the fish sticks 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.

Step 15: Set aside half of fish sticks for Meal 4's optional protein if desired.

Step 16: Serve fish sticks and asparagus with fresh lemon for squeezing and with quinoa on the side if desired.



STEP-BY-STEP: MEAL 3

Kale Salad

Suggested Side: Homemade Croutons

Make your salad more filling by making your own croutons!

Optional Protein: Shredded Chicken

Add another protein to this salad by shredding chicken from Meal 1.

Mise en Place

Dressing

- ✓ 2 tsp minced garlic
- ✓ 4 Tbsp lemon juice
- ✓ 3 Tbsp olive oil
- ✓ 1/4 tsp salt
- ✓ 1/4 tsp pepper
- ✓ 1 tsp maple syrup

Walnut Topping

- 1 cup walnuts
- 4 tsp olive oil
- 1 tsp minced garlic
- 1/4 tsp salt
- 4 tsp nutritional yeast

Salad

- ✓ 1 lb raw lacinato kale
- 1/2 cup sunflower seeds
- 1/2 cup dried cranberries

Suggested Side

- ✓ 1/2 loaf bread (fresh or leftover)
- ✓ 1/2 tsp salt
- ✓ 1 Tbsp olive oil
- ✓ 1/2 tsp pepper
- ✓ 1 Tbsp Italian seasoning

Optional Protein

✓ 1 lb reserved shredded chicken

Supplies

- Large bowl
- Kitchen shears
- Baking sheet
- Food processor or blender
- Cutting board + sharp knife

Step 1: If making croutons, preheat the oven to 375F.

Step 2: Cut the crouton bread into 1/2" to 3/4" cubes and place in a large bowl. Drizzle the bread with 1 Tbsp olive oil and sprinkle 1 Tbsp Italian Seasoning, 1/2 tsp salt, and 1/2 tsp pepper on top. Toss well until all of the bread cubes are coated. Arrange the bread onto a baking sheet in a single layer. Set a timer for 10 minutes to flip.

Tip: Use this same large bowl to make the salad in to save on dishes!

Step 3: Place the kale in a large bowl and using a pair of kitchen scissors, cut the kale into small pieces.

Step 4: Combine in a food processor or blender:

- 2 tsp minced garlic
- 4 Tbsp lemon juice
- 3 Tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp maple syrup

Tip: If using a food processor to chop the kale, just combine this in the food processor afterwards instead of also dirtying the blender!

Step 5: Add the dressing to the kale in the bowl and massage it into the kale for a full two minutes.

Step 6: Flip the crouton bread when the timer goes off and determine if it needs 5-10 more minutes. Bake until golden brown.

Step 7: Without washing the food processor, combine the toppings to the blender:

- 1 cup walnuts
- 1 tsp minced garlic
- 4 tsp nutritional yeast
- 4 tsp olive oil
- 1/4 tsp salt

Pulse until the walnut pieces are very small.

Step 8: Without washing the food processor, shred the 1 lb of chicken in the food processor if desired.

Step 9: Add the walnut topping, 1/2 cup sunflower seeds, and 1/2 cup dried cranberries to the kale and toss well. Top with homemade croutons and shredded chicken, as desired.



STEP-BY-STEP: MEAL 4

Coleslaw and Beans

Suggested Side: Corn

Add some more carbs and color to this meal with a serving of corn on the side.

Optional Protein: Fish Sticks

Cook once, eat twice when you prepare fish sticks for Meal 2 and save half for Meal 4.

Mise en Place

Coleslaw and Beans

- 1/2 cup olive oil
- up to 1/2 cup water or apple cider vinegar or lime juice
- 1 cup chopped green onions (8–10 whole green onions)
- 1 cup cilantro leaves (about 1 bunch)
- 2–4 garlic cloves
- 1 tsp salt
- 4 limes, juiced (about 6 tsp lime juice)
- 1 cup Greek yogurt, regular yogurt, sour cream or mayo (or any combination of these)
- 6–8 cups shredded green cabbage
- 1 cup julienned carrot
- 1 cup shredded red cabbage
- 2 (15 oz) cans red kidney beans

Suggested Side

- 16 oz frozen corn
- 1 tsp salt

Optional Protein

- Reserved Fish Sticks*

Supplies

- Cutting board and sharp knife
- Large bowl
- Medium pot
- Strainer
- Roasting pan + rack

Step 1: If desired, preheat the oven to 350F. Place fish sticks on wire racks in a 350 degree oven for about 15 minutes. Set a timer!

Step 2: If desired, boil about 2 inches of water in a medium pot.

Step 3: Shred 6-8 cups of green cabbage and 1 cup of red cabbage. Julienne 1 cup of carrots. Chop the green onion.

