



Week 1- Omni program

The meal plan for this week is a combination of American and Mediterranean dishes with a touch of Asian. The menu is built in such a way that saves preparation time by repurposing. Every week there is a salad, 2 sides and 4 entrees. I also include a breakfast dish as well as one healthy dessert. Quantities are for 4 people. If there is only two of you, you can cut recipes in half or make more so you can have leftovers for lunch.

I use various sizes of Pyrex to store the food, immediately after cooking it.

Menu-

Brussels sprouts and kale salad

Quinoa Mediterranean

Roasted vegetables

Herbed chicken thighs

Turkey meatballs

Chimichurri baked white fish

Flank steak with chimichurri and roasted potatoes

Smoothie

Chocolate chia pudding

Recommended preparation steps

Please see preparation (for 4) steps below, you have two options; preparing the base and complete the meals right before dinner or you can go ahead and prepare all the recipes to completion in one day:

1. Broil the vegetables

2. Prepare the Chimichurri
3. Cut up the salad, it keeps well for a week.
4. Cook quinoa and mix with ingredients (per menu)
5. When vegetables are ready use the same pan to roast the chicken with chimichurri
6. When the chicken is ready make the meatballs
7. The steak can be broiled the night of. Then layer with Chimichurri
8. Prepare Chia pudding, it keep in the fridge for a few days
9. You are all set now to assemble your dishes during the week

RECIPES

Skirt steak w chimichurri

Steak with a kick 15 mins Main Course American 4

EQUIPMENT

Cast iron pan or broiler

Small blender such as immersion blender

Knife and board

INGREDIENTS

2-3 lb. skirt steak

1/2 cup red wine vinegar

1/2 lemon juice

1 teaspoon kosher salt plus more

3-4 garlic cloves

1 shallot

1 Serrano or jalapeño chili

2 cups minced fresh cilantro

1 cup minced fresh flat-leaf parsley

1/3 cup finely chopped fresh oregano

3/4 cup extra-virgin olive oil

INSTRUCTIONS

Sprinkle skirt steak lightly with kosher salt and let sit at room temperature for 30 minutes.

Pat dry with paper towels and season again with salt and freshly ground black pepper.

On the grill, cast iron pan, or heat a broiler to high. Cook 3-4 minutes per side until meat is nicely charred and medium-rare.

Transfer steak to a carving board; let rest for 5-10 minutes. Thinly slice. Serve with 1/2 cup Chimichurri Marinade
Some of the chimichurri will be used with the vegetables and chicken
Beef, dinner, steak

Quick roasted vegetables

10 mins 20 mins Side Dish Mediterranean 6 people

EQUIPMENT

Baking sheet

Large knife and board

Large mixing bowl

INGREDIENTS

2 Zucchini

3 Sweet potatoes

2 Peppers

2 Purple onions

2 White potatoes

3 tbsp. Chimichurri

1 3 second drizzle of olive oil

3 shakes fine sea salt

2 whole bulbs garlic

INSTRUCTIONS

Slice the vegetables into fairly large chunks, 1"-2", no need to peel.

In the bowl mix the vegetables with the chimichurri, oil and a sprinkle of salt

Lay on a baking sheet in one layer. Bake one sheet at a time.

Cut the top stem from the garlic bulbs and place on baking sheet

Place under a broiler on high for 10 minutes on each side or until vegetables char
You can turn the vegetable over to char on the other side if you wish. I don't do that usually.

Load the baking sheet again with more vegetables until you cook all of them
Easy, healthy, side, summer, vegetables

Turkey meatballs

"Dry" flavorful meatballs

PREP TIME 10 mins

COOK TIME 15 mins

COURSE entree

CUISINE Italian

SERVINGS 3

EQUIPMENT

- Mixing bowl
- Baking sheet
- cutting board
 - Knife

INGREDIENTS

- 1 lb. Ground turkey
 - 1 bag bacon bits
 - 1 egg
 - 2 slices bread or roasted vegetables
- 1 bunch herbs (parsley/thyme/cilantro/chives/green onion) Choose 1 or mix a few
- 1/2 Cup Oil for frying or for brushing the baking sheet if you are baking
 - 6 Shakes Salt
 - 3 Shakes Pepper
 - 4 Shakes Smoked paprika

