

THE *no plan* MENU PLAN

A MODERN COMMONPLACE BOOK
OP OPERATION SKINNY JEANS

WEEK 10 RECIPES

INGREDIENTS

DIRECTIONS

Turkey Rosemary Meatloaf (CAL)

TIP: Can substitute Ground Beef

Cook Time: 1 hour

- 3 pounds ground turkey
- 4 c. dry bread crumbs
- 2 onions, chopped
- 2 egg, beaten
- 2 cup milk
- 1 cup balsamic vinegar
- 2 clove garlic, minced
- 3 T. chopped fresh rosemary (or dried)
- 1 can tomato sauce (8 oz. can)
- 3/4 cup brown sugar
- 1 T. Dijon mustard
- S&P

Preheat oven to 350 degrees F. In a mixing bowl, mix together the ground turkey, bread crumbs, onion, egg and milk. Season with balsamic vinegar, salt, pepper and rosemary.

Divide the mixture in half. With half of the mixture, form into golf-ball sized meatballs and place on a greased cookie sheet. Bake for 20 minutes. Test by cutting one in half.

With the remainder of the meat mixture, press into a greased 9x5 loaf pan. Blend the tomato sauce, brown sugar and mustard and pour evenly over the top of the loaf. Bake for 1 hour.

Meatballs and Risotto (ie. "Grown Up Spaghetti")

TIP: serve with marinara sauce or ketchup

Cook Time: 1 hour

- Meatballs from Dinner #1
- 3/4 c. rice
- 2.5 c. chicken broth, divided
- 1/2 cup grated Parmesan cheese
- 1/4 cup dry white wine (optional)
- 2 T. butter
- S&P
- 1/2 c. frozen peas

Preheat the oven to 350 degrees. Place the rice and 1 1/2 c. of the chicken broth in a baking dish. Cover and bake for 35-45 minutes, until most of the liquid is absorbed and the rice is al dente. Remove from the oven, add the remaining cup of chicken stock, the Parmesan cheese, wine, butter, salt, and pepper, and stir for 2 to 3 minutes, until the rice is thick and creamy. Add the peas and stir until heated through. Warm up the meatballs and serve with the risotto.

Hawaiian Tilapia (CAL, LC)

Cook Time: 30 minutes

- 2 medium fish filets (we like tilapia)
- 2-4 slices of pineapple (if you buy in can, make sure they are in juice, not syrup)
- 1/8 cup lemon juice (or juice of one lemon)
- S&P

Preheat oven to 350 degrees. Place fish on pan lined with aluminum foil. Sprinkle with lemon juice and S&P. Place a pineapple slice on each piece of fish. Bake 10-20 minutes until done (will flake with a fork). Serve with salad and leftover risotto (or another green vegetable).

Fish Tacos (CAL)

Cook Time: 10 minutes

- 2 medium fish filets (we like tilapia)
- Shredded cabbage (like in the bag)
- 1 Tomato (or pico)
- 1/4 c plain greek yogurt (or sour cream) (optional)
- 4 corn of flour tortillas
- 1 lime
- Sweet Potato Fries

Heat grill or skillet to medium high heat. Season fish on both sides with salt and pepper (or other seasonings if you are feeling sassy). Cook fish for 4-5 minutes on each side, or until white and flaky.

Slice the fish filet down the middle so you have 2 long thin strips. Place strips on the tortilla, garnish with cabbage, diced tomatoes, greek yogurt and a squirt of lime juice.

Italian Quinoa Sliders (V)

Cook Time: 10 min

- 1 cup cooked quinoa (pro tip- frozen section ;)
- 1/8 cup bread crumbs
- Herbs from Meatloaf mix (Dinner #1)
- 2 eggs, beaten
- salt & Pepper to taste
- Olive Oil
- 1 roma tomato sliced
- 1/2 c mozzarella Cheese
- 4 slider buns
- Sweet Potato Fries

Heat skillet or pan to medium high heat. Combine quinoa, bread crumbs, herbs, eggs, salt and pepper) and form into slider patties.

Lubricate pan with Olive Oil and cook sliders on each side for 3-4 minutes or until golden brown. Place tomato slice on top of pattie, and add cheese. Cover (while still in the pan) for 1 minute to allow cheese to melt. Serve on bun, toast 'em if you got 'em ;)

Yummy with Sweet Potato Fries and/or salad:D

PREP DAY

Make Salad

Toss two bags of your favorite lettuce, 2-4 diced tomatoes, 1 cucumber (optional), and 2 diced carrots (optional). Store in fridge.

BONUS MEAL

Bean and Cheese Burritos (V)

Cook Time: 5 min

- 1 can refried beans (or make them yourself, I dont judge)
- ½ cup low-fat cheddar cheese
- 4 flour tortillas

Spread beans on the tortilla, sprinkle with cheese. Microwave for 45 seconds. Or bake them if you want to be fancy.

TIP: Double the recipe and save for lunches!

GROCERY LIST

INGREDIENTS:

- 3 pounds ground turkey
- 4 medium Fish Filets (we like tilapia)
- 1 c cooked quinoa (seriously check the freezer section. You're welcome)
- 4 ⅛ c. dry bread crumbs
- 2 onions
- 1 can tomato sauce (8 oz. can)
- 1 can refried beans
- ¾ c. rice
- 2.5 c. chicken broth, divided
- ½ cup grated Parmesan cheese
- ½ cup mozzarella cheese
- ½ cup low-fat cheddar cheese
- 1/2 c. frozen peas
- 3 bags lettuce (including one of shredded cabbage)
- 4-6 tomatoes (including one Roma)
- 1 bag of Alexia Sweet Potato Fries (serve twice with Sliders and Tacos)
- 4 slider buns (I like those Hawaiian rolls :D)
- 1 pack corn of flour tortillas
- 2-4 slices of pineapple (if you buy in can, make sure they are in juice, not syrup)
- 1 cucumber (optional)
- 2 carrots (optional)
- Salad Dressing (optional)
- ¼ c plain greek yogurt (or sour cream) (optional)
- 1/4 cup dry white wine (optional)
- Pico de Gallo (optional)

PANTRY ITEMS:

- 4 eggs
- 2 c. milk
- 1 cup balsamic vinegar
- 2 clove garlic
- Fresh rosemary (or dried)
- ¾ cup brown sugar
- 1 T. Dijon mustard
- 2 T. butter
- ⅓ cup lemon juice (or juice of one lemon)
- 1 lime
- S&P
- Olive Oil

FOOD KEY

(V) Vegetarian

(P) Paleo

(LC) Low-Carb

(CAL) Low-Calorie

