

# MACHEESMO

## - MEALS -

### SALAD DAYS

Many people will probably enjoy watching a lot of sports over the next few weeks. March Madness is in full effect and the start of baseball season and tailgating is just around the corner.

Sometimes when I know that I'm going to be maxed out on calories for social things like this, I focus on eating really healthy during the week. A lot of times that will mean I make a big, filling salad for dinner.

This meal plan has a few of my favorite salad dinners! Enjoy!

#### Helpful Equipment:

- Blender
- Cast Iron Skillet



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

#### MEAL 1

- Spicy Pork Lettuce Wraps

#### MEAL 2

- Mango Chicken Arugula Salad

#### MEAL 3

- Loaded Tex-Mex Chicken Salad

#### BREAKFAST!

- Terry's Big Veg Smoothies

**#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 | Spicy Pork Lettuce Wraps

These lettuce wraps are like little salad burritos. Stuffed with rice and a spicy pork mixture, they are plenty filling and still pretty light. Enjoy!

### Lettuce Wraps

Yield: 8-10 wraps | Time: 25 minutes

#### Ingredients:

- 1 pound ground pork
  - 1 tablespoon vegetable oil
  - 1 tablespoon fish sauce
  - 1 tablespoon sriracha chili oil
  - 2 teaspoons soy sauce
  - 1 teaspoon brown sugar
  - 1 1/2 cups long grain rice
  - 1/4 cup fresh cilantro
  - 1 lime, juice only
  - Salt and pepper
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- 1 head lettuce
  - 1 carrot, grated
  - 1 cucumber, sliced
  - 1-2 thai or serrano peppers, chopped

#### Directions:

1) Cook rice using any method you like. Personally, I like to boil the rice until it's al dente. Then I drain the rice when it has a small bite to it. Once it's drain, I return it to the hot pot, cover it, and let it steam off the heat for about 5 minutes.

Then stir in the cilantro and lime juice before serving.

2) To cook the pork, add vegetable oil to a skillet over medium heat. Add ground pork and brown nicely. It should take 6-7 minutes to brown well. Stir fish sauce, Sriracha, soy sauce, and brown sugar.

3) To make lettuce wraps, top lettuce with some rice, a scoop of pork, and all the veggie toppings.

These are actually a bit tricky to eat with your hands unless you get really sturdy Romaine lettuce. But they are delicious however you eat them!



#### Veggie Version

Tofu is the perfect substitute here. Buy some extra firm tofu, press it for a few minutes to remove the liquid and then crumble it and try to brown it in place of the pork. You might need to add a bit more oil to the skillet so it doesn't stick but it will be really delicious!



## MEAL 2 | Mango Chicken Curry Salad

Meal is similar to this in that they are both chicken salads, but that's where it stops. Trust me that this is a different beast entirely and none of the flavors are similar. In fact, I think this version is a little easier to make start to finish.

### Mango Chicken Salad

Yield: Serves 4 | Time: 30 minutes

#### Ingredients:

1-1 1/2 pounds chicken, cooked  
5 ounces arugula  
1 mango, sliced thin  
1/2 cup yogurt  
Cumin seeds, garnish

#### Mango Curry Dressing:

3 tablespoons olive oil  
1/4 cup mango chutney  
1/2 lemon, juice only  
1 tablespoon curry  
Pinch of salt

#### Directions:

- 1) Combine the dressing ingredients in a small food processor and pulse until well combined. Some chunks are okay.
- 2) You can use leftover chicken for this, but if you are using fresh chicken, season it well with salt and pepper and sear it in a skillet over medium heat with a drizzle of olive oil until it's cooked through, about 8 minutes per side. I find it helpful to butterfly my breasts in half so they cook evenly.
- 4) Add arugula to a medium bowl and toss with about half of the dressing. It should be very lightly dressed.
- 5) Divide arugula between plates and top with sliced chicken, fresh mango slices, a dollop of yogurt, and cumin seeds. Serve with extra dressing on the side.



#### Vegetarian Version

If I were leaving the chicken out of this recipe, I would just load up on veggies: sliced red peppers, cherry tomatoes, and maybe dried cranberries or golden raisins. If you're feeling ambitious, press and sear a few pieces of firm tofu marinated in sesame oil and slice those up. Tofu and curry go together perfectly!



#### Ingredient Spotlight: Mango Chutney

A common ingredient in Asian cooking, a good jar of mango chutney can amp up the flavors in any dish. It's absolutely essential to make the dressing for this recipe.

Your local supermarket should carry it and my favorite brand is "Pataks" if you can find it. If they don't carry it, definitely check any Asian market and you should be able to score a jar.