INSTRUCTIONS

1. In a mixing bowl, blend everything except for the oil, knead well to mix all the ingredients evenly
2. Form into small balls, lay on a baking sheet or fry in a pan

Kale and Brussels sprout salad

Easy salad that lasts

PREP TIME 15 mins

COURSE Salad

CUISINE American

SERVINGS 4 people

EQUIPMENT

- Knife and board
- jar for vinaigrette

INGREDIENTS

- 1 Lacinato kale sliced thin, spines removed
 - 1/2 lb. Brussels sprouts
 - 1/2 cup Hazelnuts roasted
 - 1/2 cup grated parmesan

Dressing

- 1/3 cup Red wine vinegar or other vinegar, lemon juice
 - 2/3 cup olive oil
 - 1 tsp Raw honey
 - 2 shakes salt

- 2 shakes pepper garlic optional

INSTRUCTIONS

1. Slice the sprouts and kale thinly, remove any hard parts
2. Shake the dressing ingredients well to emulsify
3. Massage the salad well with the dressing
4. Mix in the parmesan and roasted nuts
5. This salad can keep in the fridge for 5 days

Mediterranean quinoa

Easy salad or side dish 2 mins 15 mins Side Dish Mediterranean 8 people

EQUIPMENT

Medium size pot

Large nonstick pan

Large mixing bowl

INGREDIENTS

2 cups quinoa

4 cups water

1 tbsp. better than bouillon vegetable

1 tsp fine sea salt

1 cup cherry tomatoes

1/2 cup olives

3 tbsp. roasted pine nuts

1 tbsp. chimichurri

1/2 cup feta

INSTRUCTIONS

Quinoa

Rinse the quinoa well numerous times In a pot add water, quinoa, salt and bouillon

Bring to a boil and simmer for 10 minutes. leave covered for 10 more minutes

Salad

Heat up a pan and toss the quinoa until it crisps up

Add quinoa to mixing bowl

Add salad ingredients and some dressing from kale salad

Beginner, cold, lunch, salad, side, summer

Herbed chicken thighs

10 mins 25 mins Main Course Mediterranean 4 people

EQUIPMENT

Baking sheet

Mixing bowl

INGREDIENTS

2 lbs. Boneless skinless chicken thighs

4 tbsp. Chimichurri

INSTRUCTIONS

Mix the chicken thighs with the chimichurri and place on a baking sheet

Broil for 10minutes on each side or until nicely charred

You can also use a heavy cast iron pan instead of the broiler

Chicken, easy, herbs, summer

Chia pudding

Easy and delicious dessert 2 mins 4 hrs. Dessert 4 people

EQUIPMENT

Covered container

INGREDIENTS

1/2 C Chia seeds
3 cups milk of choice
1 tbsp. raw cacao powder
1 shake Ground cinnamon
1 shake fine sea salt
1 tbsp. raw honey

INSTRUCTIONS

(Some seeds absorb less than others so if after 30 minutes your pudding is too thin add more chia 1T at a time.)

Stir every 5-10 minutes for 30 minutes and then chill to serve. Makes between 4 and 5 C. serving size is 4-8 oz. Will keep in the refrigerator for at least 2 days. Add fresh or soaked dried fruits to your pudding to serve.

Breakfast, healthy dessert, snack

1

Breakfast vanilla smoothie

5 mins Breakfast American 4 people

EQUIPMENT

Blender

INGREDIENTS

1 avocado
6 ripe bananas
1 tbsp. hemp seeds
1/2 organic lemon
3 splashes vanilla essence
5 cups milk of choice
3 scoops protein powder

INSTRUCTIONS

Blend everything and enjoy

Beginner, breakfast, fruit, healthy dessert, smoothie, summer



Week 1- Vegan program

The meal plan for this week is a combination of Mid-East dishes and some South-East Asian dishes. Quantities are for 4 people. If there is only two of you, you can cut recipes in half or make more so you can have leftovers for lunch. I store the food in Pyrex containers of various sizes.

