

30MD NO-COOK MEAL PLAN

DAY 1: Black Bean and Corn Salad // Creamy Coleslaw

DAY 2: Quick Chicken Salad // Butter Parmesan Zoodles

DAY 3: Greek Chopped Salad

DAY 4: Open-Faced Mediterranean Sandwiches // Creamy Coleslaw

DAY 5: Strawberry Spinach Salad

DAY 6: Zucchini and Corn Salad

DAY 7: Tomato Basil Chickpea Wraps // Sliced Tomato and Onion Salad

SHOPPING LIST

Cold Case

- | | | | |
|---|----------|--|----------|
| <input type="checkbox"/> butter | 4 tbsp | <input type="checkbox"/> Parmesan cheese | 6 oz |
| <input type="checkbox"/> Greek yogurt * | 0.50 cup | <input type="checkbox"/> yogurt * | 0.50 cup |

Frozen

- | | |
|--------------------------------------|--------|
| <input type="checkbox"/> frozen corn | 2 cups |
|--------------------------------------|--------|

Pantry

- | | | | |
|---|------------------|---|--------------------|
| <input type="checkbox"/> balsamic vinegar | 2 tbsp | <input type="checkbox"/> mayo* | 0.25 cup |
| <input type="checkbox"/> bread* | 12 slices | <input type="checkbox"/> olive oil | 4 tbsp + 1.08 cups |
| <input type="checkbox"/> can black beans* | 2 (15 oz) | <input type="checkbox"/> olives | 1.50 cups |
| <input type="checkbox"/> can chicken* | 2 (12.5 oz) | <input type="checkbox"/> pine nuts (optional) | 0.25 cup |
| <input type="checkbox"/> can chickpeas* | 2 (15 oz) | <input type="checkbox"/> red wine vinegar | 0.50 cup + 2 tsp |
| <input type="checkbox"/> Dijon mustard | 2 tsp + 1 Tbsp | <input type="checkbox"/> spicy brown mustard | 0.75 tsp |
| <input type="checkbox"/> hot sauce | 2 tsp | <input type="checkbox"/> sunflower seeds | 0.50 cup + 3 Tbsp |
| <input type="checkbox"/> kalamata olives | 2 tbsp | <input type="checkbox"/> tortillas* | 8 |
| <input type="checkbox"/> lemon juice | 4 tsp + 5.5 Tbsp | <input type="checkbox"/> yellow mustard | 1 tsp |
| <input type="checkbox"/> lime juice | 2 tbsp | | |

Produce

- | | | | |
|---|--------------|---|-----------------------|
| <input type="checkbox"/> baby spinach | 8 cups | <input type="checkbox"/> lime | 1 |
| <input type="checkbox"/> bag coleslaw | 1 (16 oz) | <input type="checkbox"/> minced garlic | 2 tsp |
| <input type="checkbox"/> bell pepper, red | 1 + 0.25 cup | <input type="checkbox"/> onion | 2 |
| <input type="checkbox"/> celery | 6 stalks | <input type="checkbox"/> red onion | 0.5 |
| <input type="checkbox"/> cilantro | 0.5 | <input type="checkbox"/> Romaine lettuce | 1 |
| <input type="checkbox"/> corn | 2 cups | <input type="checkbox"/> shredded carrots | 1 (10 oz) + 0.25 cups |
| <input type="checkbox"/> cucumber | 1 | <input type="checkbox"/> strawberries | 3 cups |
| <input type="checkbox"/> fresh basil | 4 tbsp | <input type="checkbox"/> tomato | 3 + 1.5 lbs |
| <input type="checkbox"/> garlic | 1 clove | <input type="checkbox"/> yellow squash | 2 |
| <input type="checkbox"/> grape tomatoes | 1.50 cups | <input type="checkbox"/> zucchini | 6 |
| <input type="checkbox"/> green onion | 3 | | |

Spices

- | | | | |
|--|----------|--|----------|
| <input type="checkbox"/> cumin | 1.50 tsp | <input type="checkbox"/> pepper | 3.50 tsp |
| <input type="checkbox"/> dried basil | 1 tsp | <input type="checkbox"/> red pepper flakes (!) | 0.25 tsp |
| <input type="checkbox"/> dried parsley | 1 tsp | <input type="checkbox"/> salt | 5.13 tsp |
| <input type="checkbox"/> garlic powder | 1 tsp | <input type="checkbox"/> sesame seeds | 2 tbsp |
| <input type="checkbox"/> onion powder | 0.75 tsp | | |