Tip: You could use an entire head of green cabbage and an entire head of red cabbage and finish the package of carrots (just remember you need 8 for Meal 1's suggested side.) Increase the wet Coleslaw ingredients accordingly. This dish sits well in the fridge for a few days to eat as leftovers.

Step 4: Combine in a blender:

- 1/2 cup olive oil
- up to 1/2 cup water or apple cider vinegar or lime juice
- 1 cup chopped green onions (8–10 whole green onions)
- 1 cup cilantro leaves (about 1 bunch)
- 2–4 garlic cloves
- 1 tsp salt
- 4 limes, juiced (about 6 tsp lime juice)
- 1 cup Greek yogurt, regular yogurt, sour cream or mayo (or any combination of these)

Pulse until the ingredients are combined, yet some green leaves are still visible.

Tip: Instead of pulling each leaf off of the cilantro, just cut the entire bunch where the leaves begin. The little amount of stems will blend right in!

Step 5: The consistency should be similar to salad dressing, so if you used Greek yogurt, sour cream, or mayo, you might need to thin. Taste first, and thin using either water, apple cider vinegar or lime juice as desired starting with 1 Tbsp. Stir well after each addition and taste.

Step 6: When the water boils, place frozen corn into the pot and cover askew. Set a timer for 6 minutes.

Step 7: When the sauce is ready, place the cabbage and carrots in a very large bowl and add the sauce.

Step 8: Drain and rinse 2 (15 oz) cans of red kidney beans and add to the Coleslaw.

Step 9: Stir well using two forks or a pair of tongs. Place in the fridge until you are ready to serve.

Step 10: Strain the corn when it is done (the same one as the beans is fine, just give it a good rinse in between.) Add 1 tsp salt when you place it back into the pan or a serving bowl.

Step 11: Enjoy Coleslaw and Beans, and if desired, Corn and Fish Sticks on the side.



STEP-BY-STEP: MEAL 5

Chicken Piccata // Fritters

Suggested Side: Quinoa

Cook once, eat twice when you make a double batch of Quinoa with Meal 2 to serve it again with Meal 5.

Mise en Place

Chicken Piccata

- 1 lb chicken breast
- 1/4 cup flour (any)
- 1 tsp salt
- 4-6 Tbsp olive oil
- 1/2 cup chicken stock
- 1/4 cup lemon juice
- 1-2 Tbsp capers
- 2 Tbsp fresh parsley (or 1 Tbsp dried)

Fritters

- 2 cups shredded carrots (about 3 medium-size carrots)
- 2 cups shredded sweet potatoes (about 1 large sweet potato)
- 1-2 tsp of salt, to taste
- 2 tsp ground ginger
- 2/3 cup flour (any)
- 2 eggs, beaten
- up to 1/3 cup coconut oil (for frying)

Dipping Sauce

- 1/4 cup mayo
- 1/4 tsp lemon juice
- up to 1/4 tsp salt
- up to 1/4 tsp garlic powder
- up to 1/4 tsp onion powder

Suggested Side

- 2 cups reserved quinoa
- 1/4 cup water

Supplies

- Large skillet
- Small pan
- Next largest skillet

Step 1: Turn a burner to medium heat and warm 2 Tbsp coconut oil in a large skillet.

Step 2: Sprinkle chicken lightly with 1 tsp salt and dredge both sides in 1/4 cup of flour to coat.

Step 3: Saute 1-2 breasts (depending on the size of your pan), covered, turning once, until browned on both sides and cooked through. Ensure the internal temperature has reached 165F. 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.

Step 4: Meanwhile, shred the 3 carrots and 1 sweet potato.

Step 5: Combine shredded carrots, shredded sweet potatoes and spices in a large bowl.

- 1-2 tsp of salt, to taste
- 2 tsp ground ginger

Use your hands to mix well so the spices are evenly distributed.

Step 6: Add the 2/3 cup of flour and mix well so it's evenly distributed.

Step 7: Turn your next largest skillet to medium heat and melt 2-3 Tbsp coconut oil.

Step 8: Crack the two eggs into a mug and whip using a fork. Add the eggs to the vegetables and use your hands to mix everything together well.

Step 9: When the skillet is hot (test a drop of water to see if it will sizzle), use slightly less than 1/4 cup of mixture to make a patty in your hands. Make sure the patty is uniform in thickness throughout so it cooks evenly.

Step 10: Place the patty on the skillet and cook covered and undisturbed for 2-3 minutes, until the bottom is golden brown. Use a pancake flipper to carefully lift the fritter up and flip over. Cook for an additional 2-3 minutes until both sides are evenly cooked.

Step 11: Repeat with the remaining fritter mixture. Cover cooked ones on a plate while you continue.

Step 12: If desired, reheat reserved quinoa in 1/4 cup of water and cover askew.

