



# PRE-TURKEY DETOX!

## Macheesmo Meals

### Helpful Equipment:

- 4 Qt. Pot
- Wire Mesh strainer
- Tongs
- Mandoline Slicer



I'm not really one for diets. Instead I prefer to just focus on eating a balanced diet daily and not get too worked up about counting calories and stuff. Mentally, if I have a milkshake for dessert one day, I'll make an effort to have an extra salad the next day. Granted, this doesn't work for everyone, but it works for me.

That said, this time of the year, I'm focused on the holidays and I don't like to think too much about that stuff over Thanksgiving and Christmas. I like to spend time with family and eat whatever I want. So, I tend to like to front-load some of the healthy eating and eat really good stuff for the weeks leading up to the holidays! That's what this meal plan is all about! It's a turkey day Detox!

You can click on these to zap you to Amazon and see my recommendation for each.

### MEAL 1

- Weekday Chicken Soup

### MEAL 2

- Broccoli Pasta Toss

### MEAL 3

- Chicken Lettuce Wraps
- Cilantro Lime Rice

### BRUNCH!

- Big Veggie Bagels
- Air Popped Popcorn

## MEAL 1 | Weekday Chicken Noodle Soup

I have about four different speeds for chicken noodle soup. I have a day long preparation that's amazing and then a few other versions. This version is the one on the opposite end of the spectrum and ends up being one of the fastest versions I make without completely compromising flavor.

### 30 Minute Chicken Soup

**Yield:** Serves 4 | **Time:** 30 min.

#### Ingredients:

- 4 cups chicken stock
- 4 cups water
- 1 onion, divided
- 4 stalks celery, divided
- 2 carrots + 1 cup diced
- 3 cloves garlic, crushed
- 3-4 dried red chiles (opt.)
- 1 lb. chicken breasts, poached
- 2 tablespoons olive oil
- 8 ounces egg noodles
- Fresh parsley, chopped (garnish)
- Salt and pepper
- Crackers, for serving



#### Directions:

- 1) Add chicken stock and water to a large pot over medium-high heat along with 1/2 onion, roughly chopped, 2 stalks celery, chopped, 2 carrots, chopped, 3 cloves of crushed garlic, and a few dried red chiles if you want to give the soup some heat.
- 2) Cut chicken breasts into 2-3 chunks and add them to the pot with the stock. Bring to a simmer and simmer the stock for 12 minutes until chicken is cooked through. Remove it from pot and strain broth to strain out the whole veggies.
- 2) While stock is simmering and chicken poaching, dice the other half of your onion, dice two more stalks celery and another carrot and have it ready.
- 3) After you strain the broth, wipe the large pot out and return it to medium heat. Then add a few tablespoons of olive oil and toss in the diced veggies. Season them with a pinch of salt and pepper and let cook until they are starting to soften, just a few minutes.
- 4) Return strained broth to the pot and return to a simmer. Meanwhile, shred chicken with two forks and then add the shredded chicken back to the pot.
- 5) While soup simmers, bring another medium pot of salted water to a boil and once boiling, add egg noodles. Cook egg noodles until soft and then drain noodles and divide between 4 large bowls.
- 6) Ladle soup over the egg noodles and season with salt and pepper. Garnish with chopped parsley and serve the soup with a few crackers on the side.



#### Plan This Meal!

30 minutes ahead - Simmer veggies and chicken in a pot. Then strain broth and shred chicken.

15 minutes ahead - Bring a separate pot of water to a boil with a large pinch of salt to cook egg noodles.

15 minutes ahead - Saute diced veggies.

10 minutes ahead - Cook egg noodles. Add strained broth back to finish soup and add back shredded chicken.

5 minutes ahead - Divide egg noodles between bowls and ladle in soup. Garnish and serve!



#### Veggyfy and Healthify

If chicken isn't your thing, feel free to substitute one pound of sliced cremini mushrooms. Make the broth the same way and then saute the sliced mushrooms before sauteing the diced veggies. Proceed with the recipe as normal.

It could be argued that egg noodles are unhealthy even though this isn't a large amount of them in this recipe. That said, if you wanted to make the soup healthier, you could substitute them with cooked brown rice or wild rice. This will add some time onto the recipe, but is a really good substitution! Cook the rice separately if you do this and then add it to the soup.

## MEAL 2 | Mediterranean Broccoli Pasta Toss



**OK.** This meal features an ingredient that strikes fear in the minds of many Americans: anchovies. Leave them out if you don't want to try it, but they aren't over-powering and do give some excellent savory flavors to the pasta toss.

