

MACHEESMO

- MEALS -

HEALTHY AND HEARTY

It's a common misperception that if you are trying to be healthy, you'll probably also be hungry! That doesn't have to be the case. There are lots of healthy meals that are really filling and can leave you energized for your day (or the next day).

This meal plan focuses on a few of my favorite meals that are healthy, but still filling. Hopefully, if you have some new year's resolutions, this meal plan will help keep them on track!

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

- Roasted Salmon
- Kale and Date Salad

MEAL 2

- Spicy Turkey Burgers

MEAL 3

- Red Lentil Dal
- Cilantro Rice

PORRIDGE!

- Quinoa Porridge

#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 | Roasted Salmon with Kale Salad



This is one of those meals that just leaves you filled but not FULL. You know what I mean. Actually, it leaves you energized. It's fantastically healthy and is on the table in about 30 minutes. A must try! Save the extra kale salad for Meal two in this plan!

Roasted Salmon

Yield: 4 servings | **Time:** 25 min.

Ingredients:

1 side filet salmon, est. 1 1/2 lb.
Olive oil
Salt
Pepper
Lemon slices

Directions:

- 1) Preheat oven to 450 degrees F. Line a baking sheet with foil or parchment and lay a few lemon slices on the sheet. Set the salmon on the lemon slices, skin-side down. Drizzle salmon with olive oil and sprinkle well with salt and pepper.
- 2) Roast salmon at 450 degrees for 12-15 minutes until the salmon is fork tender in the thickest part. If you have a really thick filet of salmon, you might need an additional 2-3 minutes. You'll just have to keep an eye on it.
- 3) When salmon is roasted, slice it into servings and serve with salad! If you want to remove the skin on the salad, use a clean spatula to slide the salmon off the skin.

Kale Salad

Yield: 8 servings | **Time:** 25 min.

Ingredients:

1 large bunch kale, rinsed and chopped
2 apples, peeled and chopped
1/3 cup dates, chopped
3-4 oz. Pecorino, cubed
1/4 cup slivered almonds (opt.)

1 lemon, juiced
1/4 cup olive oil
1 tablespoon honey
Dash of hot sauce
Salt and pepper

Directions:

- 1) Rinse kale well. Dry the kale and cut out big ribs in each leaf. Chop kale.
 - 2) In a large bowl, whisk together lemon juice, olive oil, a dash of hot sauce, honey, and a pinch of salt and pepper.
 - 3) Toss kale leaves in the dressing to coat.
 - 4) Add apples, dates, cheese and almonds to the salad.
- Serve a big serving of salad with salmon on each plate.

Salmon and Bones

If you buy a whole side of salmon, it will almost certainly have bones in it (called pin bones). There are three options to deal with these:

- 1) Ask your butcher to remove them. Some nice ones will do it!
- 2) Take a pair of clean tweezers and carefully pull them out before roasting. They are usually in a row close to the center of the filet.
- 3) Just roast the salmon as is and be careful while eating it!





MEAL 2 | Spicy Turkey Burgers and Leftover Salad

You will almost certainly have some salad left over from meal one. You won't need a lot because these burgers are really huge. A small little leftover salad though will round out the plate.

Spicy Turkey Burgers

Yield: Serves 4 | Time: 30 min.

Ingredients:

- 1 lb ground turkey
- 1/2 small red onion, minced
- 1 Serrano pepper, minced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon soy sauce
- 4 sturdy hamburger buns
- 1 avocado
- Sprouts, for serving
- Sriracha chili sauce, for serving
- Salt and pepper
- Olive oil, for cooking

Directions:

- 1) In a medium bowl, mix together ground turkey, red onions, Serrano, garlic, spices, soy sauce, and a pinch of salt and pepper.
- 2) Mix the ingredients together really well and form four even-sized patties out of the mixture. You can do this in advance if you want.
- 3) In a large skillet over medium heat, add a drizzle of oil. Add patties and cook them for about five minutes per side until they are nicely charred and cooked through.
- 4) I recommend cutting into a burger to make sure they are cooked through before serving.
- 5) Toast buns and add a quarter of an avocado to each bun. Top with a cooked turkey burger, sprouts, a drizzle of Sriracha, and the top half of the bun.

Serve the burgers immediately with some leftover kale salad.