Step 13: In between flipping chicken and fritters as they cook, make fritter dipping sauce by combining:

- 1/4 cup mayo
- 1/4 tsp lemon juice
- up to 1/4 tsp salt
- up to 1/4 tsp garlic powder
- up to 1/4 tsp onion powder

Stir well so the flavors can combine.

Step 14: After the last piece of chicken is done, 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 1-2 Tbsp capers, 2 Tbsp parsley, and 1 Tbsp oil. Drizzle sauce on chicken and quinoa as desired.

Step 15: Enjoy Chicken Piccata with Fritters, and if desired, Quinoa.



RECIPE CARDS

Meal 1 Recipes

Thyme Chicken



Recipe inspired by Team Crumbs.

INGREDIENTS

1-2 lbs chicken breasts
1-2 Tbsp olive oil

1-2 tsp salt
1 Tbsp thyme

INSTRUCTIONS

1. Preheat the oven to 425F.
2. Place 1-2 lbs of chicken breasts on a baking sheet. Drizzle with 1-2 Tbsp olive oil. Salt with 1 tsp per pound. Season generously with 1 Tbsp thyme.
3. Place in the oven and set a timer for 25 minutes.
4. When the chicken timer goes off, ensure the internal temperature has reached 165F.
5. Serve as desired.

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Creamy 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. 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.
2. 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.
4. In the same pot, melt the butter (or ghee) and the solid coconut milk with the salt, pepper and parsley.
5. Add the drained cauliflower and garlic to the pot and using an immersion blender, pulse until it's reached your desired consistency.

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Meal 2 Recipes

Instant Pot Quinoa



Find the original recipe here.

INGREDIENTS

1 cup quinoa

1 cup water

INSTRUCTIONS

1. Measure the quinoa into a fine mesh sieve and thoroughly rinse the quinoa under running water for one full minute.
2. Then place the rinsed quinoa into the Instant Pot inner pot.
3. Add the water and place the inner pot into the Instant Pot.
4. Place the lid on top and seal it, and turn the venting knob to "sealing." Press "pressure cook" or "manual" on high and adjust the timer to 1 minute.
5. Let the quinoa cook and when the timer goes off, let the pressure release on its own naturally.
6. Fluff with a fork and serve warm, OR freeze extras in 2 cup portions for future recipes!

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Homemade Fish Sticks



Find the original recipe here.

INGREDIENTS

2 pound cod filets

2 cup all-purpose flour

8 large eggs, beaten

2 heaping tsp sea salt

5 cup store-bought or homemade seasoned

Panko bread crumbs

melted ghee or avocado oil

INSTRUCTIONS

1. Preheat oven to 400F degrees. 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. Brush the racks lightly with melted ghee or avocado oil.
2. Slice cod into 25-30 thin strips (mine were about 1/2" wide and 3-4" long). Pat dry with paper towels if needed.
3. Working in batches, dredge the cod strips in flour (1st bowl), then coat with egg (2nd bowl), then cover in Panko crumbs (3rd bowl). Place breaded strips evenly around the wire racks inside the roasting pans.
4. 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. Watch these very closely to prevent burning.
5. Serve with fresh lemon for squeezing and/or tartar sauce for dipping.

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Lemon Butter Asparagus



Find the original recipe here.

INGREDIENTS

1 tbsp butter
1lb asparagus, trimmed (see below)
half of one lemon, squeezed for juice OR 1-2
Tbsp bottled lemon juice
salt and pepper

INSTRUCTIONS

1. In a pan large enough to hold most of the asparagus in a single layer, melt butter over medium heat, spreading it around the bottom of the pan to coat.
2. Place asparagus in the pan and cover. Cook for approximately five minutes, stirring or shaking the pan every couple minutes to cook evenly. Asparagus is done when it is fork tender and bright green.
3. Squeeze the lemon over the asparagus OR pour over 1 Tbsp of bottled lemon juice. Taste, and add more lemon juice if desired.
4. Season with salt and pepper as desired.

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Meal 3 Recipes

Best Kale Salad



Find the original recipe here.

INGREDIENTS

Dressing:

2 tsp minced garlic

4 Tbsp lemon juice

3 Tbsp olive oil

¼ tsp salt

¼ tsp pepper

1 tsp maple syrup

Walnut Topping:

1 cup walnuts

1 tsp minced garlic

4 tsp nutritional yeast

4 tsp olive oil

¼ tsp salt

Salad:

1 lb raw lacinato kale

½ cup dried cranberries

½ cup sunflower seeds

INSTRUCTIONS

1. Prepare the kale: Place the kale in a large bowl and using a pair of kitchen scissors (I have these), cut the kale into small pieces. This makes it easier to eat, and less bitter, in my opinion.
2. Make dressing: Combine ingredients in a blender and blend on low until everything is well combined.
3. Add the dressing to the kale and massage it into the kale for a full two minutes.

