

Weekly Meal Plan

#1





Chicken Piccata

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

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|----------------------------|--------------------------------------|
| 4 chicken cutlets | 2 tbsp capers (or more if preferred) |
| 1 cup plus 1 tbsp of flour | Juice from half a lemon |
| 1 tbsp Italian seasoning | olive oil |
| 1 cup chicken broth | salt & pepper |
| 2 tsp minced garlic | |



Directions

1. Preheat oven to 250 degrees.
2. In a large plate or dish, mix together 1 cup of flour, 1 tbsp of Italian seasoning, 2 good pinches of salt and some freshly cracked black pepper. In a separate, smaller bowl, stir an egg together with a small amount of water or milk. Dip each piece of chicken in the egg mixture and then dredge it in the flour mixture.
3. Heat a skillet over medium/high heat with enough oil to just cover the bottom of the pan. I use olive oil but you can use whatever oil you have on hand.
4. Add the chicken to the pan and let it brown on one side for 3-4 minutes. Flip it over to brown the other side for 2-3 minutes. Transfer chicken to an ovenproof dish. When all chicken is cooked, place the chicken in the oven while you make the sauce.
5. In the same skillet, add 2 tsp of minced garlic and let it cook for just a few seconds. Add one cup of chicken broth and stir so you break up all the little pieces on the bottom of the pan.
6. When the broth begins to bubble, add 1 tbsp of flour and stir well with a whisk.
7. Squeeze half a lemon into the sauce, making sure to catch the seeds in your hand. Add as many capers as you prefer to the sauce (I like a lot of capers). Turn the heat down and let the flavors cook together for a few minutes, stirring as it cooks.
8. Add a handful of arugula to a serving platter or plate. Remove the chicken from the oven and place the chicken on top of the arugula. Spoon the sauce over the top of the chicken.



Soy Glazed Salmon

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

4 salmon filets, with
or without skin
1/2 cup brown sugar
3-4 tbsp low sodium
soy sauce
salt & pepper



Directions

1. Preheat the oven to 375°.
2. Rinse off the fish and pat dry with a paper towel.
3. Line a baking dish with foil and spray with a little non-stick spray.
4. Lay the fish on the foil (skin side down if using salmon with skin).
5. In a small bowl, mix the soy sauce, brown sugar, and 1 tsp of ground black pepper. Stir well. You want the sauce to thickly coat the back of a spoon. If your sauce is too thick, add a little extra soy. If it is too thin, add a little more brown sugar.
6. Spoon the soy mixture over the fish. Sprinkle each piece with a little salt and pepper.
7. Cook for 15 minutes or until the fish becomes flaky and separates easily with a fork.



Pesto, Tomato, & Arugula Pasta

SERVINGS: 2

PREPPING TIME: 15 MIN

Ingredients

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|---|---|
| 1/2 lb penne pasta or any other shape of pasta you like | 1-2 cups arugula
Freshly shaved parmesan cheese |
| 1 container of cherry tomatoes | Optional: chicken, salmon, tofu, or any other protein |
| 3-4 tbsp pesto | salt & pepper
Italian seasoning |



Directions

1. If using chicken: cut chicken into cubes, sprinkle with salt, pepper, and Italian seasoning. Heat a skillet over medium heat, add a tbsp or 2 of olive oil, and cook the chicken until done.
2. Fill a medium pot with water and bring to a boil. While it is heating up, add 1-2 handfuls of salt. Cook the pasta according to the package. Reserve 1/2 cup of the pasta water.
3. Cut the cherry tomatoes in half and sprinkle with salt and pepper.
4. When the pasta is finished cooking, transfer it to a bowl. Add 3-4 tbsp of prepared pesto. Then add the cooked chicken & tomatoes. Add 1/2 cup of the starchy pasta water and stir everything together. Add the arugula and top with freshly shaved parmesan cheese.



Apple Cider Pork Chops

SERVINGS: 4

PREPPING TIME: 5 MIN

COOK TIME: 20 MIN

Ingredients

- 4 bone-in or boneless pork chops
- 2 tbsp brown sugar
- 1 tsp garlic powder
- 1 tsp oregano
- 1 tsp chili powder
- 1 tsp paprika
- 1/4 cup chicken broth
- 1/4 cup apple cider vinegar
- 1 1/2 tbsp honey
- salt & pepper



Directions

1. Preheat the oven to 375 degrees.
2. In a small bowl, mix the brown sugar, garlic powder, oregano, chili powder, and paprika. Add a good pinch of salt to the spice mixture.
3. Drizzle each of the pork chops with olive oil on both sides and rub the seasoning mixture all over both sides of the pork chops.
4. Heat an oven-proof skillet over medium/high heat. When pan is hot, add the pork chops and cook until browned on each side - about 2 minutes per side.
5. In a different bowl, whisk the chicken broth, apple cider vinegar, and honey together. Slowly add it to the skillet with the pork chops. Let the liquid cook for 2-3 minutes and then transfer the skillet to the oven. Cook the pork chops in the oven for about 10 minutes or until the internal temperature reaches 140 degrees.
6. Remove from the oven and cover the skillet with foil or a lid for 5 minutes.