## MEAL 3 | Tex-Mex Chicken Salad

This was Betsy's favorite meal that I've made in awhile. Super fresh with flavors that pop. It has lots of filling protein, but no heavy carbs. Just a delicious and easy chopped salad.

### Chopped Chicken Tex-Mex Salad

Yield: Serves 4 | Time: 35 min

#### Ingredients:

1 pound chicken breasts (2 large)  
2 tablespoons olive oil  
2 teaspoons chili powder  
1 teaspoon ground cumin  
1/2 teaspoon kosher salt  
1/2 teaspoon black pepper  
Pinch of cayenne

1 (15 oz. can) black beans, rinsed  
1 cup shredded carrots  
1 small red pepper, diced  
1 cup grape tomatoes, quartered  
3 scallions, chopped  
1 lime, juice only  
1 tablespoon olive oil  
Pinch salt and pepper

1 head green lettuce, chopped  
1 avocado, diced  
1 cup jarred salsa

#### Directions:

- 1) Butterfly chicken breasts in half and add to a bowl with olive oil, chili powder, cumin, salt, pepper, and cayenne.
- 2) Heat a non stick or cast iron skillet over medium heat. Add chicken breasts and let sear for 6-8 minutes per side. Because they are butterflied, they should cook quickly, but cut into one to check for doneness before serving. When chicken is cooked, roughly chop it.
- 3) Meanwhile, drain and rinse black beans and stir together with carrots, red pepper, tomatoes, scallions, lime, olive oil, salt and pepper.
- 4) Rinse lettuce and chop. Then divide lettuce between plates. Top lettuce with the bean mixture and then serve chicken on top. Add chopped avocado to each salad and drizzle on some salsa which works as a sort of dressing.



#### Vegetarian Version



This salad is really filling without the chicken. You would need to add an extra can of beans for an easy fix, or you could saute some mushrooms with some of the spices used on the chicken for a similar flavor profile.

## Smoothie Breakfast | Terry's Breakfast Smoothie

As the weather heats up, sometimes it's nice to have a nice, fresh smoothie for breakfast. My step-dad is known for his delicious smoothies and this is his recipe he gave me awhile ago that I still use.

### Rainbow Smoothie

**Yield:** 2 big smoothies | **Time:** 10 min.

#### Ingredients:

1 ripe banana  
1/3 cup apple sauce  
1/2 ripe pear  
1/3 cup pomegranate juice or cranberry juice  
1/3 cup orange juice  
6 baby carrots  
1 cup packed fresh baby spinach  
1 cup frozen fruit  
2 tablespoons milled flax seeds (opt.)  
2 tablespoons chia seeds (opt.)  
2 tablespoons protein powder (opt.)

#### Directions:

- 1) Add banana, peeled pear, apple sauce, and juices to a blender. Add carrots and spinach and top with frozen fruit.
- 2) Blend mixture until smooth. If needed, add a bit more liquid to get to blend well.
- 3) Add in seeds and protein powder if you're using it and continue to blend.
- 4) Serve immediately!





## 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

- Avocado (1)
- Baby arugula (5 oz.)
- Baby spinach (1 cup packed)
- Banana (1)
- Carrots (2)
- Carrots, baby (6)  
SUB: 1 small carrot
- Cilantro (1/4 cup)
- Cucumber (1)
- Grape tomatoes (1 cup)
- Lemon (1)
- Lettuce, green (2 heads)
- Limes (2)
- Mango (1)
- Pear (1)
- Red pepper (1)
- Scallions (3)
- Serrano peppers (1-2)

### Meat, Poultry, Seafood

- Chicken breasts (2 1/2 lb.)
- Pork, ground (1 lb.)

### Dairy

- Yogurt (1/2 cup)

### Spices and Pantry Items

- Apple sauce (1/3 cup)
- Black beans (1 15 oz. can)
- Black pepper
- Brown sugar (1 teas.)
- Cayenne pepper (pinch)
- Chia seeds (2 Tbsp.) (opt.)
- Chili powder (2 teas.)
- Cumin seeds (2 teas.)
- Curry (1 Tbsp.)
- Fish sauce (1 Tbsp.)
- Flax seed, ground (2 Tbsp.) (opt.)
- Frozen fruit (1 cup)
- Kosher salt
- Mango chutney (1/4 cup)
- Olive oil (6 Tbsp.)
- Orange juice (1/3 cup)
- Pom juice (1/3 cup)  
SUB: Cranberry juice
- Protein powder (2 Tbsp.) (opt.)
- Rice, long grain white (1 1/2 cups)
- Salsa (1 cup)
- Soy sauce (2 teas.)
- Sriracha chili oil (1 Tbsp.)
- Vegetable Oil (1 Tbsp.)