Recipe continues on the next card.

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Best Kale Salad (continued)



Find the original recipe here.

INSTRUCTIONS

4. Make the Walnut Topping: Without washing the blender, add the toppings to the blender and pulse until the walnut pieces are very small.
5. Assemble the Salad: Add the walnut topping, sunflower seeds and dried cranberries to the kale and toss well.

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Homemade Croutons



Find the original recipe here.

INGREDIENTS

1/2 loaf bread (fresh or leftover)	1/2 tsp salt
1 Tbsp olive oil	1/2 tsp pepper
1 Tbsp Homemade Italian Seasoning	

INSTRUCTIONS

1. Preheat the oven to 375F.
2. Cut the bread into 1/2" to 3/4" cubes and place in a large bowl.
3. Drizzle the bread with olive oil and sprinkle the seasoning blend, salt and pepper on top. Toss well until all of the bread cubes are coated.
4. Arrange the bread onto a baking sheet in a single layer. Bake for 15 to 20 minutes, or until golden brown, tossing halfway through.
5. Remove from the oven and let them cool completely before using on your favorite soups or salads!

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Meal 4 Recipes

Cilantro Lime Coleslaw



Find the original recipe here.

INGREDIENTS

1/4 cup olive oil	1/2 tsp salt
up to 1/4 cup water or apple cider vinegar or lime juice	2 limes, juiced (about 3 tsp lime juice)
1/2 cup chopped green onions (4–5 whole green onions)	1/2 cup Greek yogurt, regular yogurt, sour cream or mayo (or any combination of these)
1/2 cup cilantro leaves (about 1/2 bunch)	3–4 cups shredded green cabbage
1–2 garlic cloves	1/2 cup julienned carrot (optional)
	1/2 cup shredded red cabbage (optional)

INSTRUCTIONS

1. Combine all ingredients except the water and cabbage (and carrots, if using) in a blender. Pulse until the ingredients are combined, yet some green leaves are still visible.
2. The consistency should be similar to salad dressing, so if you used Greek yogurt, sour cream or mayo, you might need to thin. Taste first, and thin using either water, apple cider vinegar or lime juice as desired starting with 1 Tbsp. Stir well after each addition and taste.
3. When the sauce is ready, place the cabbage (and carrots, if using) in a very large bowl and add sauce. Stir well using two forks or a pair of tongs.
4. Let the coleslaw sit in the fridge for about 30 minutes for the flavors to develop.

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Meal 5 Recipes

Chicken Piccata



Find the original recipe 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
1/4 cup flour
Salt for seasoning
2-4 Tbsp olive oil
3-4 Tbsp unsalted butter
1/2 cup chicken stock
1/4 cup lemon juice
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.

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Carrot Sweet Potato Fritters



Find the original recipe here.

INGREDIENTS

For the Fritters
2 cups shredded carrots
2 cups shredded sweet potatoes
1-2 tsp of salt, to taste
2 tsp ground ginger
2/3 cup flour (I used almond flour)
2 eggs, beaten
up to 1/3 cup coconut oil
For the Dipping Sauce
1/4 cup mayo
1/4 tsp lemon juice
up to 1/4 tsp salt
up to 1/4 tsp garlic powder
up to 1/4 tsp onion powder

INSTRUCTIONS

1. For the Fritters: Combine shredded carrots, shredded sweet potatoes and spices in a large bowl. Use your hands to mix well so the spices are evenly distributed.
2. Add the flour and again, mix well so it's evenly distributed.
3. Meanwhile, preheat a skillet to medium heat and melt 2-3 Tbsp coconut oil.
4. Crack the two eggs into a mug and whip using a fork. Add the eggs to the vegetables and use your hands to mix everything together well.
5. When the skillet is hot (test a drop of water to see if it will sizzle), use slightly less than 1/4 cup of mixture to make a patty in your hands.

Recipe continues on the next card.

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Carrot Sweet Potato Fritters (continued)



Find the original recipe here.

INSTRUCTIONS

6. Place the patty on the skillet and cook undisturbed for 2-3 minutes, until the bottom is golden brown. Use a pancake flipper to carefully lift the fritter up and flip over. Cook for an additional 2-3 minutes until both sides are evenly cooked.
7. Repeat with the remaining fritter mixture.
8. Put cooked fritters on a plate lined with paper towels and serve hot.
9. For the Dipping Sauce: While the fritters are cooking, combine the mayo, lemon juice, 1/8 tsp salt, 1/8 tsp garlic powder, 1/8 tsp onion powder and green onions (if using) in a small bowl. Stir well so the flavors can combine.
10. Taste and adjust seasonings as desired when the fritters are done.

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PERSONAL NOTES
