

## Jan 21 – 27

Sun 21	Mon 22	Tue 23	Wed 24	Thu 25	Fri 26	Sat 27
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Supper	Supper Maple Balsamic-Glazed Tempeh & Mushroom Bake	Supper Salmon Cakes with Sriracha Aioli	Supper BBQ Bacon Apple Chicken	Supper Gemelli with Sweet Sausage and Spinach	Supper Crockpot Chicken, Avocado, and Lime Soup	Supper
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks



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## Maple Balsamic-Glazed Tempeh & Mushroom Bake

Planned for Supper on Monday, January 22, 2018

Source: [lbalanced.com](http://lbalanced.com)

Cook 5 hr

Total 5 hr

Serving: 4

### Ingredients

- $\frac{1}{3}$  cup **balsamic vinegar**
- 1 tablespoon **maple syrup**
- 2 tablespoons **low-sodium tamari**
- 3 cloves **garlic** *minced*
- 2 tablespoons **olive oil**
- 1 tablespoon **minced fresh rosemary**
- 1 teaspoon **Dijon mustard**
- $\frac{1}{4}$  teaspoon **sea salt**
- 1 **8-ounce package organic tempeh** *cut into 1-inch cubes*
- 8 ounces **sliced white mushrooms** *wiped clean*

### Directions

Gently whisk all ingredients together, except tempeh and mushrooms, in a 11 x 9 x 2-inch baking dish. Add tempeh and mushrooms and coat with marinade. Cover dish with aluminum foil and marinate for at least 4 hours and up to 24 hours, stirring occasionally.

Preheat oven to 350° F. Place baking dish in the oven, covered, and bake for 20 minutes. Uncover dish, flip the tempeh and mushrooms, and allow to bake another 20 minutes. Using a slotted spoon, remove tempeh and mushrooms from the dish, reserving extra marinade. Serve immediately.

I like to enjoy this over cooked quinoa or wild rice, with a few slices of avocado. Feel free to drizzle on extra marinade, but I find it flavorful enough without.

Tempeh will keep tightly sealed in the refrigerator up to 4 days.



Course: Main Course

## Salmon Cakes with Sriracha Aioli

Planned for Supper on Tuesday, January 23, 2018

Source: [lbalanced.com](http://lbalanced.com)

Serving: 4

### Ingredients

#### AIOLI

- $\frac{1}{4}$  cup mayonnaise
- 1 clove garlic *minced*
- 2 teaspoons sriracha
- 1 teaspoon fresh lemon juice

#### SALMON

- 12 ounces canned wild salmon *or cooked fresh salmon*
- 2 large eggs
- $\frac{1}{2}$  cup blanched almond flour
- 1 teaspoon sea salt
- 1 teaspoons toasted sesame oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon freshly grated ginger root (*Sub % teaspoon ground*)
- 1 tablespoon low-sodium tamari
- 1 teaspoon honey
- 2 tablespoons mayonnaise *or mashed avocado*

### Directions

If making Sriracha Aioli, whisk ingredients together in a small bowl. Makes approximately  $\frac{1}{4}$  cup. Aioli will keep tightly sealed in the refrigerator up to 3 days.

Prepare salmon mixture. in a mixing bowl, mash together salmon, eggs, almond flour, and sea salt. In another bowl, whisk together sesame oil, lemon juice, ginger, tamari, honey, and mayo or avocado. Add sesame oil mixture to salmon mixture and combine thoroughly.

Heat a well-seasoned cast-iron skillet or ceramic nonstick skillet to medium heat. Allow to get hot. If you don't have either of these, add 1 tablespoon olive oil to a pan.

Scoop a tightly packed  $\frac{1}{4}$  cup of salmon mixture into the pan, then use fingers or a spatula to flatten to approximately  $\frac{3}{4}$  inch. Repeat with the remaining salmon mixture. Cook for 3 minutes until golden brown and easily flipped with a spatula. Repeat on other side. Remove from the pan and allow to rest 5 minutes before serving with Sriracha Aioli. Cakes will keep tightly sealed in the refrigerator up to 3 days.



