

Weekly Menu at Authentic Plate

DINNERS

ROAST

ROASTED CHICKEN WITH BRUSSELS SPROUTS

BEEF BARLEY SOUP

CHIPOTLE CHICKEN WITH SQUASH

CHICKEN STIR FRY WITH CAULI-RICE

SQUASH BOATS WITH TOSSED GREEN SALAD

LUNCHESES

GOLDEN BEET SALAD

ACORN SQUASH SOUP

CHIPOTLE CHICKEN SALAD

BREAKFAST

SAUSAGES WITH GREENS

BREAKFAST BURRITO

WEEKEND BRUNCH

SNACKS

STRAWBERRIES, CELERY AND CARROTS AND
YOGURT RANCH, HARD BOILED EGGS

By planning my meals, I reduce the amount of money I spend on ingredients that just sit in my pantry. I reduce the number of trips in a week or month to the grocery store (cause we all know that if you go in for one thing, you'll come out with 10). I minimize the waste of unused fruits and vegetables and otherwise "spoiled" food. I am able to prepare ingredients ahead-saving precious family time in the evenings when everyone is home. On a more personal level, I don't feel as frantic and stressed in trying to get food on the table. Cooking doesn't feel quite as much like a chore when I'm not stressed about it. I'm more organized and able to put more thought into our meals. All around, meal planning makes my life easier.

Could your life deal with being a little easier? Let's see if we can't make that happen!

INGREDIENT LIST

PRODUCE

- 1 APPLE
- 2 GOLDEN BEETS
- 5 C SALAD GREENS
- 1 HEAD CAULIFLOWER
- 1 ACORN SQUASH
- 2 YELLOW ONION
- 5 CLOVES GARLIC
- CELERY
- 2 BUNCHES KALE
- BRUSSELS SPROUTS
- CARROTS
- 3 ZUCCHINI SUMMER SQUASH

DRIED GOODS

- 1/3 C ALMONDS
- 8 OZ CAN TOMATO PASTE
- BEEF STOCK (8 CUPS)
- CHICKEN STOCK
- ¾ C PEARLED BARLEY

PROTEIN

- 2 LBS GROUND PORK
- WHOLE CHICKEN
- BEEF RUMP ROAST
- 2 LB STEW MEAT
- 3 LBS CHICKEN BREAST
- 18 EGGS
- BACON

DAIRY

- GRASS FED BUTTER

FROM THE PANTRY

- SALT
- PEPPER
- OLIVE OIL
- COCONUT OIL
- WHITE BALSAMIC VINEGAR
- OREGANO, DRIED
- THYME
- BALSAMIC VINEGAR OR SOY SAUCE
- GARLIC POWDER
- ONION POWDER
- SAGE
- FENNEL SEEDS
- CAYENNE
- ROTISSERIE SEASONING

MEAL PREP

{THESE ARE THE COOKING TASKS THAT I CAN DO AHEAD OF TIME. I WILL USUALLY DO THESE AS EARLY IN THE WEEK AS I CAN WHEN MY SON IS NAPPING, EARLY IN THE MORNING OR WHILE HE IS AT PRESCHOOL}

BREAKFAST SAUSAGE

1. Mix and form patties
2. Freeze

CHIPOTLE CHICKEN

1. Portion chicken
2. Mix rub
3. Chop onion, peppers and chicken
4. Combine ingredients in freezer bag and freeze

CHICKEN STIR FRY AND CAULI-RICE

1. Chop and food process cauliflower and refrigerate.
2. Chop chicken, onion, any other left over veggies, season and freeze

SQUASH BOATS

1. Prepare filling and refrigerate or freeze (based on how long until you will be eating it)

SALAD

1. Chop salad greens and veggies. Refrigerate.

ROAST

1. Season Roast
2. Combine with any veggies that are good to freeze in a freezer bag and throw in the freezer.

SNACKS

1. Chop strawberries, celery, carrots and bag in fridge
2. Make yogurt ranch.

YOGURT RANCH

1. Make yogurt in slow cooker and strain.

BASIC BEEF ROAST

{INGREDIENTS}

2 - 3 lbs beef roast (I use whatever is on sale)
about 1/2 tsp of salt and pepper
1 small onion, julienned
2 carrot, diced
2 cloves garlic, minced
2 tbsp tomato paste
1 cups beef broth/stock
2 bay leaves
1 tsp dried thyme
1 tsp dried parsley

{METHOD}

1. Combine all ingredients in slow cooker.
2. Cook on low for 8-10 hours.
3. Eat. Pretty simple, right?

Tip

This is delicious over cauliflower rice! I will also throw in any root veggies I happen to have around.