Menu- cauliflower tahini with chopped salad and chickpeas rice, fried rice, tofu latkes with root salad, tacos with root salad, chickpeas and avocado mango salsa,
Zucchini and leek quiche-breakfast or lunch
Chocolate balls-dessert

Recommended preparation steps

Please see preparation steps below, you have two options; preparing the base and complete the meals right before dinner or you can go ahead and prepare all the recipes to completion in one day:

1. Cook 2 cups of rice (for rice chickpeas and fried rice).
2. Make tofu latkes (store in container)
3. Make root salad (store in the mixing bowl)
4. Prepare seasoned chickpeas for tacos (keep in a small container)
5. Chop vegetables for fried rice
6. make cauliflower dish
7. Use the cauliflower pan to make fried rice. You can use a wok, pan or even bake it.
8. Make tahini
9. Prepare zucchini quiche, bake directly in the storage containers
10. Prepare dessert
11. You are all set now, ready to assemble your dishes during the week. You will need to make salsa and assemble the tacos, chop the salad right before dinner

Breakfast vanilla smoothie

5 mins Breakfast American 4 people

EQUIPMENT

Blender

INGREDIENTS

1 avocado
6 ripe bananas
1 tbsp. hemp seeds
1/2 organic lemon
3 splashes vanilla essence
5 cups milk of choice
3 scoops protein powder

INSTRUCTIONS

Blend everything and enjoy

Easy cauliflower

PREP TIME 10 mins

CUISINE Mediterranean

SERVINGS 4 people

EQUIPMENT

- Large pan

INGREDIENTS

- 1 large cauliflower
- water to cover the cauliflower mid-way
 - 4 shakes fine sea salt
 - 2 shakes black pepper
- 2 shakes smoked paprika or other spice you like
 - 1 2 second drizzle olive oil

Optional seasoning: smoked paprika, fresh herbs, chili flakes, cumin seeds

INSTRUCTIONS

1. Break apart the cauliflower into florets
2. Place in a large pan, arrange in one layer and set on medium heat
3. Add water half way up the cauliflower, add oil
4. Bring to a boil and move the cauliflower around, don't cover the pan
5. the dish is ready when all the water have evaporated and the cauliflower is charred nicely
6. Season with S+P, add paprika (optional)

Crust less zucchini quiche

Baked zucchini and onions

PREP TIME 15 mins

COOK TIME 40 mins

COURSE Breakfast

CUISINE Mediterranean

SERVINGS 4

EQUIPMENT

- Large mixing bowl
- Grater or food processor
- Baking pan (use the Pyrex storage container)

INGREDIENTS

- 5 zucchinis
- 2 onions
- 5 tbsp. tahini

- 1 2 second drizzle olive oil
- 1 cup flour (all purpose or GF, almond flour works too)
 - 6 shakes fine sea salt
 - 2 shakes black pepper
 - 2 cloves crushed garlic
 - 1 grated cheese (optional)

INSTRUCTIONS

1. Heat the oven to 350 F
2. Grate the zucchinis
3. Grate the onions or slice thinly
4. Squeeze all the water out of the vegetables
5. Mix all the ingredients
6. Oil the large Pyrex container, place the zucchini mixture in it and bake for 40 minutes or until golden.

Mediterranean rice

Rice and legumes make a complete meal

COOK TIME 20 mins

COURSE Side Dish

CUISINE Mediterranean

SERVINGS 4 people

EQUIPMENT

- Large bowl
- Medium cooking pot with a lid
 - Measuring cup

INGREDIENTS

- 1/2 can chickpeas/ garbanzo beans

Rice

- 2 cups basmati rice
 - 3 cups water
 - 1 tsp salt
 - 2 shakes turmeric
 - 1/4 cup olive oil

Optional: grated carrots, sautéed onions

INSTRUCTIONS

Rice

1. In a medium sauce pan, add oil and rice over medium heat
2. Toss the rice with the oil for 3 minutes. add seasoning
3. Add water. Bring to a boil, lower the flame and let it simmer for 10 minutes.
4. Turn it off and DON'T OPEN. Let it rest for 10 minutes
5. Mix the chickpeas with the rice
6. We will use half the rice and the other half will be used for fried rice