* These items can be made from scratch to save even more money. Click the link on the recipe cards on CrumbsUniversity.com

DAY 1

BLACK BEAN AND CORN SALAD

INGREDIENTS

- 2 (15 oz) can black beans, rinsed and drained
- 2 cups frozen corn
- 1 red bell pepper, seeded and chopped
- ½ onion, chopped
- 1 ½ tsp ground cumin
- 2 tsp hot sauce, or to taste
- 1 lime, juiced
- 2 Tbsp olive oil
- ½ tsp salt
- ¼ tsp pepper

INSTRUCTIONS

1. Combine all ingredients in a bowl. Let stand at least 15 minutes for corn to fully defrost and flavors to combine, then toss and serve.
2. The corn will also place a quick-chill on this easy salad as it defrosts -- no need to refrigerate!

CREAMY COLESLAW

INGREDIENTS

- ½ cup Greek yogurt
- ½ cilantro
- 2 tsp minced garlic
- ½ tsp salt
- 2 Tbsp lime juice
- 1 (16 oz) bag coleslaw
- 1 (10 oz) shredded carrots

INSTRUCTIONS

1. In a large bowl, whisk together ½ cup Greek yogurt, ½ bunch cilantro leaves (finely diced), 2 tsp minced garlic, ½ tsp salt, and 2 Tbsp lime juice.
2. Add the bagged coleslaw mix (no dressing - just the vegetables) and the bag of shredded carrots and toss well to coat.
3. Taste and add additional salt and/or lime juice if desired. The coleslaw will be thick at first, but will thin after a few minutes.
4. Let the coleslaw sit at room temperature until serving (up to an hour). Store in the refrigerator if the meal is more than one hour away. Stir before serving.

*** Serve half with Black Bean and Corn Salad reserving half for Open-Face Mediterranean Sandwiches.

DAY 2

QUICK CHICKEN SALAD

INGREDIENTS

- 1 (12.5 oz) can chicken
- ½ cup yogurt
- 4 tsp lemon juice
- 1 onion, sliced
- 2 stalks celery, diced
- 1 tsp parsley, dry
- 1 tsp Dijon mustard
- 1 tsp salt
- 1 tsp pepper
- 8 slices of bread

INSTRUCTIONS

1. Drain and rinse chicken, dice celery small and slice onion very thin.
2. Combine chicken, yogurt, onion, celery, parsley, lemon juice, Dijon mustard, salt, and pepper in a medium sized bowl. Mix well and serve on a sandwich bread.

BUTTER PARMESAN ZOODLES

INGREDIENTS

- 4 zucchini
- 4 Tbsp butter, melted (or simply softened to room temp)
- 4 Tbsp Parmesan, shredded
- ½ tsp salt
- ¼ tsp pepper

INSTRUCTIONS

1. Spiralize the zucchini. Spread the zucchini on a kitchen towel and cover with a second towel. Roll up gently from the end and allow the zucchini to sit for 10 minutes.
2. Unroll, dump into a large bowl, and add melted butter and Parmesan. Season with salt and pepper.

DAY 3

GREEK CHOPPED SALAD

INGREDIENTS

- 1 romaine lettuce
- 1 can chickpeas
- 1 cucumber, peeled, quartered lengthwise, seeds removed and chopped
- 1 ½ cup grape tomatoes, halved or quartered if extra large
- 1 ½ cup olives, halved (Kalamata taste best, but black olives will work too.)

GREEK SALAD DRESSING RECIPE

- ½ cup + 1 Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried basil
- ¾ tsp pepper
- ¾ tsp salt
- ¾ tsp onion powder
- ¾ tsp spicy brown mustard
- ½ cup + 2 tsp red wine vinegar (you can substitute up to half white vinegar without altering the taste)

INSTRUCTIONS

1. Mix ingredients for dressing in a jar or bowl and set aside.
2. Combine chopped cucumber, tomato halves, and olive halves in a large bowl with the prepared Greek Dressing. Serve immediately.

DAY 4

OPEN-FACED MEDITERRANEAN SANDWICHES

INGREDIENTS

- 1 (12.5 oz) can chicken
- ½ cup onion, thinly sliced
- 2 celery stalks, thinly sliced
- 2 Tbsp kalamata olives, coarsely chopped
- 2 ½ Tbsp lemon juice, fresh
- ¼ tsp pepper
- ¼ tsp salt
- 2 tomatoes, sliced
- 4 slices of bread

INSTRUCTIONS

1. Combine first 4 ingredients in a medium bowl. Add lemon juice, salt and pepper; toss gently to combine.
2. Next, place 2 slices of tomato on each piece of bread, pile ¾ cup of chicken mixture on top of the tomatoes, and serve.