Course: Main Course

## BBQ Bacon Apple Chicken

Planned for Supper on Wednesday, January 24, 2018

Source: [wellnessmama.com](http://wellnessmama.com)

Cook 8 hr

Total 8 hr

Serving: 4

### Ingredients

- 4 **skinless, boneless chicken breasts** or *thighs*, (about 2 pounds)
- 8 slices **bacon** 2 **apples**
- 1 cup **BBQ Sauce** (page 326) or *store-bought*
- 1 teaspoon **garlic powder**

### Directions

Wrap each piece of chicken in 2 pieces of bacon and place in a 6-quart slow cooker.

Peel, core, and grate the apples and place in a medium bowl. Add the barbecue sauce and mix, then pour over the chicken. Sprinkle with the garlic powder. Cook on low for 6 to 8 hours, or on high for 2 to 3 hours.

Serve with sweet potatoes or coleslaw on the side.



Course: Main Course

## Gemelli with Sweet Sausage and Spinach

Planned for Supper on Thursday, January 25, 2018

Source: [www.foodandwine.com](http://www.foodandwine.com)

Cook 30 min

Total 30 min

Yields Serves : 4 originally Serves : 4

Serving: 4

The hearty dish is an unforgettable combination of pasta, sausage and vegetable.



Course: Main Course

### Ingredients

- $\frac{3}{4}$  pound **gemelli** or *penne*
- **Salt**
- 2 tablespoons **extra-virgin olive oil**
- 1 large **onion** *quartered lengthwise and thinly sliced crosswise*
- 1 pound **sweet Italian sausages** *casings removed*
- $\frac{1}{2}$  teaspoon **crushed red pepper**
- 2 cups **coarsely chopped baby spinach** (*4 ounces*)
- $\frac{1}{2}$  pint **red grape tomatoes**
- $\frac{1}{2}$  cup **freshly grated Parmesan cheese**

### Directions

In a large pot of boiling salted water, cook the gemelli until just al dente. Drain the gemelli, reserving 1 cup of the cooking water. Meanwhile, in a large, deep skillet, heat the olive oil until shimmering. Add the onion and cook over moderately high heat, stirring, until softened, 4 to 5 minutes. Add the sausage and crushed red pepper and cook, breaking up the meat with the back of a spoon, until no trace of pink remains, about 5 minutes. Add the spinach and tomatoes and cook just until softened, about 3 minutes. Add the gemelli and the reserved cooking water to the skillet and cook over moderate heat, lightly crushing the tomatoes, until heated through, about 2 minutes; season with salt. Transfer the pasta to bowls, sprinkle with the Parmesan and serve.

## Crockpot Chicken, Avocado, and Lime Soup

Planned for Supper on Friday, January 26, 2018

Source: [www.thedefineddish.com](http://www.thedefineddish.com)

Cook 8 min

Total 8 min

Serving: 4

### Ingredients

- 2 boneless, skinless chicken breasts
- $\frac{1}{2}$  white onion *diced fine*
- 1 jalapeno *seeded and stemmed, then diced fine*
- 2 cloves of garlic *minced*
- 1 (14 oz) can Diced Tomatoes
- 4 cups Chicken Broth
- $\frac{1}{2}$  tsp. chipotle chili powder
- $\frac{1}{2}$  tsp. kosher salt
- $\frac{1}{4}$  tsp. black pepper
- $\frac{1}{2}$  tsp. ground cumin
- $\frac{1}{4}$  cup chopped cilantro
- $\frac{1}{3}$  cup freshly squeezed lime juice
- 2 avocados *diced*

### Directions

Rinse and pat dry the chicken breasts. Season both sides of chicken lightly with salt and pepper. Place in the bottom of a crockpot.

Now add the diced onion, jalapeno, and minced garlic over the chicken.

Last, add the chicken broth, diced tomatoes, chipotle chili powder, salt, pepper and cumin. Stir well to combine. Cover and cook on low for 8-10 hours, or on high for 4-6.

When cooking time is complete, using tongs remove the chicken from the crockpot and onto a cutting board. Using two forks, shred the chicken. Place shredded chicken back into the crockpot.

Stir in  $\frac{1}{4}$  cup chopped cilantro and  $\frac{1}{3}$  cup freshly squeezed lime juice into the crockpot.

Place  $\frac{1}{2}$  an avocado, cubed, in the bottom of a soup bowl. Ladle soup over avocado. Garnish with cilantro if you please. Serve and enjoy!



Course: Soup

Main Ingredient: Chicken