

MACHEESMO

- MEALS -

A FRESH START

Many people make healthy eating resolutions during the new year and most of them end up falling off the bandwagon. I think this is because many people focus so much on healthy that they ignore flavor and ultimately they just get bored.

So instead, I recommend eating delicious meals that feature real food and not a lot of crazy add-ins. You'll end up having great meals and you'll be able to stick with it because the recipes aren't boring.

This meal plan features a few of my favorite winter meals that are healthy (reasonably) but still very tasty. Happy New Years!

Helpful Equipment:

- Cast Iron Skillet
- Baking Sheet



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

— MEAL 1

- Seared Pork with Roasted Veggies

— MEAL 2

- Chicken Skillet Bake

— MEAL 3

- Savory Cabbage Stew

— OATMEAL!

- Steel Cut Oats (for the whole week)

#macheesmomeals: If you make anything in the meal plan, I would love it if you snapped a quick photo and shared it on Instagram or Twitter with the hashtag #macheesmomeals ! Thanks!



MEAL 1 | Seared Pork with Roasted Veggies

This is the kind of meal that I love during the cold season. It's warming, but still healthy and given how fancy it actually looks when you're done, it's surprisingly easy to toss together. Give it a shot!

Pork with Veggies

Yield: 4 servings | Time: 45 min.

Ingredients:

4 small pork cutlets, boneless
1 1/2 pounds carrots, chopped
1 pound Brussels sprouts, halved
3 tablespoons olive oil
1 lime, juice only
Salt and pepper
2 cups rice or barley
(I like wild rice or black rice)
1/2 cup Labneh, garnish
(SUB Greek Yogurt)

Directions:

- 1) Preheat oven to 450 degrees F. Peel carrots and slice them in half, then cut into large 2-inch chunks. Toss carrots and halved Brussels sprouts with two tablespoons olive oil and a pinch of salt and pepper. Scoop veggies out onto a baking sheet lined with foil or parchment paper. Roast the veggies for 25 minutes, stirring once, halfway through. Finish veggies with a squeeze of fresh lime juice.
- 2) Cook rice or grain (regardless of what grain you choose) by boiling it in a large pot of water. As the rice boils, scoop out a few pieces and taste it. When rice is almost done, drain the rice in a metal strainer and return it to the hot pan. Cover and let the rice steam for five minutes.
- 3) For pork, season cutlets well with salt and pepper. Heat a large skillet over medium-high heat (cast iron works well). When hot, add a good drizzle of olive oil. When the oil is shimmering, add pork cutlets and sear for 4-5 minutes per side (assuming your pork cutlets are about 1/2-3/4 inch thick).
- 4) Remove pork and let rest for a few minutes. Serve pork, sliced, over rice with the roasted veggies. Serve a dollop of Labneh or Greek Yogurt on the side.

Veggie Version!

Omitting the pork in this recipe is just fine. You can double the roasted veggies and make a meal out of that or sear some tempeh or tofu and serve that sliced over the rice!





MEAL 2 | Chicken Skillet Bake

This is a ridiculously filling dish, especially considering it has no refined carbs like pasta. Since the chicken lightly simmers and poaches in the tomato sauce, it's very hard to overcook it. Meanwhile, the beans and artichokes round out the plate.

Chicken Skillet Bake

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

Ingredients:

1 1/2 lb. chicken breasts, cut into four servings
2 Tbsp. olive oil
1 15-oz. can diced tomatoes
2 15-oz. cans white beans
1 15-oz. can artichoke hearts, quartered
2 Tbsp. fresh parsley, minced
1 lemon
1/2 teaspoon red pepper flakes (opt.)
Salt and pepper

Directions:

- 1) Preheat oven to 350 degrees F. Rub chicken with salt and pepper and a pinch of red pepper flakes if you're using them.
- 2) Heat a large cast iron skillet over medium-high heat. Once hot, add olive oil and chicken. Sear chicken for 3-4 minutes per side. It won't be cooked through at this point, but just get a good sear on it.
- 3) Add tomatoes, drained beans, and quartered artichokes to pan. Stir to combine and season with parsley, juice from one lemon, red pepper flakes, and a pinch of salt and pepper.
- 4) Transfer skillet to oven and bake until chicken is cooked through, about 15-18 minutes.
- 5) Remove chicken from skillet and slice into pieces. Divide bean mixture between four plates and top each one with cooked chicken.



No Cast Iron Skillet?