Fried rice

PREP TIME 15 mins

COOK TIME 10 mins

CUISINE Chinese

SERVINGS 4 people

EQUIPMENT

- wok or a large pan
- Wooden spatula
 - cutting board
- Chopping knife
 - Small bowl

INGREDIENTS

- Cooked rice from the previous day
 - 1 carrot
 - 1 onion or scallion
 - 1 egg/tofu
 - 1 can baby corn
 - 1 bell pepper
 - 1 box bean sprouts
- 1 lb. chicken breast/ tofu/ shrimp

Sauce

- 1 " grated ginger
- 2 cloves garlic
- 1/4 cup soy sauce
 - 1 tsp raw honey
 - 1 tsp sesame oil
- 1/2 tsp corn starch or arrowroot
 - 1/4 cup avocado oil

INSTRUCTIONS

1. Slice the carrots and thinly
 2. Chop the onion
 3. Cut the corn into small circles
4. Add the oil to the wok and heat up on the strongest flame

5. Add the egg and scramble
6. Add the vegetables and move it around for 3 minutes
7. Add the protein and cook until done
8. Add the cooked rice and toss in the wok for at least 5 minutes on high heat.
9. Make some room in the wok and add the sauce ingredients, mix together with the ingredients quickly. The rice is done when it looks dry, not saucy

Optional: you can add chili or hot sauce, pineapple or any other vegetable or protein

, Tacos with chickpeas topped with rootsalad and avocado mango salsa

PREP TIME 10 mins

COURSE Main Course

CUISINE Mexican

SERVINGS 4 people

EQUIPMENT

- Mixing bowl
- cutting board and paring knife

INGREDIENTS

Chick peas

- 1/2 can chickpeas
- 1 shake smoked paprika, cumin, black pepper, olive oil

Salsa

- 1 mango, cubed
- 1 avocado, cubed
- 1/4 bunch cilantro

- 1 lime
- 4 corn tortillas

INSTRUCTIONS

Chickpeas

1. Mix the chickpeas left over from the rice with the oil and seasoning

Salsa

1. Mix the cubed mango and avocado with the cilantro and lime

Tacos

1. To assemble the tacos, place the chickpeas inside the tortilla, top with salsa, root salad and green tahini dressing

Rootsalad

Easy salad to make that even gets better over time

PREP TIME 10 mins

COURSE Salad

SERVINGS 4 people

EQUIPMENT

- Grater or a food processor

INGREDIENTS

- 2 carrots
- 1 Jicama

- 1 beet (Optional) red or golden
 - 1 Apple
 - 1 Daikon (optional)
 - 1 juice lime
- 1 2 second drizzle sesame oil
- 1 2 second drizzle of maple syrup optional

INSTRUCTIONS

1. Grate all the vegetables into a large bowl
2. season with lime juice, sesame oil and maple syrup
3. Toss together. keeps for 5 days

Tofu latkes

Latkes- This life changing recipe will make you love tofu. Below is a basic version of it. It can be altered in many ways such as adding curry powder, zucchini, chopped onions, smoked paprika or anything else you like. The flavor of the tofu is plain, so feel free to embellish it.

PREP TIME 10 mins

COOK TIME 20 mins

COURSE Main Course

SERVINGS 4 people

EQUIPMENT

- Frying pan
- Mixing bowl
- Grater

INGREDIENTS

- 2 lb. firm tofu
- 2 carrots
- 4 scallion stalks
- 4 shakes Salt and pepper
- 1 egg or for a vegan option 2 cups of tahini/almond butter
 - 1/3 cup of flour GF or all-purpose

INSTRUCTIONS

1. After drying the tofu, crumble it into a bowl. Grate the carrot and chop the scallion. Mix in the spices, flour and tahini. Massage it to combine.
2. In a high quality non-stick pan add two tablespoons of oil. Warm the oil.
3. Form palm size patties and drop into the oil, when you see some browning, flip the fritters.
4. Baking option- In an oiled pan, bake at 400F until brown and crispy.