ROASTED CHICKEN

{INGREDIENTS}

1 whole chicken, cleaned
Fresh herbs (I used tarragon, basil, thyme)
Rotisserie Seasoning: Paprika, Onion Powder, Garlic Powder, Chili Powder, Cumin (play with these to figure out what proportions you like. I like a little spice)
2 tbsp Coconut Oil, softened
salt and pepper, to taste

{METHOD}

*Preheat oven to 350

1. Stuff herbs in chicken cavity and between the breast and the skin.
2. Using a pastry brush, coat the chicken with coconut oil.
3. Generously season with the Rotisserie Seasonings and salt and pepper.
4. Roast chicken for about 25 minutes per pound until a thermometer in the breast reads 170 degrees.
5. After removing from oven, let chicken rest for 10 minutes.

Tip

The trick to really crispy delicious skin is to really dry the skin by patting with paper towels before you coat with coconut oil. Taking it out of the fridge 30 minutes



BALSAMIC BRUSSELS SPROUTS

{INGREDIENTS}

1 tbsp coconut oil
1/2 yellow onion, finely diced
2 bags frozen brussels sprouts, halved
1 tsp kosher salt, adjust for taste
1/2 tsp black pepper
1/2 tsp garlic powder
1 tsp onion powder
1-2 tbsp balsamic vinegar, depending on your taste preference

{METHOD}

1. Warm coconut oil in a large pan over medium heat. Add onions and cook until almost translucent.
2. Add halved Brussels sprouts and vinegar to the pan and mix well. Cover and cook for 10 minutes or until Brussels sprouts are tender and warm.
3. Adjust seasonings and serve.

BEEF BARLEY SOUP

{INGREDIENTS}

2 pounds chuck roast, cut into bite sized pieces
5 cups beef broth/stock
1 onion, chopped
1 8 ounce can tomato paste
3/4 cup pearl barley
2 teaspoons salt
Fresh ground pepper
5 carrots, chopped
1 cup chopped fresh parsley

{METHOD}

1. Combine everything but parsley in slow cooker and stir to mix. Cook on low for 8-10 hours.
2. Just before serving, add parsley.
3. Taste and adjust seasonings (I usually end up adding a bit more salt and pepper).
4. Serve.

CHIPOTLE CHICKEN

{INGREDIENTS}

4 skinless, boneless chicken breasts
2 cups chicken stock (homemade chicken stock makes a difference in this recipe!)
2 tablespoons raw cider vinegar
2 tsp chipotle powder
1 teaspoon oregano
1 tablespoon tomato paste
1 tablespoon honey
sea salt and freshly-ground black pepper

{METHOD}

1. Combine stock, vinegar, honey, tomato paste and seasonings in slow cooker and whisk together.
2. Add chicken breasts in a single layer.
3. Cook on low approximately 8 hours.

Tip

I'm working on a side dish that can be cooked in the crockpot with the chicken for a one pot meal. If you think of something, let me know!

CHICKEN STIR FRY WITH CAULI-RICE

{INGREDIENTS}

1 head of cauliflower
1 cup of chicken broth
3 tbsp butter
1 tbsp parsley
1 tbsp oregano
salt and pepper, to taste

{METHOD}

1. Coarsely chop food processor (I used my food processor) until about rice sized.
2. Combine all ingredients in a saucepan and bring to a simmer
3. Simmer until cauliflower is tender.
4. Mix thoroughly before serving.

SQUASH BOATS WITH TOSSED GREEN SALAD

{INGREDIENTS}

3 zucchini or summer squash, halved and deseeded
1/2 lb ground beef (or turkey/pork)
Taco seasoning (chili powder, paprika, cumin, garlic powder, oregano, coriander, salt, pepper)
1 tomato, cored and chopped
1/2 red onion, chopped
1 carrot, halved and chopped
2 celery stalks, diced

{METHOD}

1. Brown meat in a skillet.
2. Add vegetables and seasonings to taste.
3. Sauté for about five minutes or until carrots are slightly tender.
4. Brush squash with olive oil or coconut oil and season with salt and pepper. Fill cavity with filling.
5. Bake for approximately 20 minutes at 375 or until squash is fork tender.



Tip

This is the most outrageously versatile dish. Like stirfry, I use whatever vegetables and meat I have extra in the fridge or pick up on sale. Play with it. That's the fun part.