### Broccoli Pasta Toss

**Yield:** 6 servings | **Time:** 45 min.

#### Ingredients:

- 1 pound tri-colored pasta
- 1 pound broccoli, blanched
- 1 cup kalamata olives, chopped
- 1 cup feta cheese, crumbled
- 2-3 anchovies (optional)
- 2 tablespoons olive oil
- 2-3 tablespoons red wine vinegar
- Fresh chives, chopped



#### Directions:

- 1) Bring a large pot of water to a boil. Salt it with 1 tablespoon of kosher salt per gallon of water. You can guesstimate it.
- 2) Chop florets off of broccoli head and cut any large ones in half. Peel stem of broccoli and dice it.
- 3) Blanch broccoli in salted water for 2 minutes until the pieces are bright green. Don't overcook them!
- 4) Remove broccoli and rinse with cold water to stop the cooking.
- 5) Cook pasta in same water according to package instructions.
- 6) In a large skillet with high walls or large pot, add olive oil over medium-low heat. Add anchovies and mash up to distribute flavor. (Anchovies are optional).
- 7) Once anchovies have simmered for a minute, add broccoli and stir together.
- 8) Drain pasta and add cooked pasta to skillet. Toss to combine.
- 9) Add olives and drizzle with red wine vinegar. Top with crumbled fetas and fresh chives. Season with salt and pepper and serve warm or cold.



#### Plan This Meal!

45 minutes ahead - Blanch broccoli.

35 minutes ahead - Cook pasta in same water as broccoli.

10 minutes ahead - Start sauce in a large skillet.

5 minutes ahead - Toss pasta in to coat and combine with other ingredients.

#### Ingredient Breakout: Anchovies

I have a secret. I love anchovies. And here's one more thing... you probably do also. You just don't know it! The problem is that you're possibly using them wrong.

Adding them whole to pizzas or something is a pretty intense usage and you have to really love anchovies to like that application. But, a few anchovies cooked into a sauce like in this pasta toss just give the whole dish a nice savory flavor.

It's not fishy by the time all the other ingredients are incorporated. Trust me and try it!

One note, if you are planning on eating this pasta over many days, leave the anchovies out. They are great right away, but if the dish sits in the fridge for a few days, the flavor will intensify and you probably won't like it.

## MEAL 3 | Chicken Lettuce Wraps and Rice

This is easily the healthiest meal in this meal plan. It's refreshing, but still has lots of flavor. It's easy to make and while you can make a meal out of the lettuce wraps, I also like to serve some cilantro rice on the side to round out the plate.

### Chicken Lettuce Wraps

Yield: 8 lettuce wraps | Time: 45 min.

#### Ingredients:

- 2 tablespoons fish sauce
- 1/4 cup oyster sauce
- 2 large shallots, minced
- 1 clove garlic, minced
- 1/2 Serrano pepper, diced
- 2-3 tablespoons all-purpose flour
- 1 pound ground chicken
- 2-3 tablespoons vegetable oil
- Green lettuce
- Scallions, sliced thin
- Bean sprouts

#### Dipping sauce:

- 2 tablespoons fish sauce
- 1 lime, juice only
- 1/2 Serrano pepper, diced
- 2 tablespoons water

#### Directions:

- 1) For dipping sauce, whisk ingredients together and set aside until needed.
- 2) Combine fish sauce, oyster sauce, diced shallots, garlic, and chiles along with flour in a medium bowl. Stir until mixed well.
- 3) Add ground chicken to those ingredients and stir well to combine.
- 5) Shape chicken mixture into 8 even patties.
- 6) Add a drizzle of vegetable oil to a large skillet and cook chicken sausages over medium-high heat for about 6-7 minutes per side until they are cooked through.
- 7) Once patties are cooked, add them to clean leaves of lettuce and top with bean sprouts and scallions. Serve with dipping sauce on the side.

### Cilantro Rice

Yield: 4 Servings | Time: 20 min.

#### Ingredients:

- 1 1/2 cups long grain white rice
- 2 tablespoons minced cilantro
- 1/2 lime, juice only
- Pinch of salt

#### Directions:

- 1) Add rice to a medium pot and rinse it a few times with cold water. Then fill the pot with water so it's a few inches above the rice. Cover and bring to a simmer over high heat.
- 2) Once simmering, turn heat down to medium and cook for a few minutes. Then start trying the rice until it's cooked, but has a slight bite to it.
- 3) When the rice is mostly cooked through (5-8 minutes depending on variety), drain rice through a mesh strainer, and return to the pan. Cover, remove from heat, and let rice steam for 5 minutes.
- 4) Fluff the rice with a fork and stir in cilantro, lime juice, and season with salt.



### Plan This Meal!

45 minutes left - Mix together chicken mixture for patties.

30 minutes left - Start cooking rice.

20 minutes left - Shape patties for lettuce wraps and whisk together dipping sauce.

10 minutes left - Sear patties and finish rice.

5 minutes left - Serve lettuce wraps with rice on the side!



### Tofu Wraps!

If you don't want to use chicken for the wraps, marinate an extra-firm block of tofu with a dash of soy sauce and chili sauce. Then sear in a pan or on a grill for a few minutes per side until the tofu is slightly crispy. Then slice and serve in the lettuce wraps.

