



# confessions of a picky eater



meal plan #1

MEALS OVERVIEW	GROCERY LIST	THINGS YOU MIGHT HAVE IN YOUR PANTRY
<b>DAY ONE:</b> Fish in Parchment Paper Cous-cous <i>Time: 45 minutes</i> <i>Involvement: Medium</i>	<ul style="list-style-type: none"> <li>- 3-4 lemons</li> <li>- Fresh green beans</li> <li>- 2 large onions</li> <li>- 2 russet baking potatoes</li> <li>- 1 small head cauliflower</li> <li>- 2-3 carrots</li> <li>- Apple cider</li> <li>- Cous-cous</li> <li>- Polenta</li> <li>- Baked potato toppings</li> <li>- Molasses</li> <li>- 1 lb. rigatoni</li> <li>- 1 (2-3 lb.) pork loin</li> <li>- 1 lb. ground beef</li> <li>- 2-3 chicken thighs</li> <li>- 2 tilapia fillets</li> <li>- 1 ¼ cups fresh Parmesan</li> <li>- 1 cup cheddar cheese</li> <li>- 1 cup frozen shelled edamame</li> </ul> <p style="text-align: center;"><b>LATER IN THE WEEK</b></p> <ul style="list-style-type: none"> <li>- Salad (for Day Seven)</li> </ul>	<ul style="list-style-type: none"> <li>- Parchment paper</li> <li>- Olive oil</li> <li>- Salt and Pepper</li> <li>- ½ cup dry white wine</li> <li>- Thyme (fresh or dried)</li> <li>- Rosemary (fresh or dried)</li> <li>- Sage (fresh or dried)</li> <li>- 6 garlic cloves</li> <li>- Crushed red pepper</li> <li>- 3 bay leaves</li> <li>- 1-2 tablespoons sliced almonds</li> <li>- Rice</li> <li>- 1/3 cup plus 2 tablespoons soy sauce</li> <li>- 3-4 tablespoons vegetable oil</li> <li>- 1 slice white bread</li> <li>- 4 ¾ cup milk</li> <li>- 1 egg</li> <li>- 1 ¼ cups all-purpose flour</li> <li>- 6 tablespoons butter</li> <li>- Pinch of nutmeg</li> </ul>
<b>DAY TWO:</b> Pork Loin with Apple Cider Parmesan Polenta Green Beans with Almonds <i>Time: 1 hour 20 minutes</i> <i>Involvement: Medium to High</i>		
<b>DAY THREE:</b> Baked Potatoes with Leftover Pork Loin <i>Time: 1 hour 30 minutes</i> <i>Involvement: Low</i>		
<b>DAY FOUR:</b> Molasses Glazed Chicken Roasted Cauliflower Rice <i>Time: 1 hour 10 minutes</i> <i>Involvement: Medium</i>		
<b>DAY FIVE:</b> Basic Fried Rice <i>Time: 20 minutes</i> <i>Involvement: Low</i>		
<b>DAY SIX:</b> Out To Eat		
<b>DAY SEVEN:</b> Rigatoni with Tiny Meatballs, Salad <i>Time: 1 hour</i> <i>Involvement: High</i>		

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MEAL	PREP NOTES	MAKE AHEAD NOTES	TO BUY	(POSSIBLE) PANTRY ITEMS
<b>DAY ONE</b> - <b>Fish in Parchment Paper</b> (recipe online) - <b>Cous-cous</b> <b>SERVES 2</b>	- add the green beans to cook in the parchment paper with the fish (blanch them in boiling salted water for 2-3 minutes first!)		- 2 tilapia fillets - 1 lemon - ¼ lb. fresh green beans - cous-cous	- parchment paper - olive oil - salt and pepper - ½ cup dry white wine - thyme (fresh sprigs or dried thyme)
<b>DAY TWO</b> - <b>Pork Loin with Apple Cider</b> (recipe online) - <b>Parmesan Polenta</b> - <b>Green Beans with Almonds</b> (recipe online) <b>SERVES 2</b>	- If you won't get home in time to roast your pork loin, you can put it in the slow cooker (but please brown your meat first! You can do this the night before) - You can use dried herbs instead of fresh (and not need the food processor) for the herb rub - Polenta: Cook as directed and add ½ tablespoon of butter and ¼ cup Parmesan at the end	<b>P.M.:</b> save the pork loin for tomorrow's baked potatoes	- 1 (2-3 lb.) pork loin - 2 large onions (white or yellow) - 4-5 cups apple cider - polenta - ¼ cup freshly grated Parmesan - ½ lb. fresh green beans	- rosemary (fresh or 1 teaspoon dried) - sage (fresh or 1 teaspoon dried) - 2 garlic cloves - crushed red pepper - 3 bay leaves - thyme (fresh or ½ teaspoon dried) - 1-2 tablespoons sliced almonds - olive oil - salt and pepper
<b>DAY THREE</b> - <b>Baked Potatoes</b> (with leftover pork) <b>SERVES 2</b>	- for easiest potatoes, bake at 375 degrees F for 1 to 1 ½ hours right on the oven rack until they give slightly when you squeeze them	<b>P.M.:</b> after dinner, whisk together the molasses marinade for tomorrow's chicken	- 2 russet baking potatoes - 1 cup cheddar cheese - other baked potato toppings	- pork leftover from last night

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MEAL	PREP NOTES	MAKE AHEAD NOTES	TO BUY	(POSSIBLE) PANTRY ITEMS
<b>DAY FOUR</b> - <b>Molasses Glazed Chicken</b> (recipe online) - <b>Roasted Cauliflower</b> (recipe online) - <b>Rice</b> <b>SERVES 2</b>	- If your oven can't handle both at once, cook the chicken first and then cover with foil while the cauliflower roasts. If you don't have time to cook chicken, pick up a rotisserie chicken at the store.	<b>A.M.:</b> Add the chicken into the marinade you made last night and let it chill in the fridge during the day <b>P.M.:</b> Make double the rice you need and save the leftovers in the fridge for tomorrow's fried rice	- 1 head cauliflower - 2-3 lemons - ¾ cup molasses - 2-3 chicken thighs	- rice - olive oil - salt and pepper - 3 garlic cloves - 1/3 cup soy sauce
<b>DAY FIVE</b> - <b>Basic Fried Rice</b> (recipe online) <b>SERVES 2</b>	- This is a great vegetarian meal, but if you want meat, roast a chicken breast and add it in (or use leftover rotisserie chicken)	<b>P.M.:</b> If you had to buy a bunch of carrots, peel and slice the rest into carrot sticks for snacks (or freeze them to use in stock later)	- 2-3 carrots - 1 cup shelled edamame	- rice (leftover) - 2-3 tablespoons vegetable oil - salt and pepper
<b>DAY SIX: OUT TO EAT</b>				
<b>DAY SEVEN</b> - <b>Baked Rigatoni with Tiny Meatballs</b> (recipe online) - <b>Salad</b> <b>SERVES 6</b> (or gives you leftovers)	- To make this easier, bake your meatballs in the oven at 400 degrees F for 10-12 minutes (drizzle a bit of vegetable oil over the top of them first and drain them on paper towels afterwards)	<b>P.M.:</b> Save the leftovers for tomorrow's dinner!	- 1 lb. ground beef - 1 cup fresh Parmesan cheese - 1 lb. rigatoni	- 1 slice white bread - 4 ¾ cup milk - 1 clove garlic - Parsley (dried or fresh) - 1 egg - Salt and Pepper - 1 ¼ cup all-purpose flour - Vegetable oil - 6 tablespoons butter - Pinch of nutmeg