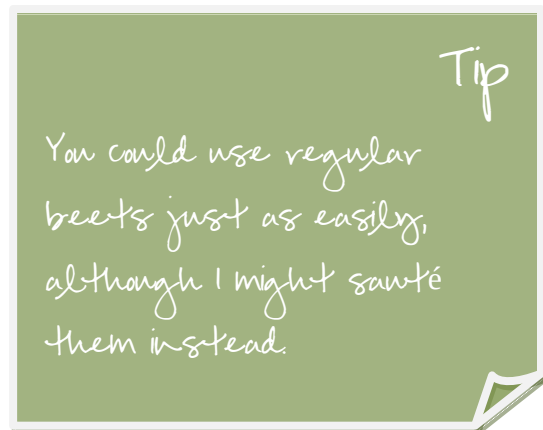
GOLDEN BEET SALAD

{INGREDIENTS}

1 apple
1/3 cup Almonds, chopped
2 Golden Beets
4 cups Salad Greens
1 TBSP Vinaigrette

{METHOD}

1. Scrub Beets using cold water (they tend to have dirt cling at the store, so clean well to avoid a gritty salad)
2. Boil Beets in a sauce pan until fork tender (plan on this taking about 30 minutes). Allow to cool.
3. Peel beets and chop.
4. Rinse and chop apple (peeling is a personal preference).
5. Combine apple, salad greens and almond and mix well.
6. Gently stir in beets.
7. Top with your favorite vinaigrette and Serve.



*ADAPTED FROM "30 DAY INTRO TO PALEO"

ACORN SQUASH SOUP

{INGREDIENTS}

- 1 acorn squash
- 2 tbsp olive oil (I often leave this out and spray with olive oil spray)
- 4 cups chicken or vegetable broth
- 2 small onions, diced
- 2 small apples, peeled and cubed
- 1 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1/4 tsp thyme
- 1/4 tsp ground coriander
- 1/4 tsp ground sage

{METHOD}

1. Cut the Squash in half lengthwise. You can make this easier by microwaving the whole squash for a couple of minutes to soften the skin. Remove the seeds and pulp. Brush or spray with olive oil on the inside of the squash and roast in the oven cut side up at 400 degrees for 15 minutes or until the skin peels away from the flesh.
2. While the squash is roasting, plug in the slow cooker and turn to high.
3. Add the broth, onions, and apples.
4. Add the seasonings and cover to heat.
5. When the squash has finished roasting, remove skin and add to the pot.
6. Cover and cook on low for 6-8 hours or on high for 4 hours. Carefully blend with an immersion blender.

Tip

You could use ANY winter squash for this soup just adjust the seasonings to taste. With Butternut (which is my favorite!) I like cumin, cinnamon and nutmeg.

CHIPOTLE CHICKEN SALAD

{INGREDIENTS}

Leftover Chipotle Chicken

1-2 cups Salad Mix

{METHOD}

1. Shred chicken with two forks.
2. Top salad mix with chicken and toss with leftover sauce.



SAUSAGES WITH GREENS

{INGREDIENTS}

2 lbs pork
3 cloves garlic, minced
2 tsp paprika
1 tsp Sage
2 tsp fennel seeds
1 tsp chili powder
½ tsp white pepper
1 tsp Salt
1 bunch Kale, chopped
2 tbsp coconut oil

{METHOD}

1. Combine pork and seasonings in a mixing bowl, combining thoroughly (this is easiest to do with your hands!).
2. Form pork into small patties.
3. Heat a skillet over medium heat, adding 1 tbsp of coconut oil.
4. Cook the patties for 3-4 minutes per side or until golden brown with no more pink in the middle.
5. If needed to avoid sticking, add 1 tbsp of coconut oil to pan and sauté Kale until tender. Season with salt and pepper to taste.

TIP

I make these patties in large bunches and freeze. Simply lay uncooked patties on a cookie sheet lined with wax paper and freeze for 3-4 hours. Quickly transfer to a freezer bag and you have ready to cook breakfast sausage!

BREAKFAST BURRITO

{INGREDIENTS}

3 eggs
1 tsp coconut oil
Filling of choice

{METHOD}

1. Whisk eggs in a bowl.
2. Heat coconut oil in a large non-stick skillet over medium low heat.
3. Pour eggs into the skillet, gently lifting skillet to spread eggs in an even layer.
4. Cook eggs without flipping or lifting for 6 minutes or until cooked through.
5. Slide eggs onto a plate, top with your filling of choice (I almost always use leftovers!). Roll egg like a burrito shell.

YOGURT RANCH

{INGREDIENTS}

1 cup Plain Yogurt
Small Handful of Parsley, chopped
1 tbsp Dried Dill
1 tsp Onion Powder
2 Cloves of Garlic, Crushed or 1 tsp Garlic Powder
1 tbsp White Wine Vinegar
1/4 tsp Paprika
Salt and Pepper to Taste

{METHOD}

1. Combine yogurt and White Wine Vinegar, mixing vigorously (either with a whisk or in a food processor).
2. Add remaining ingredients, tasting and adjusting seasoning accordingly.

Tip

You can find my slow
cooker yogurt recipe at

[http://www.authenticplate.com/
2011/09/18/slow-cooker-greek-
yogurt/](http://www.authenticplate.com/2011/09/18/slow-cooker-greek-yogurt/)