### Boiling Rice

I recommend NOT following the directions when you are making rice (unless it's instant rice). Instead, just boil the rice in plenty of water like you would pasta. Taste it regularly and when it is almost cooked through, drain off all the water, cover it, and let it steam for five minutes from the residual heat. You'll be left with perfect rice without the worry of overcooking!

## Healthify Classics | Big Veggie Sandwich and Popcorn!

These are two dishes which tend to be unhealthy - bagels with cream cheese and popcorn with who knows what kind of toppings. But, these two things can actually be really healthy, but still delicious. This is how you do it.

### Veggie Bagel Sandwiches

Yield: Serves 2 | Time: 20 min.

#### Ingredients:

- 4 bagels, toasted
- 8 ounces goat or ricotta cheese
- 3 scallions, chopped
- 1 tablespoon honey
- 1 golden beet, sliced thin
- 1/2 cucumber, sliced thin
- 4 radishes, sliced thin
- 1/4 red onion, sliced thin
- 1/2 green pepper, sliced thin
- Sprouts
- Salt and pepper

#### Directions:

- 1) Chop scallions finely and mash them into goat cheese with honey.
- 2) Prepare all veggies, slicing them very thin. I like to use a mandoline slicer for this, but you could just chop them as thin as possible with a knife also.
- 3) Slice bagels in half and toast in a 350 degree oven about 8 minutes.
- 4) Slather bagels with the goat cheese mixture and let people pile on the toppings that they want! You could leave the cheese out for a healthier version, but a little bit is fine in my opinion!
- 5) Slice the sandwiches in half for easier eating.



### Air Popped Popcorn

Yield: Serves 6 | Time: 8 hours

#### Ingredients:

- 1/2 cup yellow or white popcorn
- 1 tablespoon melted butter (opt.)
- 1 teaspoon kosher salt

#### Directions:

- 1) Add kernels to a microwave safe bowl or a plain paper bag with no metal bits. If you use a bowl, loosely cover the bowl with paper towels, but secure the towels under the bowl as you set it in the microwave.
- 2) Microwave on high for 90-120 seconds. That should be enough time to pop most of the kernels.
- 3) Carefully open bag or uncover the bowl and scoop out cooked kernels. If there are some that are uncooked, that's okay. You can either re-microwave them or just leave them.
- 4) Drizzle with melted butter and sprinkle with salt (optionally).



#### Air Popped

I must admit that I was scared to try this method of popcorn the first time I did it because I always thought you needed some sort of oil to pop popcorn in the microwave. That's just false.

What is true is that you need to be careful when you do it. Keep a close eye on the popcorn and if the pops slow, then stop the cooking because your kernels could be burning.

I wouldn't microwave the kernels for more than 2 minutes without stopping and checking on them.

A microwave bowl (loosely covered) works well but I even tried it just using a leftover paper bag from the grocery store that I folded over a few times.

Take that ORVEL REDENBACHER!



## SHOPPING LIST

This is a full list of all the ingredients used in every meal in this week's plan. I recommend reviewing it for stuff you probably already have on hand before rushing out to the store and buying everything! If items on the list don't have amounts, it is most likely because the recipe uses a very small amount of that ingredient or it is used as a garnish.

### Fresh Produce

- Bean sprouts (garnish)
- Broccoli (1 lb.)
- Carrots (3 large)
- Celery (4 stalk)
- Chives (garnish)
- Cilantro (2 Tbsp.)
- Cucumber (1/2)
- Garlic (4 clove)
- Golden beet (1)
- Green lettuce
- Green pepper (1/2)
- Limes (1 1/2)
- Parsley (garnish)
- Radishes (4)
- Red onion (1/4)
- Scallions (3 + garnish)
- Serrano pepper (1)
- Shallots (2)
- Yellow onion (1)

### Meat, Poultry, Seafood

- Chicken breasts (1 lb.)
- Ground Chicken (1 lb.)

### Dairy

- Butter (1 Tbsp.)
- Feta cheese (1 cup)
- Goat or Ricotta cheese (8 oz.)

### Spices and Pantry Items

- All-purpose flour (3 Tbsp.)
- Anchovies (3 - opt.)
- Bagels (4)
- Black pepper
- Chicken stock (1 qt.)
- Crackers (for soup)
- Dried chiles (4 - opt.)
- Egg noodles (8 oz.)
- Fish sauce (1/4 cup)
- Honey (1 Tbsp.)
- Kalamata olives (1 cup)
- Kosher salt
- Olive oil (4 Tbsp.)
- Oyster sauce (1/4 cup)
- Pasta, tri-colored (1 lb.)
- Popcorn
- Red wine vinegar (3 Tbsp.)
- Vegetable oil (3 Tbsp.)
- White rice (1 1/2 cups)