If you don't have an oven-safe skillet then you can still make this meal happen, you'll just have to dirty two dishes. Sear the chicken in a normal pan or skillet, then transfer the chicken, tomatoes, beans, and 'chokes to a baking dish. Season it and bake it for 20-25 minutes. You'll have to increase baking time because the dish isn't hot already from the stove top.



Vegetarian Options

The protein in this dish is chicken, and you do need something sturdy as a base for the dish. If you don't want to use chicken, you could add an extra can of beans to the mix and then crack a few eggs in the center of the skillet. Bake the eggs until they are just set, about 15 minutes and then you'll have a great, filling meal.



MEAL 3 | Savoy Cabbage Stew

This is one of my go to stews in the winter. Especially on busy days, you can still have this stew on the table in about 30 minutes. It's hearty and perfect for a healthy new year.

Savoy Cabbage Stew

Yield: Serves 4 | Time: 30 min.

Ingredients:

1 small head savoy cabbage
2 tablespoon olive oil
1 small white or yellow onion, diced
2 cloves garlic, minced
1 28-ounce can diced tomatoes
2 cups vegetable stock
2 bay leaves
1 15-ounce can white beans, rinsed
Pinch of red pepper flakes
Salt and pepper
Crusty bread, for serving

Directions:

- 1) Chop and rinse cabbage under cold water.
- 2) In a large pot, add olive oil over medium heat. Once hot, add onions and garlic and cook for a few minutes until veggies start to soften. Season with salt and pepper.
- 3) Add in diced tomatoes and stock and bring to a simmer.
- 4) Add in chopped cabbage and bay leaves. Simmer for 10-12 minutes, covered, until cabbage is tender.
- 5) Remove bay leaves and add in rinsed beans. Season stew with a pinch of red pepper flakes, salt, and pepper. If stew is too thick for your liking, feel free to add an extra cup of stock or water.

Serve the stew immediately with really crusty bread.





OATMEAL! | Steel Cut Oats

I have oatmeal for breakfast probably 4-5 times a week. Steel cut oats really are the best oats but they take a while to cook from scratch. This method works well though and then you can have great oatmeal throughout the week!

Oatmeal For Later

Yield: Serves 8 | **Time:** 1 hr.

Ingredients:

3 cups steel cut oats
10 cups water
1 pinch of salt
1 teaspoon ground cinnamon
2 teaspoons vanilla extract
1 cup dried strawberries,
chopped (opt.)

Reheated Serving:

1/3-1/2 cup cooked oats
2 tablespoons milk
Banana
Blueberries
Peanut butter

Directions:

- 1) Bring water to a simmer in a large pot with a pinch of salt.
- 2) Once simmering, stir in oats and let simmer for 30-40 minutes until oats are tender. It's okay if they still have some bite to them. If they get really thick, feel free to add a bit more water. Stir regularly to make sure they don't stick to the bottom. Heat should be on medium-low to medium.
- 3) Once oats are mostly cooked, stir in vanilla, cinnamon, and dried strawberries. Let cool for 5-10 minutes.
- 4) Transfer to a storage container and store in the fridge for up to five days.

To reheat:

- 1) Scoop out 1/2-3/4 cup of oat mixture and mash with a spoon in a bowl. Add about 2 tablespoons of milk to the oats and microwave on high for 90 seconds.
- 2) Top oats with banana slices, fresh blueberries, and peanut butter.





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

- Bananas (for oatmeal)
- Blueberries (for oatmeal)
- Brussels Sprouts (1 lb.)
- Carrots (1 1/2 lb.)
- Garlic (2 cloves)
- Lemon (1)
- Lime (1)
- Parsley (2 Tbsp.)
- Savoy cabbage (1 head)
- White onion (1)

Meat, Poultry, Seafood

- Chicken breasts (1 1/2 lb)
- Pork cutlets, boneless (4)

Dairy

- Labnah (1/2 cup)
SUB: Greek Yogurt
- Milk (for oatmeal)

Spices and Pantry Items

- Artichoke hearts (1 15-oz. can)
- Bay leaves (2)
- Black pepper
- Cinnamon (1 teas.)
- Crusty bread (for soup)
- Diced tomatoes (15-oz and 28-oz. cans)
- Kosher salt
- Olive Oil (7 Tbsp.)
- Peanut butter (for oatmeal)
- Red pepper flakes (1 teas.)
- Steel cut oats (3 cups)
- Strawberries, dried (1 cup)
- Vanilla extract (2 teas.)
- Vegetable stock (2 cups)
- White beans (3 15-oz. cans)
- Wild Rice (2 cups)
SUB: Barley or Brown rice