Vegetarian Burgers

If ground turkey isn't your thing, I highly recommend trying a mushroom burger. Grab about two pounds of cremini mushrooms and dice them up. Saute them in a few tablespoons of oil until they are really soft. Then add them to the other ingredients in a large bowl and mix in an egg and 1/2-1 cups of breadcrumbs until you can form patties out of the mixture. Then cook them in a skillet until they are nicely browned on both sides and serve them up!





MEAL 3 | Red Lentil Dal with Cilantro Rice

This is a classic Indian dish that is shockingly simple to make. It's essentially a one pot meal, but really filling and healthy!

Red Lentil Dal

Yield: Serves 4 | Time: 40 min.

Ingredients:

- 3 Tbsp. olive oil
- 1 large onion, diced
- 2 carrots, peeled and diced
- 2 teaspoons curry powder
- 2 tablespoons tomato paste
- 2 cups red lentils
- 5-6 cups water
- 1 lemon, juice only
- 1/4 cup heavy cream
- Salt and pepper
- Cilantro, garnish

Directions:

- 1) Sort red lentils to make sure there are no pebbles. In a medium pot, add olive oil over medium pot. Add onions and carrots and cook for a few minutes until they start to soften.
- 2) Add curry powder and tomato paste and cook for another minute.
- 3) Add red lentils and water and bring to a simmer. Cover the pot and let it simmer for 12-15 minutes until lentils are very soft.
- 4) Season lentils with lemon juice and a pinch of salt and pepper. Finish the dal with cream. If the mixture is too thick, add a bit more water.
- 5) Serve the finished dal over rice with cilantro.

Cilantro Rice

Yield: 8 Servings | Time: 20 min.

Ingredients:

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

Directions:

- 1) Add rice to a large 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.



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!



QUINOA PORRIDGE!

Quinoa is all the rage these days and it is very good for you. If you can, try to buy it in bulk instead of in the boxes. Buying it by the pound will save you many dollars and it's the same stuff.

Quinoa Porridge

Yield: serves 2 | Time: 30 min.

Ingredients:

- 1 cup rinsed quinoa
- 1/4 cup oats
- 2 cups milk
- 1/2 cup water
- 1 tablespoon maple syrup
- 1/2 teaspoon cinnamon
- Pinch of salt
- Pinch of ground nutmeg

Toppings:

- Butter
- Almonds
- Honey

Directions:

- 1) Rinse quinoa under cold water.
- 2) In a medium pot, bring milk and water to an almost simmer over medium heat. Add oats and quinoa.
- 3) Add in pinch of salt, cinnamon, and syrup.
- 4) Simmer, covered, for about 20 minutes.
- 5) If the mixture looks really thick, add another 1/4-1/2 cup of water.
- 6) Stir porridge and make sure the quinoa is cooked through.
- 7) Serve with butter, almonds, and honey.





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

- Apples (2)
- Avocado (1)
- Carrots (2)
- Cilantro (1 bunch)
- Garlic (2 cloves)
- Kale (1 bunch)
- Lemons (3)
- Limes (1)
- Onions (1)
- Red onion (1/2)
- Serrano pepper (1)
- Sprouts (garnish)

Meat, Poultry, Seafood

- Salmon, filet (1-1 1/2 lb.)
- Turkey, ground (1 lb.)

Dairy

- Butter (2 Tbsp.)
- Cream (1/4 cup)
- Milk (2 cups)
- Pecorino (3-4 oz.)

Spices and Pantry Items

- Almonds, slivered (1/4 cup) (opt.)
- Black pepper
- Chili powder (1 teas.)
- Cinnamon (1/2 teas.)
- Cumin, ground (1 teas.)
- Curry powder (2 teas.)
- Dates (1/3 cup)
- Hamburger buns (4)
- Honey (1 Tbsp. + extra)
- Hot sauce
- Kosher salt
- Maple syrup (1 Tbsp.)
- Nutmeg (dash)
- Oats, rolled (1/4 cup)
- Olive Oil (3/4 cups)
- Quinoa (1 cup)
- Red lentils (2 cups)
- Soy sauce (1 teas.)
- Sriracha (garnish)
- Tomato paste (2 Tbsp.)
- White rice (2 cups)