**** Serve with reserved Creamy Coleslaw from Day 1.*

DAY 5

STRAWBERRY-SPINACH SALAD

INGREDIENTS

- 8 cups lightly packed baby spinach
- 3 cups strawberries, hulled and thinly sliced *Note: if strawberries are out of season, substitute 2 cubed granny smith apples*
- ½ cup sunflower seeds
- 2 Tbsp sesame seeds, toasted
- 4 oz Parmesan cheese, grated

DRESSING

- ¼ cup extra-virgin olive oil
- 2 Tbsp balsamic vinegar
- ¼ tsp salt
- ⅛ tsp pepper

INSTRUCTIONS

1. Add spinach, strawberries, sunflower seeds, sesame seeds, and parmesan in a bowl and toss.
2. Whisk together oil and vinegar in a large bowl. Season with salt and pepper.
3. Toss salad with dressing or serve separately at the table.

DAY 6

ZUCCHINI AND CORN SALAD

INGREDIENTS

- 2 zucchini
- 2 yellow squash
- 2 cups of corn
- ½ cup parmesan, grated
- ¼ tsp red pepper flakes
- ½ tsp salt
- ¼ tsp pepper
- 1 Tbsp fresh basil
- ¼ cup pine nuts (optional), toasted

For the Lemon-Basil Vinaigrette

- ½ cup olive oil
- 3 Tbsp fresh lemon juice
- 1 Tbsp fresh basil, chopped
- 1 Tbsp Dijon mustard
- 1 clove garlic minced
- ¼ tsp salt
- ¼ tsp pepper, to taste

INSTRUCTIONS

1. With a wide vegetable peeler, peel the zucchini and squash lengthwise into long ribbons (discarding the middle — you'll know when you get to it, because the squash will get too thin and watery.)
2. Place the ribbons in a good-sized bowl or plate, alternating so you can see equal amounts of green and yellow. Add the corn kernels and about 2 tablespoons of vinaigrette.
3. Toss. Add salt, freshly ground pepper, and chili flakes to taste. Add the Parmesan cheese and garnish with fresh torn basil.

For the Lemon-Basil Vinaigrette

1. Add all of the ingredients to a small jar with a lid and shake well. Season with more salt and pepper to taste.
2. Note: You'll have vinaigrette left over to use on other salads, or make this one again!

DAY 7

TOMATO-BASIL CHICKPEA WRAPS

INGREDIENTS

- 1 (15 oz) can chickpeas, drained + rinsed
- 3 stalks green onion
- 2 stalks celery
- ¼ cup shredded carrots, chopped
- ¼ cup red bell pepper, finely chopped
- ¼ cup mayo
- 1-2 tsp Dijon mustard
- 1 tsp yellow mustard
- 1/8 tsp salt
- 1/8 tsp pepper
- 3 Tbsp sunflower seeds
- 2 Tbsp fresh basil, chopped plus extra to taste
- 1 tomato, sliced
- 8 tortillas

INSTRUCTIONS

1. Drain and rinse your chickpeas and add them to a large bowl. Mash with a potato masher until texture appears flaked, almost like tuna salad. I use both a potato masher and follow up with a fork to make sure every chickpea is deliciously smashed. You could also use a food processor and skip the arm workout!
2. Chop your green onion, celery, shredded carrots, and pepper.
3. Add to the bowl with your chickpeas, then add mayo, Dijon, yellow mustard, salt, and pepper. Stir well to coat.
4. Fold in sunflower seeds and chopped basil (as much or as little as you'd like) and adjust any ingredients to taste. Get creative with your chickpeas, yo!
5. Layer chickpea mix and tomatoes in tortillas as a wrap.

SLICED TOMATO AND ONION SALAD

INGREDIENTS

- 1 ½ lbs tomatoes (2 large or 3 small), sliced thick
- ½ red onion, sliced
- 1 Tbsp olive oil, for drizzling
- ½ tsp salt
- ¼ tsp pepper

INSTRUCTIONS

1. In a bowl, drizzle tomatoes and onions with oil, season with salt and pepper, and toss. Serve immediately or refrigerate for later.